

# Obesity and Its Medical Management

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This month's quiz is based on the article "Obesity and Its Medical Management," which begins on page 9 of this issue. Choose the single best answer for each question.

- Which of the following endocrine diseases typically presents with obesity?**
  - Addison's disease
  - Cushing's syndrome
  - Growth hormone deficiency
  - Hyperthyroidism
  - Osteomalacia
- Which of the following hormones increases energy expenditure?**
  - Ghrelin
  - Growth hormone
  - Insulin
  - Leptin
  - Melatonin
- Which of the following statements regarding obesity-related morbidity and mortality is TRUE?**
  - Obese men have an increased risk of death from cancer of the stomach and prostate
  - Obese persons have an increased risk of lower bone density and osteoporosis
  - Obese persons have an increased risk of rheumatoid arthritis
  - Obese women have an increased risk of seizures
  - Weight loss in obese people does not change their risk of death
- A 55-year-old woman with a body mass index (BMI) of 32 kg/m<sup>2</sup> and a past medical history of hypertension and diabetes presents with a hemoglobin A<sub>1c</sub> level of 8%. Her current medications include metformin, lisinopril, and aspirin. The patient requests a medication to help her lose weight. What is the most appropriate medication to treat this patient's obesity?**
  - Exenatide
  - Glyburide
  - Orlistat
  - Sibutramine
- A 35-year-old woman with a BMI of 37 kg/m<sup>2</sup> presents for treatment of obesity. She has no past medical history, and routine work-up reveals normal vital signs and blood test results. The physician prescribes sibutramine. Which of the following should be monitored while the patient is taking this medication?**
  - Blood pressure
  - Complete blood count
  - Kidney function
  - Lipids
  - Liver enzymes
- A 45-year-old man with a BMI of 35 kg/m<sup>2</sup> presents for treatment of obesity. He has a history of hypertension and long-standing insulin-dependent diabetes. What is the best treatment option for this patient?**
  - Bariatric surgery
  - Intense exercise program
  - Low-fat and carbohydrate-controlled diet that provides 1000 kcal/day
  - Metformin
  - Sibutramine
- A 22-year-old woman with no past medical history presents with a 25-lb weight gain over the past 3 months. There has been no change to her previously healthy diet or exercise program. Her periods are regular, and she denies extra hair growth. She complains of being very tired and feeling bloated. Which blood testing will most likely lead to an explanation of her obesity?**
  - Complete blood count
  - Glucose, insulin, and C-peptide levels
  - Prolactin level
  - Random cortisol level
  - Thyrotropin level

For answers, see page 40.

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*Answers to Clinical Review Quiz*

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**Answers to the Clinical Review Quiz, which appears on page 33. The article on obesity begins on page 9.**

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|--|--------------------------|
| 1. (B) Cushing's syndrome  | 4. (C) Orlistat          |
| 2. (D) Leptin  | 5. (A) Blood pressure    |
| 3. (A) Obese men have an increased risk of death from cancer of the stomach and prostate | 6. (A) Bariatric surgery |
|  | 7. (E) Thyrotropin level |

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