

PRACTICAL CLINICAL COURSES

*A Service of the Gordon J. Christensen
Career Development Program*

X3977

Transform Your Body – Transform Your Life

Uche Odiatu, DMD
Gordon J. Christensen, DDS, MSD, PhD

Materials Included:

C.E. Instruction Sheet
AGD Post-Test

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PRACTICAL CLINICAL COURSES

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POST-TEST

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1. The new scientific findings on the human microbiome are shaking the foundations of medicine and nutrition.
 - a. True
 - b. False

2. Which is the correct answer?
 - a. Aerobics will get you fit
 - b. Weight training will get you fit
 - c. Yoga will get you fit
 - d. All the above are needed to get fit

3. Not eating enough fiber:
 - a. Has no influence on microbiome
 - b. Has a negative influence on the human microbiome
 - c. Is ideal for microbiome health

4. As we age, our microbiome's bacterial diversity:
 - a. Stays the same
 - b. Becomes more diverse
 - c. Becomes less diverse

5. When our resident good flora has their foundational needs met, they produce:
 - a. LCFAs or Long-Chain Fatty Acids
 - b. SCFAs or Short-Chain Fatty Acids
 - c. Poisonous gas

6. The more diverse the bacteria in the human microbiome:
 - a. The higher the health and vitality of the individual
 - b. The lower the health and vitality of the individual
 - c. Does not affect the health and vitality of the individual

7. Which statement is false?
 - a. It is within a dental professional's scope of practice to talk about nutrition chairside with patients.
 - b. Eating habits have a major impact on human microbiome health.
 - c. Stress has no effect on the human microbiome.

8. The short-chain fatty acids produced by gut flora:
 - a. Can boost inflammation in the body
 - b. Are potent anti-inflammatory agents in the body
 - c. Have no influence on inflammation in the body

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9. Regarding steady state jogging and its ability to get you fit:
 - a. It is still the best way to get in shape
 - b. It is not as efficient as Interval Training to get fit

10. Your 600 muscles have no idea how old you are.
 - a. True
 - b. False

11. A patient who has poor stress management practices is likely to have:
 - a. Chronically elevated cortisol levels
 - b. Poor wound healing
 - c. Poor sleep habits
 - d. All the above

12. The inactive patient is more likely to have:
 - a. Elevated inflammation
 - b. A higher BMI
 - c. Poor wound healing ability
 - d. All the above

13. You can slow down your rate of aging by healthier lifestyle practices.
 - a. True
 - b. False

14. A poor sleeper is more likely to:
 - a. Have a weaker immune system
 - b. Not pay their dental bill on time
 - c. Have better wound healing ability than a good sleeper

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15. Regarding a dentist discussing the human microbiome, which statement is correct?
- a. It is a relevant subject that dentists can talk about chairside.
 - b. It has no relevance to dental patients.
 - c. It is too difficult for dental patients to understand.

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