

You can obtain 3 CEU's for reading the article "USE AND PERCEIVED EFFECTIVENESS OF COMPLEMENTARY MEDICINES FOR WEIGHT LOSS IN ADULT WOMEN" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2023/00001)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za>.
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- 7) Answer ALL the accompanying questions in the CPD questionnaire.
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Only online questionnaires will be accepted.

Activity 168

1. In 2013, amendments to the Medicines and Related Substances Act, 1965 (Act 101 of 1965) allowed for the establishment of:
 - a) The Complementary Medicines category, otherwise known as Category D
 - b) The Complementary Medicines category, otherwise known as Category C
 - c) Health supplements and complementary medicines to be placed into two separate categories
2. The term 'complementary medicine' (CM) refers to any substance of natural origin that may be used:
 - a) In the diagnosis, treatment, maintenance, and prevention of disease
 - b) As a health supplement
 - c) a & b
3. Medicines utilised in the disciplines of Ayurveda, Western herbal medicine, traditional Chinese medicine, Unani Tibb and homeopathy are classified as:
 - a) Alternative medicines
 - b) Nutritional supplements
 - c) Complementary medicines
4. In clinical practice, the following cost-effective measures to determine body fat are routinely used:
 - a) BMI and waist/hip ratio measurements
 - b) Magnetic resonance imaging
 - c) Computerised tomography scan
5. In this study, the majority of the study participants employed the following lifestyle change in addition to using CMs for weight loss:
 - a) Food substitutes
 - b) Fasting
 - c) Regular exercise
6. In this study, the most common source of information participants utilised to find out about their chosen CM weight-loss product was:
 - a) Family and friends
 - b) Advertisements
 - c) Healthcare consultant
7. In this study, the majority of participants reported an average monthly expenditure on CM weight loss products of:
 - a) Less than ZAR 200
 - b) ZAR 200–ZAR 499
 - c) More than ZAR 500
8. *Camellia sinensis* tea leaves are a popular beverage worldwide and are categorized according to their level of fermentation as:
 - a) Black tea, red tea and green tea
 - b) Oolong tea, green tea and rooibos tea
 - c) Green tea, black tea and oolong tea
9. Protein-enriched supplements are suggested to:
 - a) Decrease feelings of satiety
 - b) Promote retention of lean body mass in dieters
 - c) Help increase daily calories
10. Research suggests that the following two constituents found in green tea may work synergistically to produce weight-loss effects:
 - a) Caffeine and theophylline
 - b) Epigallocatechin-3-gallate (EGCG) and caffeine
 - c) EGCG and catechins
11. In this study, the most commonly reported side effect from using CM products for weight loss was:
 - a) Nausea
 - b) Headaches
 - c) Palpitations
12. The main active constituent found in the *Garcinia cambogia* plant is considered to be:
 - a) Caffeine
 - b) Hydroxycitric acid
 - c) Epigallocatechin-3-gallate
13. The bulk laxatives psyllium and guar gum are highly viscous and are classified as:
 - a) Soluble fibre
 - b) Insoluble fibre
 - c) Resistant starch
14. Conjugated linoleic acid (CLA) is a fatty acid naturally found in dairy and meat, however CLA supplements on the market are typically synthetically made from:
 - a) Safflower oil
 - b) Sunflower oil
 - c) Canola oil
15. Disclosure of the use of CMs to healthcare providers can be encouraged by:
 - a) Being knowledgeable about CMs
 - b) Being able to advise patients about their use
 - c) a & b