

# Effectively Treating Obesity-Related Diabetes

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## CME Test Questions

1. Body Mass Index (BMI) can be calculated by multiplying 703 by
  - a. Height in inches, divided by weight in pounds
  - b. Height in inches squared, divided by weight in pounds
  - c. Weight in pounds, divided by height in inches
  - d. Weight in pounds, divided by height in inches squared
  
2. The “look AHEAD” trial was designed to examine the long-term effects of an intensive lifestyle intervention on the incidence of major cardiovascular disease events in people with type 2 diabetes. In the first year of the trial:
  - a. Participants in the intensive lifestyle intervention, including regular exercise and decreased caloric intake, had the same amount of weight loss as controls.
  - b. Participants in the intensive lifestyle intervention were more likely to have reductions in their need for diabetes medications, compared to controls.
  - c. The intensive lifestyle intervention did not have an effect on diabetes control.
  - d. Most people in the intensive lifestyle intervention were able to achieve a 20% weight loss.
  
3. Which of the following statements about weight loss medications is correct?
  - a. Weight loss medications are an effective replacement for behavior modification in patients who cannot change their lifestyles.
  - b. Weight loss medications are recommended for people with a BMI of 25 or more.
  - c. There are currently two weight loss medications FDA approved for long-term use.

- d. Weight loss medications should not be used for more than six months at a time.
4. Adjustable gastric banding describes
    - a. Placement of a constricting band at the outlet of the stomach
    - b. A Roux-en-Y procedure in addition to placement of a removable band
    - c. Placement of a device inside the stomach
    - d. Use of a constricting band to define a small stomach pouch
  5. Gastric bypass, as commonly performed in the U.S., involves
    - a. Reduction of the stomach size to about 40 mL
    - b. Bypass of the stomach and most of the small intestine
    - c. Bypass of the stomach but not the small intestine
    - d. A combination of restriction and malabsorption
  6. Several studies have followed patients with type 2 diabetes who underwent bariatric surgery. Which of the following statements is correct?
    - a. The first paper to show remission after gastric bypass found that blood glucose normalized in 100% of patients.
    - b. In published studies, gastric bypass has been found to lead to remission of diabetes in about 50% of patients.
    - c. Gastric bypass appears to be more likely to lead to remission of diabetes than gastric banding.
    - d. Patients with advanced diabetes tend to achieve remission more quickly after bariatric surgery than patients with mild disease.
  7. The Swedish Obese Subjects study follows patients who had various types of bariatric surgery, as well as a comparison group who opted for conventional treatment. In a recent report, with an average of 10.9 years of follow-up, this study found that
    - a. Adjusted overall mortality was 29% lower in the surgery group than the non-surgery group.
    - b. Mortality due to cardiovascular disease was 39% lower in the surgery group, but mortality due to other causes was the same.
    - c. Cancer deaths were 35% more common in the bariatric surgery group.
    - d. Adjusted overall mortality was higher in the bariatric surgery group.
  8. Regarding weight loss maintenance in bariatric surgery patients, which of the following is correct?
    - a. Compared to controls, patients in the Swedish Obese Subjects study who had bariatric surgery were less likely to return to their baseline weight.
    - b. In an Australian study involving gastric banding vs. a non-surgical weight loss program, patients in the non-surgical program were able to maintain weight loss as well as people who had had gastric banding.

- c. Most studies have shown that, after the first two years, bariatric surgery patients tend to regain weight gradually until they return to baseline.
9. Based on the information given, which of the following patients would be the least appropriate candidate for bariatric surgery?
- a. A 45 year old woman with high blood pressure, type 2 diabetes, and a BMI of 36 who developed obesity in adulthood.
  - b. An otherwise healthy 55 year old man with a BMI of 42, who has been overweight all his life.
  - c. A 35 year old man with type 2 diabetes, high cholesterol, and a BMI of 46, who has tried for many years to diet but says that he overeats due to depression.
  - d. An otherwise healthy 40 year old woman with a BMI of 50 who tried a commercial weight loss program involving lifestyle modification for one year, but failed to lose weight.
10. Common recommendations after bariatric surgery include all of the following except:
- a. Eating three meals per day
  - b. Eating frequent small snacks
  - c. Not eating and drinking at the same time
  - d. Following a regular exercise regimen

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### Effectively Treating Obesity-Related Diabetes

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- Excellent       Good       Fair       Poor

2. Was the topic relevant to your needs and interests?

- Yes       No

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4. Were the course objectives met?

- Yes       No

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