1. Each of the following plays a role in metabolic syndrome EXCEPT?
   a. Cancer
   b. Hypertension
   c. Hyperlipidemia
   d. Insulin resistance

2. Which one of the following is a symptom of metabolic syndrome?
   a. Obesity
   b. Pancreatitis
   c. Hyperthyroidism
   d. Pulmonary embolism

3. Resistance to leptin causes which one of the following?
   a. Bulimia
   b. Anorexia nervosa
   c. Increased fat burning
   d. Loss of appetite suppression

4. The secretion of proinflammatory cytokines is thought to be caused by which one of the following?
   a. Bilirubinemia
   b. Hyperthyroidism
   c. Hyperinsulinemia
   d. Visceral adipose tissue (VAT)

5. What are the two types of adipose tissue?
   a. Thigh and fat
   b. Gray and white
   c. Brown and white
   d. Vascular and nonvascular

6. Which one of the following is the gold standard for measuring insulin intolerance?
   a. Pancreatic biopsy
   b. Fasting glucose test
   c. Glucose tolerance test
   d. Euglycemic clamp technique

7. According to the American Heart Association, how many Americans have metabolic syndrome?
   a. 4.7 million
   b. 47 million
   c. 60 million
   d. 80 million

8. Patients with metabolic syndrome face a fivefold higher risk for developing which condition?
   a. Type 2 diabetes
   b. COPD
   c. Diverticulitis
   d. Asthma

9. What level of weight loss can decrease metabolic syndrome risk?
   a. None, weight loss cannot reduce the risk
   b. 1%-2%
   c. 3%-5%
   d. 5%-10%

10. Which of the following medications is used to treat metabolic syndrome?
    a. Orlistat (Xenical)
    b. Furosemide (Lasix)
    c. Fluoxetine (Prozac)
    d. Levothyroxine (Synthroid)

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**Evaluation**

1. I can state factors that are considered part of the diagnosis of metabolic syndrome.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can describe methods to identify patients who have metabolic syndrome.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can discuss lifestyle changes that can prevent the progression of metabolic syndrome to heart disease and diabetes.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

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**Metabolic Syndrome**

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1. A B C D E
2. A B C D E
3. A B C D E
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5. A B C D E
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10. A B C D

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