# SMHP Grand Rounds Module 2 CME Questionnaire

We bundle 6 Grand Rounds talks at a time for CME Purposes. There are around 5 questions to answer per talk in order to show that you watched the talk and the Q&A, so random questions from the Q&A will be added in as well. We will add in the questions for each talk before it kicks off so you can fill them in as that talk occurs and then you can save them off to keep a record for yourself. Once all 6 talks have been completed, we will provide a link for a Google form for you to fill out for all 6 talks and submit it to request a CME certificate.

Talk 1

Putting Your Knowledge Into Practice

Brian Lenzkes, MD

1. Why is Patient education so important?
2. Name 4 things we can monitor remotely?
3. Name 4 chronic conditions that can be attributed to Insulin Resistance?
4. What body composition device does Dr. Lenzkes use in his office?
5. From the Q&A, Melanie Tidman mentioned a particular sub-set of her patients with conditions for which she was most concerned about them taking artificial sweeteners. What conditions was she talking about?
6. What is one thing you learned and one thing you would like to know more about?

Talk 2

CGMs in Clinical Practice

Laura Buchanan, MD & Matt Calkins, MD

1. What metric of GV is found on the Freestyle Libre AGP?
   1. CV
   2. CONGA
   3. MAGE
   4. SD
2. CGMS are typically within \_\_\_\_\_ to finger stick blood glucose measurements.
   1. 1-2%
   2. 4-6%
   3. 8-10%
   4. 15-20%
3. An increase in MAGE is associated with \_\_\_\_\_\_\_ in FMD.
   1. an increase
   2. a decrease
   3. no change
4. \_\_\_\_\_\_ reactive hypoglycemia is associated with glucose intolerance
   1. Early
   2. Idiopathic
   3. Alimentary
   4. Late
5. What is one of the main mechanisms by which alcohol can decrease blood sugar?
   1. Decrease hepatic gluconeogenesis
   2. Decrease muscle gluconeogenesis
   3. Decrease hepatic glycogenolysis
   4. Decrease muscle glycogenolysis
6. From the Q&A - According to a study Laura has seen what does she thing would be an acceptable MAGE for a healthy control?
7. What is one thing you learned and one thing you would like to know more about?

Talk 3

“Carbohydrate – The Dose is the Poison”

Gary Fettke, MB, BS, FRACS, FAOrthA

1. Is there a human biochemical pathway dependent on glucose ingestion? Y/N
2. Is there a human biochemical pathway dependent on fructose ingestion? Y/N
3. Elevated blood glucose levels have an immediate effect on the glycocalyx. T/F
4. Uric acid is a potent inhibitor of Nitric Oxide production. T/F
5. Carbohydrate ingestion provokes an Insulin response. Insulin promotes:

* Fat storage T/F
* Tumour growth T/F
* Joint inflammation T/F

1. The state of ketosis is normal for the growth of the foetus, neonate, and infant. T/F
2. Uric acid precipitates out in affected tissue and joints as monosodium urate (MSU) crystals. The precipitation of MSU crystals in tissue is under the influence of the NLRP3 inflammasone. The NLRP3 is inhibited by colchicine, an historic treatment for acute gout episodes. The same inhibitory effect has been observed with the ketone bodies β-hydroxybutyrate and acetoacetate. T/F

Talk 4

“Programs to help the population you serve achieve metabolic health”

Tony Hampton, MD

1. Dementia is a risk factor of metabolic syndrome ? T/F
2. Metformin is just as effective as lifestyle in preventing progression to diabetes? T/F
3. Low carb diets are more effective at improving metabolic markers than low fat diets? T/F
4. Dietary guidelines are effective for helping different races, ethnicity, and cultural backgrounds achieve metabolic health? T/F
5. Clinician should focus on helping patients achieve metabolic health as their primary way to help them heal? T/F

Talk 5

“Nutritional Ketosis for the fat disorder lipedema/lipoedema”

Megan Pfeffer, Clinical Nutrtionist

1. Does lipedema affect men, women, or both?

1. Lipedema affects:

* 1. Fat cells;
  2. Loose connective tissue;
  3. The Immune system;
  4. Stem cells;
  5. All of the above.

1. Which of the following signs and symptoms best describe lipedema?

* 1. Abdominal weight, chronic edema in one leg, easy bruising;
  2. Disproportionate weight in the gynoid region, easy bruising, leg pain upon touch;
  3. Joint pain, urticaria, incontinence.

1. True or false: standard diet and exercise is not beneficial for lipoedema:

1. Nutritional Ketosis may help lipoedema by:

* 1. Lowering insulin, inflammation & pain;
  2. Regulating hunger, eliminating carb cravings, improving sleep;
  3. Acting as a mild diuretic;
  4. All of the above.

Talk 6

“Carbs: Culture, Context, but no Coddling. How we help our patients understand and embrace low carb diets.”

Michelle Hurn, RD, LD

True or False: Michelle Hurn RD LD

1. **True or False**: The World Health Organization’s Advice for preventing or delaying the onset of Type 2 Diabetes includes all of the following:

o achieving and maintaining a healthy body weight;

o doing at least 30 minutes of regular, moderate-intensity activity on most days.

o eating a healthy diet, avoiding sugar and saturated fats

2. **True or False**: The number of people (worldwide) with diabetes rose from 108 million in 1980 to 422 million in2014. At this rate, by 2048, 1.65 billion people worldwide will have diabetes.

3. **True or False**: Currently India leads the world in cases of Type 2 Diabetes followed closely by China and then United States.

4. **True or False**: A recent study reported that 1 in 4 medical professionals report high levels of burn out.

5. **True or False**: A 2016 report from the USDA revealed that the item that was most purchased with SNAP (supplemental nutrition assistance program) was soda.

6. **True or False**: The 2022-2023 Protein Project (Named in honor of Mariana de Abreu Bastian) has been shown to reduce food insecurity and improve intake of high-quality animal proteins among participants.