1-I am a (check all that apply)
□ Cancer Survivor (specify type: ____________________)
□ Relative or caregiver of cancer survivor
□ Lay health worker/promoter
□ Health care provider (specify): ____________________
□ Other: ____________________

2-I have health insurance.  Yes  No
If yes, please list: ____________

3-My age is _______ years.

4-My gender is  Female  Male

5-My zip code is ____________

6-My ethnicity is: Hispanic or Latino
Non-Hispanic or Non-Latino

7-My race is (check all that apply)
□ White
□ Black or African American
□ Native American
□ Asian/Pacific Islander
□ Other (specify): ____________________

8-My current knowledge/experience with this topic
□ None at all
□ Very little
□ Some
□ A lot

9-After viewing this presentation I learned
□ Nothing new
□ A little bit
□ Some
□ A lot

10-This topic is relevant to my life or my practice
□ Strongly agree
□ Agree
□ No opinion/not applicable
□ Disagree
□ Strongly disagree

11-The speaker was prepared and informative
□ Strongly agree
□ Agree
□ No opinion/not applicable
□ Disagree
□ Strongly disagree

12-I would not have been able to attend this lecture if it had not been available via videoconference/online
□ Strongly agree
□ Agree
□ No opinion/not applicable: I did attend in person
□ Disagree
□ Strongly disagree

13-Other topics I would like to see addressed include:

14-Did you feel there was any bias toward any particular product or company?  Yes  No

15- Additional comments/ suggestions:

PRESENTATION QUESTIONS

1) Which of the following products may regulate over 2000 genes in the body and brain?
   a. Coenzyme Q
   b. Fish oil / omega 3 fatty acids
   c. Vitamin D
   d. SAMe

(continue ... back)
2) A 35-year old woman with chronic depressive symptoms cannot tolerate standard antidepressants (e.g., SSRIs, SNRIs) due to their causing sexual dysfunction and wants to try a more natural approach or product. Which of the following would be the best approach to help with depression?

a. Eating an incomplete protein with a complex carbohydrate every 3-4 hours
b. Eating a complete protein with a complex carbohydrate every 3-4 hours
c. Supplementing the diet with 1.0 Gm/day of omega-3 fatty acids
d. Adding St. John’s wort

3) Which of the following individuals would least likely have a deficiency in vitamin D (e.g., < 30 ng/ml 25-OHD3)?

a. A young athlete who drinks a gallon of fortified vitamin milk per day
b. An elderly patient in a nursing home taking 400 IU vitamin D3 per day
c. A patient with chronic renal disease taking 800 IU vitamin D2 per day
d. An obese person with a malabsorption syndrome taking 1000 IU vitamin D3 per day

4) Of the following medications, which does not block post-synaptic serotonin (5-HT2A) receptors?

a. Trazodone
b. Mirtazapine
c. Citalopram
d. Quetiapine