

CBN Practice Test Questions and Answers

1. Which condition is NOT directly linked to obesity?

- A) Hypertension
- B) Sleep apnea
- C) Multiple sclerosis
- D) Fatty liver disease

2. Which eating habit should bariatric patients avoid?

- A) Eating slowly and chewing food thoroughly
- B) Drinking liquids with meals
- C) Consuming small, frequent meals
- D) Following a protein-rich diet

3. What is a key metabolic disorder associated with obesity?

- A) Type 2 diabetes
- B) Hypothyroidism
- C) Cushing's syndrome
- D) Anemia

4. Dumping syndrome after gastric bypass is BEST managed by:

- A) Eating small, frequent meals low in simple carbohydrates and avoiding liquids with meals
- B) Increasing total daily caloric intake
- C) Eating larger, less frequent meals
- D) Consuming high-sugar beverages to restore energy quickly

Answers: 1-C 2-B 3-A 4-A

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