

DTB CME/CPD Answers



Green tea extract for external anogenital warts

Question 1

Ms KS, 35 years old, has been diagnosed with non-keratinised genital warts. What is the approximate annual incidence of cases of new and recurrent anogenital warts in the UK?

- a) 100 per 100,000
- b) 160 per 100,000
- c) **290 per 100,000**
- d) 320 per 100,000
- e) 360 per 100,000

Answer: c. The annual incidence of anogenital warts (including new and recurrent) in the overall population in the UK is 289 per 100,000.

Question 2

Ms KS is advised that the warts may disappear without treatment. Approximately what proportion of warts regress spontaneously within 4–6 months?

- a) 5%
- b) 10%
- c) 20%
- d) **30%**
- e) 40%

Answer: d. Initial infection may be transient in nature and approximately 30% of warts regress spontaneously within the first 4–6 months of infection.

Question 3

Marketing authorisation for an ointment containing 0.1g of green tea extract per gram has recently been granted by the Medicines and Healthcare products Regulatory Agency. What is the recommended frequency and duration of treatment?

- a) **three times daily for up to 16 weeks**
- b) three times weekly for up to 16 weeks
- c) three times daily for 3 days each week for up to 16 weeks
- d) twice daily for 3 days each week for up to 4 weeks
- e) twice weekly for up to 8 weeks

Answer: a. Up to 250mg of ointment (corresponding to a strand of ointment of about 0.5cm) is applied three times daily to all external genital and perianal warts (750mg total daily dose) for no longer than 16 weeks in total.

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Question 4

The efficacy of a topical formulation of green tea leaf extract for treating external anogenital warts has been evaluated in three randomised double-blind placebo-controlled studies. Which one of the following statements regarding these studies is correct?

- a) only patients presenting with first-episode anogenital warts were enrolled in the three studies
- b) the primary efficacy endpoint for the three studies was complete clearance of baseline warts within 8 weeks of treatment
- c) complete clearance of warts was achieved by 56% and 51% of patients using green tea leaf extract ointment 10%
- d) recurrence rates at 12 weeks were <5% in all studies
- e) 25% of participants dropped out of the three studies due to severe adverse events

Answer: c. complete clearance of warts was achieved by 56% and 51% of patients using green tea leaf extract ointment 10% (compared with 34% and 37% in those treated with vehicle).

Question 5

Ms KS is concerned about adverse effects. What percentage of patients using green tea leaf extract experienced a severe local adverse reaction at least once during treatment?

- a) 5%
- b) 27%
- c) 42%
- d) 65%
- e) 84%

Answer: b. The most frequently reported adverse effects were local reactions, which were experienced by 84% of patients. Most commonly, erythema, pruritus, irritation (mostly burning), pain, oedema, ulcer, indurations and vesicles were observed. Local reactions were of mild intensity in 25%, of moderate intensity in 32%; severe reactions were reported in 27% of patients at least once during treatment.