

# Taking Women's Health to Heart: An Update on Women & Cardiometabolic Syndrome

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## Quiz Questions

- 1) Women with all four “deadly quartet” risk factors (obesity, diabetes, hypertension, hypertriglyceridemia) are at significantly higher risk for heart disease than men with all these risk factors.
  - a. True.
  - b. False.
  
- 2) According to NHLBI guidelines, which of the following should be the main focus of treatment in individuals over age 50?
  - a. High daytime blood pressure.
  - b. High diastolic hypertension.
  - c. Low nocturnal blood pressure.
  - d. High systolic hypertension.
  
- 3) Studies on diabetes prevention and lifestyle show which of the following outcomes?
  - a. Diet alone is effective for preventing diabetes.
  - b. Metformin is more effective for preventing diabetes than diet.
  - c. One-on-one counseling that focuses on diet and exercise is more effective at preventing diabetes than pharmacotherapy.
  - d. Exercise is not required to prevent diabetes because diet can sufficiently reduce hyperinsulinemia and increase insulin sensitivity.
  
- 4) Consuming 2 grams of plant sterols per day from fortified foods and beverages can lower LDL cholesterol by 10%.
  - a. True.
  - b. False.

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- 5) What is the significance of the skin hyperpigmentation, acanthosis nigricans?
- It decreases the likelihood of cardiometabolic syndrome and signals adequate beta cell function.
  - It is primarily caused by hyperinsulinemia and is an outward sign of cardiometabolic syndrome risk.
  - It is a hygiene issue and should trigger a review of appropriate skin care.
  - It is a measure of inflammatory markers that suggest increased risk for diabetes.
- 6) Which of the following statements is true for individuals at risk for cardiometabolic syndrome?
- Losing 5% - 10% of initial body weight can significantly improve metabolic parameters.
  - Achieving ideal body weight is the primary goal.
  - Exercise is more effective than caloric restriction for promoting weight loss.
  - During the active weight loss phase, HDL cholesterol will increase and can be used as a surrogate measure of dietary effectiveness.
- 7) Which of the following are lifestyle modifications that may help reduce blood pressure?
- Moderate alcohol consumption.
  - Physical activity.
  - Weight loss.
  - All of the above.

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- 8) Research has demonstrated an inverse relationship between magnesium intake and metabolic syndrome.
- a. True.
  - b. False.
- 9) Which of the following statements is true about lowering the glycemic index of a high-carbohydrate diet?
- a. It reduces the risk of diabetes and is recommended by the American Dietetic Association's Evidence Analysis Library as a weight control strategy.
  - b. It can reduce the workload of the beta cells and reduce non-alcoholic steatohepatitis.
  - c. It increases risk for pancreatic cancer.
  - d. There is no benefit for this dietary approach.
- 10) Which of the following statements about vitamin D is false?
- a) Adequate blood levels of vitamin D can improve insulin sensitivity by 60%.
  - b) Vitamin D plays an essential role in beta cell functioning.
  - c) Obese people generally have better vitamin D status because D is a fat-soluble vitamin.
  - d) All of the above are true.