



Eating Disorders

A Peer-Reviewed Publication

Written by Lisa Dowst-Mayo, RDH, BSDH, MHA

PUBLICATION DATE: OCTOBER 2018

EXPIRATION DATE: SEPTEMBER 2021

Use this page to review the questions and answers. Return to www.DentalAcademyOfCE.com and sign in. If you have not previously purchased the program select it from the "Online Courses" listing and complete the online purchase. Once purchased the exam will be added to your Archives page where a Take Exam link will be provided. Click on the "Take Exam" link, complete all the program questions and submit your answers. An immediate grade report will be provided and upon receiving a passing grade your "Verification Form" will be provided immediately for viewing and/or printing. Verification Forms can be viewed and/or printed anytime in the future by returning to the site, sign in and return to your Archives Page.

QUESTIONS

1. **What percentage of women will be affected by an eating disorder in their lifetime?**
 - a. 1%
 - b. 3%
 - c. 10%
 - d. 20%
2. **What is the average age on onset for eating disorders in women?**
 - a. Prior to puberty
 - b. Puberty
 - c. Adult
 - d. Post menopause
3. **Which eating disorder in the DSM-5 replaced the DSM-4 category "Eating Disorder Not Otherwise Specified"?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. Other Specified Feeding and Eating Disorders
4. **Which of the following eating disorders is a new category that was added in the DSM-5 and describes symptoms characteristic of feeding or eating disorders causing significant stress or impairments in functioning, but without meeting the full criteria for an ED diagnosis?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. Unspecified Feeding or Eating Disorder
5. **A multidisciplinary approach to treatment is utilized in eating disorders and involves which of the following?**
 - a. Medical management
 - b. Nutritional intervention
 - c. Psychotherapy
 - d. All of the above
6. **Which of the following influences whether inpatient or outpatient treatment is recommended for a patient with an eating disorder?**
 - a. Patient motivation
 - b. Family resources
 - c. Psychiatric status
 - d. All of the above
7. **Which of the following drug classes is most commonly used in the treatment of anorexia nervosa and bulimia nervosa?**
 - a. SSRI
 - b. MAOI
 - c. SNRI
 - d. TCA
8. **Which of the following drugs is the only agent approved by the Food and Drug Administration (FDA) for the treatment of bulimia nervosa?**
 - a. fluoxetine(Prozac)
 - b. sertraline(Zoloft)
 - c. citalopram(Celexa)
 - d. escitalopram(Lexapro)
9. **Contrave is an antiobesity medication that is a combination of naltrexone (opioid antagonist) and bupropion (antidepressant) with FDA approval for the treatment of which eating disorder?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. Night eating syndrome
10. **Which of the following eating disorders has the highest mortality rate of any psychiatric illness?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. OSFED
11. **Which eating disorder has a less than 1% mortality rate and whose prevalence rate is highest age 16-22 years?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. OSFED
12. **Which of the following eating disorders prevalence rates increase with increasing age?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. OSFED
13. **Which of the following eating disorders is characterized by abnormally low body weight, distorted body image and an intense fear of gaining weight?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. OSFED
14. **At what ratio will patients with anorexia nervosa cross over to bulimia nervosa?**
 - a. ½
 - b. 1/3
 - c. ¼
 - d. 1/8
15. **In which eating disorder will patients typically have negative personality with low novelty seeking, low self-directedness and introverted tendencies?**
 - a. Anorexia nervosa
 - b. Bulimia nervosa
 - c. Binge eating disorder
 - d. OSFED

16. Which of the following eating disorders results in a body mass index (BMI) 15% below normal?

- a. Anorexia nervosa
- b. Bulimia nervosa
- c. Binge eating disorder
- d. OSFED

17. Which of the following is a physical change that can occur in a patient with anorexia nervosa?

- a. Amenorrhea
- b. Osteopenia
- c. Anemia
- d. All of the above can occur

18. What percentage of patients with anorexia nervosa will relapse within the first year of treatment?

- a. 20%
- b. 25%
- c. 30%
- d. 50%

19. What does the term purge mean?

- a. To restrict food
- b. To eat a large amount of food in one sitting
- c. To vomit after eating
- d. To exercise excessively

20. What does the term binge mean?

- a. To restrict food
- b. To eat a large amount of food in one sitting
- c. To vomit after eating
- d. To exercise excessively

21. What percentage of patients with bulimia nervosa have a lifetime prevalence of mood disorders such as depression and anxiety?

