

Online Information Session Quiz

1. Obesity is classified as a disease by the American Medical Association and is associated with a number of other diseases, known as comorbidities.
 - a. True
 - b. False
2. What is the minimum BMI (Body Mass Index) required before the National Institute of Health recommends bariatric surgery?
 - a. 30, with no qualifying comorbidity
 - b. 35, with a qualifying comorbidity
 - c. 40, with no qualifying comorbidity
 - d. Both b and c
3. We consider long term success as maintaining a weight loss of greater than:
 - a. 25% of excess weight for longer than 5 years
 - b. 30% of excess weight for longer than 10 years
 - c. 50% of excess weight for longer than 5 years
 - d. 75% of excess weight for longer than 10 years
4. Which weight loss surgery procedure requires more frequent post-op visits?
 - a. Adjustable Gastric Band
 - b. Vertical Sleeve Gastrectomy
 - c. Roux-En-Y (RNY)
5. Which weight loss surgery procedures have a lower risk for vitamin deficiency or bowel complications?
 - a. Adjustable Gastric Band and Roux-En-Y
 - b. Vertical Sleeve Gastrectomy and Adjustable Gastric Band
 - c. Roux-En-Y (RNY) and Vertical Sleeve Gastrectomy
 - d. Both a and b
6. Even if I do not follow the dietary recommendations, because I had bariatric surgery I will still be able to lose weight.
 - a. True
 - b. False
7. Preparing for weight loss surgery includes an initial consult with a surgeon, several visits with the dietitian, exercise physiologist visits, a psychological evaluation, being nicotine free for 60 days prior to surgery, and any other tests, procedures or referrals the surgeon recommends.
 - a. True
 - b. False

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8. Using non-steroid anti-inflammatory drugs (NSAIDS) following weight loss surgery increases the risk of stomach irritation and/or stomach ulcers, and is not recommended.
 - a. True
 - b. False

9. Guidelines for long term success after weight loss surgery include:
 - a. Following the 30:30 rule
 - b. Eating 3 small meals a day and drinking 64 oz. of calorie free fluids daily
 - c. Eating slowly, chewing thoroughly, and stop eating when satisfied (not full)
 - d. Exercise regularly
 - e. All of the above

10. Weight loss surgery requires lifelong follow up which includes regular annual visits with the surgeon and dietitian.
 - a. True
 - b. False