¡Vida! – Health Care Professional Educational Series – August 14, 2014

Location: __________ or Viewed online __________

Nutrition & Physical Activity Cancer Prevention Guidelines/Cancer Risk & Mortality

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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- Your new patient is Mrs. Jones, a 45 year old woman, who was recently discharged from the hospital with an acute MI. Mrs. Jones has a BMI of 35, cholesterol of 330, and fasting blood sugar of 180. She is also a smoker who recently cut back from 2ppd to 1ppd during her recent hospital stay. She walks for half an hour with her husband after dinner and runs after her twin 18 months old grand babies all day. As you review her risk factors, you prioritize which of the following as having the most impact on her health:

a- Weight loss to a BMI of 20
b- Smoking cessation
c- Decrease carbohydrate intake
d- Increase dietary fiber

2- The ACS Prevention Guideline Score include:

a- Body weight, Activity, and Smoking
b- Body weight, Activity, and Fiber Intake
c- Body weight, Activity, and Diet
d- Body weight, Activity, and Sleep quality

3- The ACS guidelines score was directly related to decreased cancer incidence of:

a- Breast cancer, Cervical cancer
b- Breast cancer, Thyroid cancer
c- Breast cancer, Ovarian cancer
d- Breast cancer, Leukemia

PLEASE RETURN TO BETTINA HOFACRE
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