- a. 10-20%
- b. 20-25%
- c. 50-70%
- d. 80-100%

22. Which of the following physiological sequela can occur in patients with bulimia nervosa?

- a. Erosion of the teeth
- b. Esophageal tears
- c. Cardiomyopathy
- d. All of the above can occur

23. Which eating disorder is characterized by recurrent binge episodes without compensatory behaviors such as purging so obesity is likely to occur?

- a. Anorexia nervosa
- b. Binge eating disorder
- c. OSFED
- d. UFED

24. Which medical emergency should a dental provider be on alert for when treating patients with eating disorders?

- a. Panic attack
- b. Myocardial infarction
- c. Stroke
- d. All of the above

25. Which term describes the decalcification of teeth that occurs from exposure to gastric acids?

- a. Perimyolysis
- b. Caries
- c. Periodontal disease
- d. Sialadenosis

26. Which of the following manifestations can occur in patients with chronic regurgitation of acidic gastric contents?

- a. Tooth hypersensitivity
- b. Bilateral parotid gland enlargement
- c. Xerostomia
- d. All of the above can occur

27. Which term below defines a painless salivary gland swelling that occurs as a side effect in patients with eating disorders?

- a. Perimyolysis
- b. Caries
- c. Periodontal disease
- d. Sialadenosis

28. Patients with bulimia nervosa are greater amount of which enzyme in their saliva?

- a. Amylase
- b. Lipase
- c. Kallikrein
- d. Lysozyme

29. Which of the following oral opportunistic infections is reported to occur in higher rates in patients with eating disorders?

- a. NUG
- b. Candidiasis
- c. Herpetic lesions
- d. NUP

30. Which oral side effect can occur in someone with an eating disorder?

- a. Perimyolysis
- b. Sialadenosis
- c. Dental caries
- d. All of the above can occur

PUBLICATION DATE:	OCTOBER 2018
EXPIRATION DATE:	SEPTEMBER 2021

Eating Disorders

Name: _____ Title: _____ Specialty: _____

Address: _____ E-mail: _____

City: _____ State: _____ ZIP: _____ Country: _____

Telephone: Home () _____ Office () _____

Lic. Renewal Date: _____ AGD Member ID: _____

Requirements for successful completion of the course and to obtain dental continuing education credits: 1) Read the entire course. 2) Complete all information above. 3) Complete answer sheets in either pen or pencil. 4) Mark only one answer for each question. 5) A score of 70% on this test will earn you 3 CE credits. 6) Complete the Course Evaluation below. 7) Make check payable to PennWell Corp. **For Questions Call 800-633-1681**

EDUCATIONAL OBJECTIVES

- Understand the issue of eating disorders.
- Know the difference between eating disorders as it affects various age groups.
- Be able to identify individual eating disorders and their oral impact.
- Understand and identify the oral signs of eating disorders.

COURSE EVALUATION

1. Were the individual course objectives met?

Objective #1: Yes No Objective #2: Yes No

Objective #3: Yes No Objective #4: Yes No

Please evaluate this course by responding to the following statements, using a scale of Excellent = 5 to Poor = 0.

- | | | | | | | |
|---|-------|---|---|---|-----|----|
| 2. To what extent were the course objectives accomplished overall? | 5 | 4 | 3 | 2 | 1 | 0 |
| 3. Please rate your personal mastery of the course objectives. | 5 | 4 | 3 | 2 | 1 | 0 |
| 4. How would you rate the objectives and educational methods? | 5 | 4 | 3 | 2 | 1 | 0 |
| 5. How do you rate the author's grasp of the topic? | 5 | 4 | 3 | 2 | 1 | 0 |
| 6. Please rate the instructor's effectiveness. | 5 | 4 | 3 | 2 | 1 | 0 |
| 7. Was the overall administration of the course effective? | 5 | 4 | 3 | 2 | 1 | 0 |
| 8. Please rate the usefulness and clinical applicability of this course. | 5 | 4 | 3 | 2 | 1 | 0 |
| 9. Please rate the usefulness of the supplemental bibliography. | 5 | 4 | 3 | 2 | 1 | 0 |
| 10. Do you feel that the references were adequate? | | | | | Yes | No |
| 11. Would you participate in a similar program on a different topic? | | | | | Yes | No |
| 12. If any of the continuing education questions were unclear or ambiguous, please list them. | _____ | | | | | |
| 13. Was there any subject matter you found confusing? Please describe. | _____ | | | | | |
| 14. How long did it take you to complete this course? | _____ | | | | | |
| 15. What additional continuing dental education topics would you like to see? | _____ | | | | | |

If not taking online, mail completed answer sheet to

PennWell Corp.

