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CME Questions

DVD #4, Quantifying Stress

★ Please clearly circle the letter that corresponds to your answer.

1. Stress has very little impact on public health.

- a. True
- b. False

2. The human stress response...

- a. Is designed to increase the chance of survival during an acute stress
- b. Is designed to adapt to chronic stress
- c. Has a minor effect on the cardiovascular system
- d. Only effects the cardiovascular system

3. Patient's must meet the criteria for Addison's Disease or Cushing's Syndrome to be treated for adrenal dysfunction

- a. True
- b. False

4. Salivary measurement of cortisol is a scientifically proven method of determining diurnal cortisol secretion

- a. True
- b. False

5. Abnormal cortisol secretion patterns are associated with

- a. Fatigue
- b. Insomnia
- c. Immune dysfunction
- d. All of the above

6. Adrenal dysfunction can be safely treated with hydrocortisone and or supplements that support the adrenal gland

- a. True
- b. False

7. Stress affects thyroid function by

- a. Inhibiting TSH and TRH
- b. Decreasing conversion of T4 to T3
- c. Increasing conversion of T4 to reverse T3
- d. All of the above