Nutrition and the Pancreas
Paula McGurk, Marinos Elia, and Jean-Fabien Zazzo

Multiple choice questions

**DIABETES MELLITUS** (Paula McGurk and Marinos Elia)

1. Which of the following is the most common type of diabetes?
   (a) Type 1.
   (b) Type 2.
   (c) Gestational diabetes.
   (d) Maturity-onset diabetes of the young.

2. Which of the following glucose production rates (g/24 hours) occurs after an overnight fast?
   (a) 50.
   (b) 100.
   (c) 200.
   (d) 300.
3. Which of the following is correct with respect to the composition of the diet for those with diabetes?

(a) Generally similar to the healthy diet for the general population.
(b) High-protein diet.
(c) High-fat diet (>50% of energy intake).
(d) High-sucrose diet.

4. Which of the following has contributed to the worldwide growth of diabetes?

(a) Viral infections of the pancreas.
(b) Acute pancreatitis.
(c) Drugs.
(d) Obesity.

5. Which of these treatments allows greater flexibility in relation to diet and lifestyle?

(a) Twice daily mixed insulin regimen.
(b) Basal bolus regimen.
(c) Continuous fixed dose insulin infusion.
(d) Long acting insulin regimen.

PANCREATITIS (Jean-Fabien Zazzo)

1. In severe acute pancreatitis, three-in-one parenteral nutrition is indicated if

(a) The patient is already under-nourished.
(b) The patient is vomiting after initiation of enteral nutrition in the gastric position.
(c) The plasmatic enzyme concentration (amylase or lipase) is still elevated.
(d) The plasmatic triglyceride level is less than 4 g/l.
(e) The energy goal is not obtained with enteral nutrition after 3 days.
(f) The patient tolerates glucose without insulin.
2. Early enteral nutrition in severe acute pancreatitis is indicated because

(a) It decreases infectious complications.
(b) It decreases mortality.
(c) It decreases length of hospital stay.
(d) It is less expensive.
(e) It prevents cachexia.

3. Pharmaconutrition (arginine, glutamine, antioxidants) is efficient in which of the following critical situations?

(a) Mild pancreatitis.
(b) Severe pancreatitis.
(c) Before carcinologic digestive surgery.
(d) During acute renal failure.
(e) Severely burned patients.
(f) Alcoholic liver disease.
(g) Bone-marrow transplantation.
(h) ICU patients.

4. Lipids emulsions may be used in parenteral mixtures during nutrition of pancreatitis except in which of the following situations?

(a) If pancreatitis is severe.
(b) If a diabetes mellitus is present.
(c) If the cause of pancreatitis is a hypertriglyceridaemia.
(d) If septic complications onset.