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QUESTION 1

Which of these drugs is used to promote fetal lung maturation?

- A. Dexamethasone
- B. Nifedipine
- C. Misoprostol
- D. Methotrexate
- E. Prednisolone

Correct Answer: A

Dexamethasone is used to promote fetal lung maturation. This may be necessary in cases of women who need to deliver prematurely. A tocolytic drug, such as nifedipine, may be used to suppress labor whilst dexamethasone works to accelerate fetal lung development.

QUESTION 2

Which of the following is a side effect of valproic acid?

- A. Gingival hyperplasia
- B. Pancreatitis
- C. Kidney stones
- D. Weight loss
- E. Euphoria

Correct Answer: B

Pancreatitis is one of the most serious adverse effects that can be caused by valproic acid. Gingival hyperplasia is a side effect of Phenytoin. Kidney stones and weight loss can be a side effect of zonisamide or topiramate.

QUESTION 3

Select the class of Anti-diabetic medication that works in the specified organ to prevent hyperglycemia. Select all that applies. Pancreases (A)

- A. Sulfonylureas
- B. Alpha- Glucosidase Inhibitors
- C. DPP4 Inhibitors
- D. Glucagon-like peptide-1 receptor agonists

E. Thiazolidinediones

F. Biguanide

G. SGLT2 inhibitors

Correct Answer: D

(A) Sulfonylureas, (C) DPP4 Inhibitors, (D) Glucagon-like peptide-1 receptor agonists Sulfonylureas work in beta cells in the pancreas that are still functioning to enhance insulin secretion. Alpha-Glucosidase Inhibitors stop -glucosidase enzymes in the small intestine and delay digestion and absorption of starch and disaccharides which lowers the levels of glucose after meals. DPP4 blocks the degradation of GLP-1, GIP, and a variety of other peptides, including brain natriuretic peptide. Glucagon-like peptide-1 receptor agonists work in various organs of the body. Glucagon-like peptide-1 receptor agonists enhance glucose homeostasis through: (i) stimulation of insulin secretion; (ii) inhibition of glucagon secretion; (iii) direct and indirect suppression of endogenous glucose production; (iv) suppression of appetite; (v) enhanced insulin sensitivity secondary to weight loss; (vi) delayed gastric emptying, resulting in decreased postprandial hyperglycaemia. Thiazolidinediones are the only true insulin-sensitising agents, exerting their effects in skeletal and cardiac muscle, liver, and adipose tissue. It ameliorates insulin resistance, decreases visceral fat. Biguanides work in liver, muscle, adipose tissue via activation of AMP-activated protein kinase (AMPK) reduce hepatic glucose production. SGLT2 inhibitors work in the kidneys to inhibit sodium-glucose transport proteins to reabsorb glucose into the blood from muscle cells; overall this helps to improve insulin release from the beta cells of the pancreas.

QUESTION 4

JK is a 67 years old African American man who presents to your clinic for his blood pressure management. His past medical history includes Peptic ulcer disease and hypertension. His two BP readings are 160/98, 159/96 and HR 85. He says he has been adherent to his medication and lifestyle. He currently takes 12.5mg Chlorthalidone and Prilosec 20mg daily.

Which of the following is the best strategy to manage his blood pressure?

A. Increase chlorthalidone to 25mg daily

B. Add Norvasc 2.5 daily

C. Add Lisinopril 5mg daily

D. Add hydrochlorothiazide 25mg daily

E. Add Lisinopril 20mg daily

Correct Answer: B

As the patient is over the age of 60 and he does not have CKD or diabetes, his goal BP should be SBP andlt; 150 mmHg or DBP andlt; 90 mmHg, and he is not currently at this goal with his medication regimen. Options are to maximize the current medication dosage (option A), or to add a second agent. Since calcium channel blockers like Norvasc are recommended as initial treatment options in African Americans, choosing Norvasc over lisinopril would probably be the more effective option.

Reference: <http://jamanetwork.com/journals/jama/fullarticle/1791497>

QUESTION 5

According to the 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults, which of the following LDL cholesterol thresholds is an indication for high-intensity statin therapy?

- A. 100 mg/dL
- B. 130 mg/dL
- C. 190 mg/dL
- D. 200 mg/dL
- E. 150 mg/dL

Correct Answer: C

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