The hormone leptin is
A. synthesized by liver cells  
B. responsible for protein cravings  
C. synthesized by fat or adipose cells  
D. associated with bulimia

Hunger can be related to feeling
A. angry  
B. lonely  
C. all of the above

The peptide PYY is secreted
A. by the gallbladder in response to hunger  
B. by the duodenum in response to the presence of food  
C. by the kidneys in response to dehydration  
D. by the pulmonary gland in response to thirst

Weight gain, fatigue, constipation, and hair thinning are characteristic findings of
A. type 1 diabetes  
B. Addison’s disease  
C. hyperparathyroidism  
D. hypothyroidism

Sleep deprivation can affect
A. thyroid function  
B. leptin levels  
C. all of the above

Gastric bypass procedures can cause deficiencies of
A. Magnesium and Zinc  
B. Amphetmines  
C. Multivitamins  
D. a combination of the above

Medications commonly associated with weight gain include all
A. an empty stomach  
B. a heavy meal  
C. alcohol ingestion  
D. all of the above

A. 5 pounds per week  
B. 1 pound per day  
C. 1-2 pounds per week

A. an empty stomach  
B. C. fat consumption  
C. a meal  
D. alcohol ingestion

A. hypercyclic antidepressants  
B. Corticotrophin  
C. Tri-cyclic antidepressants  
D. all of the above

A. 5 pounds per week  
B. 2 pounds per month  
C. 1-2 pounds per week

A. appetite  
B. decreases cravings for sweets  
C. GI absorption of fat  
D. weight loss & nervousness

A. 2 pounds per month  
B. high energy & insomnia  
C. weight gain & depression  
D. low cortisol levels

A. 5% per decade beginning around 40  
B. 10% per decade over 50  
C. 15% per decade beginning at 20  
D. all of the above

Sarcopenia is a loss of muscle mass typically seen in
A. severe obesity & hyperphagia  
B. muscle wasting  
C. bulimia  
D. delayed growth

Patients should be counseled to stop exercising immediately if they experience
A. nausea  
B. dizziness  
C. chest pain  
D. any of the above

Sarcopenia is a loss of muscle mass typically seen in
A. obese  
B. overweight  
C. people over age 50  
D. diabetics

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