



Posttest

Understanding PCOS and Eating Disorder Risk

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. PCOS begins in the _____.
 - A. pancreas
 - B. ovaries
 - C. hypothalamus
 - D. adrenals

2. Individuals with PCOS are at greatest risk of developing an eating disorder because
 - A. all people with PCOS are at a higher weight
 - B. poor body image triggers disordered patterns to attempt weight control
 - C. restriction to try to manage PCOS triggers binge eating
 - D. disruption of circadian rhythms lowers ability to sense regular hunger/fullness cues
 - E. A, B, C
 - F. B, C, D

3. Including protein with meals helps to manage PCOS by
 - A. lowering insulin
 - B. helping with weight loss
 - C. improving ovulation
 - D. A and C
 - E. A and B
 - F. A, B, C

4. Stress in individuals with PCOS increases risk of
 - A. disordered eating
 - B. higher progesterone levels
 - C. depression and anxiety
 - D. lower progesterone levels
 - E. A, C, D
 - F. C, D

5. It can take _____ to see improved PCOS symptoms after increasing omega 3 fatty acid intake.
 - A. 1-2 weeks
 - B. 3-4 weeks
 - C. 6 weeks
 - D. at least 3 months

6. The best ratio of MYO-inositol and D-chiro inositol is

- A. 40:1
- B. 30:1
- C. 20:1
- D. 10:1

7. Behavior changes that help to lower insulin long-term include:

- A. managing stress
- B. including adequate protein
- C. cutting out saturated fat
- D. taking vitamin D
- E. B and D
- F. A, B, D

8. Those with PCOS who diet

- A. have a greater likelihood of improving insulin levels
- B. improve digestion
- C. often don't lose weight
- D. may exacerbate the intense carb cravings that lead to binge eating
- E. A and C
- F. C and D

9. Oral contraceptives

- A. treats the root cause of PCOS
- B. regulates the menstrual cycle
- C. creates nutrition deficiencies long-term
- D. lowers insulin resistance long-term
- E. B, C
- F. A, B, D

10. Dieting to manage PCOS can lead to

- A. hypothalamic amenorrhea
- B. thyroid issues
- C. lower neuropeptide Y levels
- D. A and B
- E. B and C