

MARCH 2008

ARTICLE 1: Dietary Supplement Use in Cancer Survivors and Individuals Living with Other Chronic Conditions: A Population-Based Study

1. How many individuals living in the United States are cancer survivors?
 - a. 5.2 million
 - b. 8.6 million
 - c. 9.4 million
 - d. 10.5 million

2. Prostate cancer survivors tended to use supplements more than survivors of other types of cancers.
 - a. True
 - b. False

3. Those who reported having a chronic condition were _____ more likely to use at least two supplements than those without a chronic condition.
 - a. 44%
 - b. 50%
 - c. 68%
 - d. 82%

4. Cancer survivors who reported their health to be anything less than excellent used vitamins or minerals 3-4 times more than other respondents.
 - a. True
 - b. False

5. The results of this study showed there was a significant interaction between cancer status and race/ethnicity on the use of _____.
 - a. herbs
 - b. supplements
 - c. vitamins
 - d. minerals

6. In this study, 60% of the cancer survivors were less than 5 years from their cancer diagnosis.
 - a. True
 - b. False

7. The findings of this study suggest that a history of cancer was significantly associated with increased use of _____.
 - a. herbs
 - b. natural products
 - c. vitamins
 - d. minerals

8. There was a strong correlation between advancing age and the use of natural products such as fish oil, shark cartilage, and glucosamine.
 - a. True
 - b. False

9. In the general population, which of the following groups use supplements the most?
 - a. Latinos
 - b. Non-Latino whites
 - c. Non-Latino African Americans
 - d. Asian-Pacific Islanders

10. Suffering from a chronic condition is the major factor associated with supplement use.
 - a. True
 - b. False

ARTICLE 2: Complementary and Alternative Medicine and the Management of the Metabolic Syndrome

1. In 1997, approximately how much money was spent by Americans on alternative care?
 - a. \$8 billion
 - b. \$15 billion
 - c. \$21 billion
 - d. \$27 billion

2. The International Diabetes Federation definition of metabolic syndrome requires an abnormal measurement of abdominal girth plus 2 risk factors.
 - a. True
 - b. False

3. What percentage of individuals using alternative care treatments failed to disclose this information to their physicians?

- a. 35%
 - b. 48%
 - c. 55%
 - d. 70%
4. A concept known as “sick fat” describes pathologic disturbances in fat function contributing to type 2 diabetes mellitus, dyslipidemia, hypertension, and cardiovascular disease.
- a. True
 - b. False
5. Metabolic syndrome represents an inflammatory state that predisposes individuals to:
- a. Chronic fatigue syndrome
 - b. cancer
 - c. cardiovascular disease
 - d. arthritis
6. US Pharmacopeia standards not are enforceable by the FDA.
- a. True
 - b. False
7. Which of the following complementary and alternative medicine (CAM) therapies received the lowest grade in this study?
- a. Hoodia for treatment of obesity
 - b. Dietary Approaches to Stop Hypertension diet for hypertension
 - c. Soy for dyslipidemia
 - d. Dark chocolate for insulin resistance
8. If a CAM therapy is rated as a “C”, clinicians should stop their patients from using it.
- a. True
 - b. False
9. Which of the following CAM therapies rated a grade of “A”?
- a. Omega-3 fatty acids for dyslipidemia
 - b. Soy for dyslipidemia
 - c. Psyllium for dyslipidemia
 - d. All of the above

10. A “nutraceutical” is a food that may be part of a regular diet but contains one or more active ingredients that enhances health.
- a. True
 - b. False

Activity Evaluation:

Were the activity’s objectives met?

Do you feel the activity was fair, balanced and free of commercial bias?

What topic area(s) would you like to see covered in future educational activities? (if applicable)