Attn: Dental Division,
1421 S. Sheridan Rd., Tulsa, OK, 74112
or fax to: 918-212-9037

For IMMEDIATE results,
go to www.DentalAcademyOfCE.com to take tests online.

QUICK ACCESS CODE 15323

Answer sheets can be faxed with credit card payment to 918-212-9037.

Payment of \$59.00 is enclosed.
(Checks and credit cards are accepted.)

If paying by credit card, please complete the following: MC Visa AmEx Discover

Acct. Number: _____

Exp. Date: _____

Charges on your statement will show up as PennWell

- | | |
|---------------------|---------------------|
| 1. (A) (B) (C) (D) | 16. (A) (B) (C) (D) |
| 2. (A) (B) (C) (D) | 17. (A) (B) (C) (D) |
| 3. (A) (B) (C) (D) | 18. (A) (B) (C) (D) |
| 4. (A) (B) (C) (D) | 19. (A) (B) (C) (D) |
| 5. (A) (B) (C) (D) | 20. (A) (B) (C) (D) |
| 6. (A) (B) (C) (D) | 21. (A) (B) (C) (D) |
| 7. (A) (B) (C) (D) | 22. (A) (B) (C) (D) |
| 8. (A) (B) (C) (D) | 23. (A) (B) (C) (D) |
| 9. (A) (B) (C) (D) | 24. (A) (B) (C) (D) |
| 10. (A) (B) (C) (D) | 25. (A) (B) (C) (D) |
| 11. (A) (B) (C) (D) | 26. (A) (B) (C) (D) |
| 12. (A) (B) (C) (D) | 27. (A) (B) (C) (D) |
| 13. (A) (B) (C) (D) | 28. (A) (B) (C) (D) |
| 14. (A) (B) (C) (D) | 29. (A) (B) (C) (D) |
| 15. (A) (B) (C) (D) | 30. (A) (B) (C) (D) |

AGD Code 150

PLEASE PHOTOCOPY ANSWER SHEET FOR ADDITIONAL PARTICIPANTS.

COURSE EVALUATION and PARTICIPANT FEEDBACK
We encourage participant feedback pertaining to all courses. Please be sure to complete the survey included with the course. Please e-mail all questions to: lauraw@pennwell.com.

INSTRUCTIONS
All questions should have only one answer. Grading of this examination is done manually. Participants will receive confirmation of passing by receipt of a verification form. Verification of Participation forms will be mailed within two weeks after taking an examination.

COURSE CREDITS/COST
All participants scoring at least 70% on the examination will receive a verification form verifying 3 CE credits. The formal continuing education program of this sponsor is accepted by the AGD for Fellowship/Mastership credit. Please contact PennWell for current term of acceptance. Participants are urged to contact their state dental boards for continuing education requirements. PennWell is a California Provider. The California Provider number is 4527. The cost for courses ranges from \$20.00 to \$110.00.

PROVIDER INFORMATION
PennWell is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

Concerns or complaints about a CE Provider may be directed to the provider or to ADA CERP at www.ada.org/cotocerp/

The PennWell Corporation is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing dental education programs of this program provider are accepted by the AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from (11/1/2015) to (10/31/2019) Provider ID# 320452

RECORD KEEPING
PennWell maintains records of your successful completion of any exam for a minimum of six years. Please contact our offices for a copy of your continuing education credits report. This report, which will list all credits earned to date, will be generated and mailed to you within five business days of receipt.

Completing a single continuing education course does not provide enough information to give the participant the feeling that s/he is an expert in the field related to the course topic. It is a combination of many educational courses and clinical experience that allows the participant to develop skills and expertise.

CANCELLATION/REFUND POLICY
Any participant who is not 100% satisfied with this course can request a full refund by contacting PennWell in writing.

IMAGE AUTHENTICITY
The images provided and included in this course have not been altered.

© 2018 by the Academy of Dental Therapeutics and Stomatology, a division of PennWell