Bariatric Seminar Quiz

1. A person’s body mass index (BMI) is considered normal if it is:
   a. 10-18
   b. 18-25
   c. 35-30
   d. 30-35

2. A person is considered a candidate for bariatric surgery when the BMI is:
   a. 25 or above
   b. 35 or above
   c. 50 or above
   d. 18 or above

3. Obesity trends since 1985 have:
   a. Increased
   b. Decreased
   c. Not Changed
   d. Stayed the same

4. Which of the following are health risks associated with Morbid Obesity?
   a. Hypertension
   b. Type II Diabetes
   c. Sleep Apnea
   d. High Cholesterol
   e. All of the above

5. The two procedures we perform currently at this facility are:
   a. Roux-En-Y Gastric Bypass
   b. Sleeve Gastrectomy
   c. Lap Band
   d. A and B
   e. A and C
6. Most nutrients are absorbed in the small intestine.
   a. True
   b. False

7. Restriction and malabsorption are the two ways a ____________ causes weight loss.
   a. Lap Band
   b. Sleeve Gastrectomy
   c. Roux-En-Y Gastric Bypass

8. The sleeve gastrectomy aids in weight loss by providing a ______________ component.
   a. Malabsorbtive
   b. Restrictive
   c. Both Malabsorbtive and restrictive
   d. None of the above

9. Some of the benefits of laparoscopic surgery are:
   a. Less Pain
   b. Less Stress on the body
   c. Decreased recovery time
   d. Less scarring
   e. All of the above

10. It is required by our program that you walk within ___ hours of bariatric surgery in order to decrease your risk of pulmonary embolism (PE) or deep vein thrombosis (DVT).
    a. 2
    b. 4
    c. 12
    d. 24
11. _________ is considered the “Gold Standard” of bariatric procedures and makes up 85% of the bariatric procedures performed here in the U.S.

a. The Sleeve Gastrectomy  
b. The Lap Band  
c. The Roux-En-Y Gastric Bypass  
d. The duodenal switch

12. When a person has a Roux-En-Y gastric bypass, the small stomach pouch is made and the remaining portion of the stomach is:

a. Removed  
b. Left in place and still produces gastric juices

13. When a person has a Laparoscopic Sleeve Gastrectomy, the small stomach pouch is made and the remaining portion of the stomach is:

a. Removed  
b. Left in place and still produces gastric juices

14. Bariatric surgery is only a tool to help you lose weight. It will still require healthy eating and exercise habits in order to lose and maintain weight and a healthy lifestyle.

a. True  
b. False

15. An example of a “hunger hormone” would be:

a. Ghrelin  
b. Insulin  
c. Peptide YY  
d. GLP1

16. Which hormones cause you to feel full?

a. Peptide YY  
b. Ghrelin  
c. Insulin  
d. GLP1
17. Two examples of solely restrictive bariatric procedures are:
   a. Roux-En-Y gastric bypass
   b. Lap Band
   c. Sleeve Gastrectomy
   d. A and C
   e. B and C

18. A person’s stomach pouch is about the size of _____ after having a sleeve gastrectomy.
   a. 30 cc or 1 medicine cup
   b. 90 cc or 3 medicine cups
   c. 60 cc or 2 medicine cups
   d. None of the above

19. Following Roux-En-Y gastric bypass, a person can expect to lose about ___ % of their excess weight.
   a. 20 %
   b. 30%-50%
   c. 65%-75%
   d. 80%-100%

20. In order to be considered a candidate for bariatric surgery, you must be:
   a. Between the ages of 18-65 years
   b. Have NO alcohol or Drug addictions
   c. Be a non-smoker and commit to not smoking following surgery
   d. All of the above

Name:____________________________________________________________
Signature:________________________________________ Date:____________________