Probiotics

Deadline: Postmarked no later than March 1, 2020
Credit: 2 AAMA CEUs (gen/clin) Code: 137108

Directions: Determine the correct answer to each of the following, based on information derived from the article.

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1. There is significant historical evidence that the bacteria in probiotics enter the bloodstream and cause sepsis for low-birth-weight, preterm infants.

2. The human gastrointestinal (GI) system may contain both harmful and beneficial bacteria.

3. Some strains and combinations of probiotics are more beneficial to certain individuals than other strains and combinations.

4. Probiotics have been shown to worsen diarrhea in patients receiving antibiotics.

5. Probiotics can be used to treat diseases unrelated to the GI system, such as inflammatory skin diseases.

6. Unlike probiotics, prebiotics do not contribute to the growth of helpful bacteria in the human GI system.

7. There is medical evidence that low-birth-weight, preterm infants are less likely to contract certain serious illnesses if they use probiotics.

8. A high-FODMAP (fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols) diet is recommended for patients with irritable bowel syndrome.

9. Generally, health care professionals recommend against prescribing probiotics for severely immune-compromised patients.

10. Evidence supports the use of probiotics to prevent Clostridium difficile.

11. To protect consumers from ineffective or harmful products, the U.S. Food and Drug Administration began evaluating and approving probiotics in 2002.

12. Probiotics should be prescribed for children with acute infectious gastroenteritis.

13. The fungi, viruses, and bacteria in the human body can affect mood and behavior as well as physiological issues, such as metabolism and immunity.

14. The American Gastroenterological Association scientific advisory board gives a conditional recommendation that probiotics be used to treat which of the following conditions?
   - a. Irritable bowel syndrome
   - b. Pouchitis
   - c. Ulcerative colitis
   - d. Crohn disease

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Multiple Choice

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