



قائمة الاسئلة 2025-05-19 06:54

السمنة وإدارة الوزن-الثالث - تغذية علاجية-كلية الطب والعلوم الصحية --درجة الامتحان(70)

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- 1) Colon cancer can be managed by regular physical activity.
  - 1) - True
  - 2) ☒ False
- 2) Antioxidants inhibit the process of oxidation by:
  - 1) - . scavenging systems
  - 2) - neutralizing free radicals
  - 3) - electron donation
  - 4) ☒ All the above
- 3) Supplements usually recommended for improving insulin sensitivity in type 2 diabetic patients or promoting nervous system health.
  - 1) - Taurine
  - 2) - Inositol
  - 3) - Probiotics
  - 4) ☒ All of the above
- 4) Adult male aged 42 years complaining from persistent fatigue plus cognition decline, which herbal extract is recommended to enhance his physical and mental activity?
  - 1) ☒ Ginseng
  - 2) - ginger
  - 3) - green tea
  - 4) - garlic
- 5) Dietary fiber is prebiotics that selectively promote the growth of colonel probiotic bacteria
  - 1) ☒ True
  - 2) - False
- 6) Nutraceuticals are gaining popularity as people are relying on them for their fast efficacy.
  - 1) - True
  - 2) ☒ False
- 7) Safe and effective weight loss program in class I obesity is recommended to lose between 1 to 2 kg weekly.
  - 1) - True
  - 2) ☒ False
- 8) BMI is significantly associated with total body composition content.
  - 1) ☒ True
  - 2) - False
- 9) It has proven and positive effect in wound healing:
  - 1) - Garlic
  - 2) ☒ Aloe Vera
  - 3) - Green tea
  - 4) - Ginger
- 10) Nutraceutical is a food or food component that has been shown to be
  - 1) - curative effect of disease
  - 2) ☒ beneficial effect on health beyond basic nutrition
  - 3) - only supplement the diet
  - 4) - pharmaceuticals
- 11) Pharmacologic treatment of obesity should only be used as part of a program that includes lifestyle modification interventions.
  - 1) ☒ True



- 2) - False
- 12) Which of the following adipose derived adipokine promotes inflammation in peripheral tissues of visceral obesity.
- 1) - Leptin  
2) - IL-10  
3) - M2 macrophage  
4) ☒ Non the above
- 13) Nutraceutical products
- 1) - Must be used under the supervisor of physician  
2) - Must be prescribed  
3) - Require FDA approval prior to reaching the market  
4) ☒ Require research to support their safety and efficacy before they reach the market
- 14) . Although the adipocyte has generally been as storage place for fat, it is also an endocrine cell that release the following hormones except:
- 1) - Leptin  
2) ☒ Ghrelin  
3) - Adiponectin  
4) - Resistin
- 15) Which of the following is not secondary cause of obesity?
- 1) - Hypothyroidism  
2) - Cushing syndrome  
3) - Down syndrome  
4) ☒ Metabolic syndrome
- 16) The most effective preventive diet for keeping body weight off after successful loss is:
- 1) ☒ Healthy diet  
2) - High protein diet  
3) - vegan diet  
4) - Bland diet
- 17) Which of the following statements is TRUE regarding weight reducing drugs?
- 1) ☒ Sibutramine is antagonist of serotonin, norepinephrine and dopamine uptake  
2) - Orlistat exerts its action by decreases cholesterol absorption in the intestine  
3) - . Acarbose exerts its action by decreases glucose absorption in the intestine  
4) - Sibutramine is agonist of serotonin, norepinephrine and dopamine uptake
- 18) Orlistat exerts its action by decreases fatty acids absorption in the intestine
- 1) - True  
2) ☒ False
- 19) Which of these common medications can cause obesity
- 1) ☒ Insulin  
2) - metformin  
3) - acarbose  
4) - non the above
- 20) Which of these common medication can reduce body weight
- 1) ☒ GLP-1  
2) - TZDs  
3) - Steroid drugs  
4) - Insulin
- 21) Which one of the following is a marker for metabolic syndrome?
- 1) - Low LDL  
2) - Increase Adiponectin



- 3) ☒ High IL-6
- 4) ☐ Non of these
- 22) Which of the following is the key parameter in IDF definition of metabolic syndrome?
- 1) ☐ Elevated triglycerides (150 mg/dL or greater)
- 2) ☐ Decreased high-density lipoprotein (HDL) (<40 mg/dL in men, <50 mg/dL in women)
- 3) ☒ Central obesity (waist circumference >102 cm [40 inches] in men, >88 cm [35 inches] in women) along with ethnicity specific values
- 4) ☐ All the above
- 23) Which of the following is prebiotic supplement?
- 1) ☐ yogurt
- 2) ☐ prebiotic fiber
- 3) ☐ complex carbohydrate
- 4) ☒ Non of these
- 24) Benefits of probiotics
- 1) ☐ strengthen immunity
- 2) ☐ killing pathogenic bacteria
- 3) ☐ improved digestion and intestinal motility
- 4) ☒ All of the above
- 25) Probiotics are
- 1) ☐ dairy product
- 2) ☒ lactic acid bacteria
- 3) ☐ inulin
- 4) ☐ A source of food for gut's healthy bacteria
- 26) Which vitamin is produced by probiotics
- 1) ☐ B12
- 2) ☐ K2
- 3) ☐ B9
- 4) ☒ Non of the above
- 27) Animal -based sources are rich in lycopine but not polyphenols antioxidant
- 1) ☐ True
- 2) ☒ False
- 28) Hip circumference is more indicative of the metabolic syndrome than BMI
- 1) ☐ True
- 2) ☒ False
- 29) The most powerful antioxidant is:
- 1) ☐ vitamin c
- 2) ☐ vitamin E
- 3) ☒ glutathione
- 4) ☐ lipoic acid
- 30) Which supplement is commonly used to treat fatty liver and disturbed fat metabolism
- 1) ☐ Inositol
- 2) ☐ Taurine
- 3) ☒ Choline
- 4) ☐ All of these
- 31) Bariatric surgery procedures serve to restrict and decrease food intake and do not interfere with the normal digestive process
- 1) ☐ True
- 2) ☒ False
- 32) Which of the following surgical procedures would be expected to have the greatest effect on absorption



