

BARIATRIC SURGERY QUIZ - ANSWERS

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| 1. Obesity is a medical disease with serious health implications. | <input type="checkbox"/> True | |
| 2. Morbid obesity increases the risk for premature death. | <input type="checkbox"/> True | |
| 3. There is no effective long term, non-surgical treatment available for obesity. | <input type="checkbox"/> True | |
| 4. Surgery can maintain long term weight loss with patient cooperation. | <input type="checkbox"/> True | |
| 5. All patients with severe obesity are good surgical candidates. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 6. Laparoscopy is an alternative method of performing bariatric surgery. | <input type="checkbox"/> True | |
| 7. One definition of morbid obesity is 100 lb or more above ideal body weight. | <input type="checkbox"/> True | |
| 8. The severity of obesity is determined by weight only. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 9. Body Mass Index (BMI) approximates the amount of excess body fat. | <input type="checkbox"/> True | |
| 10. Severe or morbid obesity is defined by a BMI ≥ 40 . | <input type="checkbox"/> True | |
| 11. An apple body shape is at a higher risk for developing diabetes. | <input type="checkbox"/> True | |
| 12. There are approximately 30 obesity related co-morbid medical disorders. | <input type="checkbox"/> True | |
| 13. Weight loss can not improve or cure diabetes, high blood pressure and arthritis. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 14. The risk of death can revert to normal with successful weight loss. | <input type="checkbox"/> True | |
| 15. A patient with a BMI = 30 is a candidate for surgery. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 16. A patient with a BMI = 40 is a candidate for surgery | <input type="checkbox"/> True | |
| 17. Weight Loss surgery is without risk. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| 18. If the pouch is used correctly 50% to 70% of excess weight can be lost permanently. | <input type="checkbox"/> True | |
| 19. The pouch will function as your new stomach | <input type="checkbox"/> True | |
| 20. A part of small bowel can be bypassed to get greater weight loss. | <input type="checkbox"/> True | |
| 21. Vertical Banded Gastroplasty (VBG) and the Lap-Band are pure restrictive procedures. | <input type="checkbox"/> True | |

Patient Initials _____

22. Roux-en-Y Gastric Bypass (RYGB) is a combination procedure. True False
23. A greater weight loss can be obtained with VBG or Lap Band than with RYGB. True False
24. RYGB is a more complex operation with potentially more complications. True False
25. The RYGB, VBG and Lap Band guarantee weight loss 100%. True False
26. The pouch is a tool with which you can lose weight if you know how to use it. True False
27. Frequent milk shakes and soda (high calorie liquids) defeat the purpose of the pouch. True False
28. By drinking water the pouch can be distended and cause satiety. True False
29. A Pulmonary Embolism (PE) can cause death. True False
30. The mortality (death) rate can be as high as 2% with the RYGB operation. True False
31. The morbidity (complication) rate can be as high as 10% with the RYGB operation. True False
32. Long term weight control is very dependent on patient education and cooperation. True False
33. Drinking liquids with meals delays pouch filling and satiety resulting in increased food intake. True False
34. VBG, Lap Band and RYGB are major operations. True False
35. Everyone can have surgery done laparoscopically. True False
36. Overeating can stretch the pouch and the pouch outlet, resulting in weight gain. True False
37. The key to weight loss is to fill the pouch with solid food high in protein. True False
38. Liquids should be avoided during meal time (water, tea, diet drinks). True False
39. Vitamins and mineral supplements are required for life after bariatric surgery. True False
40. Bariatric surgery can have a 10-15% failure rate. True False
41. Life long changes in diet and eating habits will result after surgery. True False
42. Serious complications can occur after surgery requiring intensive unit care, re-operation and additional expenses. True False
43. A greater weight loss can be obtained with liquids than with eating solid foods. True False
44. RYGB is a more complex operation with potentially more complications than the lap band. True False
45. Protein is an important part of the post surgical diet. True False
46. Development of gallbladder disease after a large weight loss can occur in 20-30% of patients True False
47. Potential complications include: bleeding, leak, blood clots, hernia, wound infection, ulcers. True False
48. Aspirin, Motrin, alcohol and smoking can cause stomach ulcers. True False
49. Chewing well, eating slowly and avoiding liquids with meals is an important part of behavior modification. True False

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