



## 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



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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



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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 loose weight. It will still require healthy eating and exercise habits in order to loose 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



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e. A,C, and D

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: \_\_\_\_\_