capacity?

- 1) - Sleeve gastrectomy
  - 2) - Gastric banding
  - 3) ☒ Roux –en-Y Gastric bypass
  - 4) - All of these
- 33) One statement regarding goals of bariatric surgery is untrue:
- 1) - Body weight loss > 50%
  - 2) - Minimal post-surgery co- morbidities
  - 3) ☒ short term of body weight control
  - 4) - Appropriate therapeutic approach for morbid obesity
- 34) Which of the following component fits to diagnose metabolic syndrome based on the WHO criteria?
- 1) - DM + hypertension
  - 2) ☒ DM+ hypertension, & dyslipidemia
  - 3) - DM + IGT
  - 4) - Hypertension +blood fat + micro-albuminuria
- 35) What is the correct definition of sever thiness?
- 1) - BMI  $\leq 18$  kg/m<sup>2</sup>
  - 2) ☒ BMI <16 kg/m<sup>2</sup>
  - 3) - BMI 16-17 kg/m<sup>2</sup>
  - 4) - BMI 17-18.5 kg/m<sup>2</sup>
- 36) A woman is 1.60 m tall and weighs 72 kg. Is she:
- 1) - Underweight
  - 2) - Normal weight
  - 3) ☒ Overweight
  - 4) - Obese
- 37) Dietary supplement is:
- 1) - Pharmaceutical product
  - 2) ☒ Nutraceutical product
  - 3) - Biopharmaceutical product
  - 4) - All is correct
- 38) A typical person suffering from metabolic syndrome most often has
- 1) - A pear-shaped obesity
  - 2) ☒ Apple shaped obesity
  - 3) - Lower abdominal obesity
  - 4) - All of these
- 39) Factors are not affecting physical activity
- 1) ☒ Body temperture
  - 2) - Distance of movement
  - 3) - Intensity of movement
  - 4) - Body size
- 40) A reasonable time line for a 10 percent reduction in body weight is:
- 1) - one month
  - 2) - three months
  - 3) ☒ six months
  - 4) - ten months
- 41) The weight status calculation for children and teens is based on the
- 1) - BMI-for-height chart
  - 2) ☒ BMI-for-age chart



- 3) - BMI-for-weight chart  
4) - BMI-for-growth chart
- 42) The gold standard technique of body fat composition determination is  
1) - lipid profile analysis  
2) - skin fold thickness  
3) + body composition analyzer  
4) - waist /hip ratio
- 43) Which of the following statements regarding the weight-loss medication orlistat is TRUE?  
1) - Typical dosage of orlistat is 120 mg between meals  
2) + Orlistat is a gastric and pancreatic lipase inhibitor  
3) - Orlistat is a norepinephrine, dopamine, and serotonin reuptake inhibitor  
4) - It reduces the absorption of 70% of a patient's dietary fat intake
- 44) The most effective therapeutic/preventive approach for keeping optimal body weight is  
1) - high protein diet  
2) + regular and strength physical activity  
3) - low calorie diet  
4) - healthy diet
- 45) Which herbal supplement is required for carminative action  
1) + ginger tea  
2) - ginseng tea  
3) - garlic  
4) - green tea
- 46) Metabolic syndrome is defined as  
1) - A group of metabolic disorders  
2) - A group of lifestyle disorders  
3) - A group of cardiometabolic disorders  
4) + All is correct
- 47) One indication is not true in the criteria for a bariatric surgery candidate.  
1) - BMI more or equal 40kg/m<sup>2</sup>  
2) + BMI more or equal 35 kg/m<sup>2</sup>  
3) - Adult  
4) - Unsuccessful attempts at lifestyle modifications for more than 6 months
- 48) Which is not included in dietary guidelines for a healthy diet:  
1) - more fruits and vegetables  
2) - more whole grains  
3) - one teaspoon of salt  
4) + one tablespoon of salt
- 49) The key factor to any successful weight loss is making:  
1) - Changes in eating habits  
2) - Changes in physical activity habits  
3) - Skipping unhealthy lifestyle habits  
4) + All of the above
- 50) What is the most likely complication of obesity in pulmonary system?  
1) - Stroke  
2) - Asthma  
3) - Pneumonia  
4) + Sleep apnea