‘Diabesity’ – interlinking treatments to improve outcomes in diabetes and obesity

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First Name		**Profession**	
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1. Obesity is associated with more than __ comorbidities.

☐ **A** 15 ☐ **B** 30 ☐ **C** 40 ☐ **D** 45

2. Both obesity and diabetes are characterised by insulin resistance and insulin deficiency.

☐ **A** True ☐ **B** False

3. Which statement is true?

☐ **A** A high proportion of body fat is seen only in people with a BMI >30kg/m^2 ☐ **B** Visceral fat distribution has been found to elevate the risk of mortality

4. Diabetes prevention studies have shown that in pre-diabetic individuals, intensive lifestyle intervention decreases overall risk/incidence of T2DM by ___.

☐ **A** 31% ☐ **B** 43% ☐ **C** 58% ☐ **D** 65%

5. In respect of metabolic profile, physical activity has been shown to improve:

☐ **A** Glycaemic control ☐ **B** Lipid profile ☐ **C** Adiposity ☐ **D** All of the above

6. Which of the following anti-obesity drugs can only be used short term due to significant risks?

☐ **A** Orlistat ☐ **B** Liraglutide ☐ **C** Phentermine ☐ **D** Topiramate

7. The most effective treatment option for patients with diabesity is:

☐ **A** Metabolic surgery ☐ **B** Intensive lifestyle intervention ☐ **C** Pharmacotherapy ☐ **D** B and C

8. Which statement best describes the weight effect of metformin use?

☐ **A** Weight neutral to modest weight gain ☐ **B** Weight neutral to modest weight loss

9. Of the following GLP-1 RAs, which is registered for use as an anti-obesity treatment in patients without diabetes?

☐ **A** Dulaglutide ☐ **B** Exenatide ☐ **C** Liraglutide ☐ **D** Semaglutide

10. Of the following GLP-1 RAs, which has not shown cardiovascular benefit?

☐ **A** Dulaglutide ☐ **B** Exenatide ☐ **C** Liraglutide ☐ **D** Semaglutide

11. Renoprotective benefits are most associated with which class of antidiabetic drugs?

☐ **A** Thiazolidinediones ☐ **B** GLP-1 RAs ☐ **C** SGLT-2 inhibitors ☐ **D** DPP-4 inhibitors

12. DPP-4 inhibitors are associated with significant weight gain.

☐ **A** True ☐ **B** False

13. Which statement is true? Thiazolidinediones are associated with:

☐ **A** Increased risk of urinary tract and genital mycotic infections
☐ **B** Increased risk of heart failure, urinary bladder cancer, secondary osteoporosis and fractures
☐ **C** Weight gain
☐ **D** B and C

14. Which of the following sulphonylureas is recommended for use by SEMDSA and associated with minimal weight gain?

☐ **A** Gliclazide ☐ **B** Glimepiride ☐ **C** Glipizide ☐ **D** Glyburide

15. For patients with obesity and T2DM requiring insulin therapy, the Endocrine Society Clinical Practice Guideline recommends concomitantly prescribing at least one weight loss-promoting medication to mitigate weight gain associated with insulin use.

☐ **A** True ☐ **B** False

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