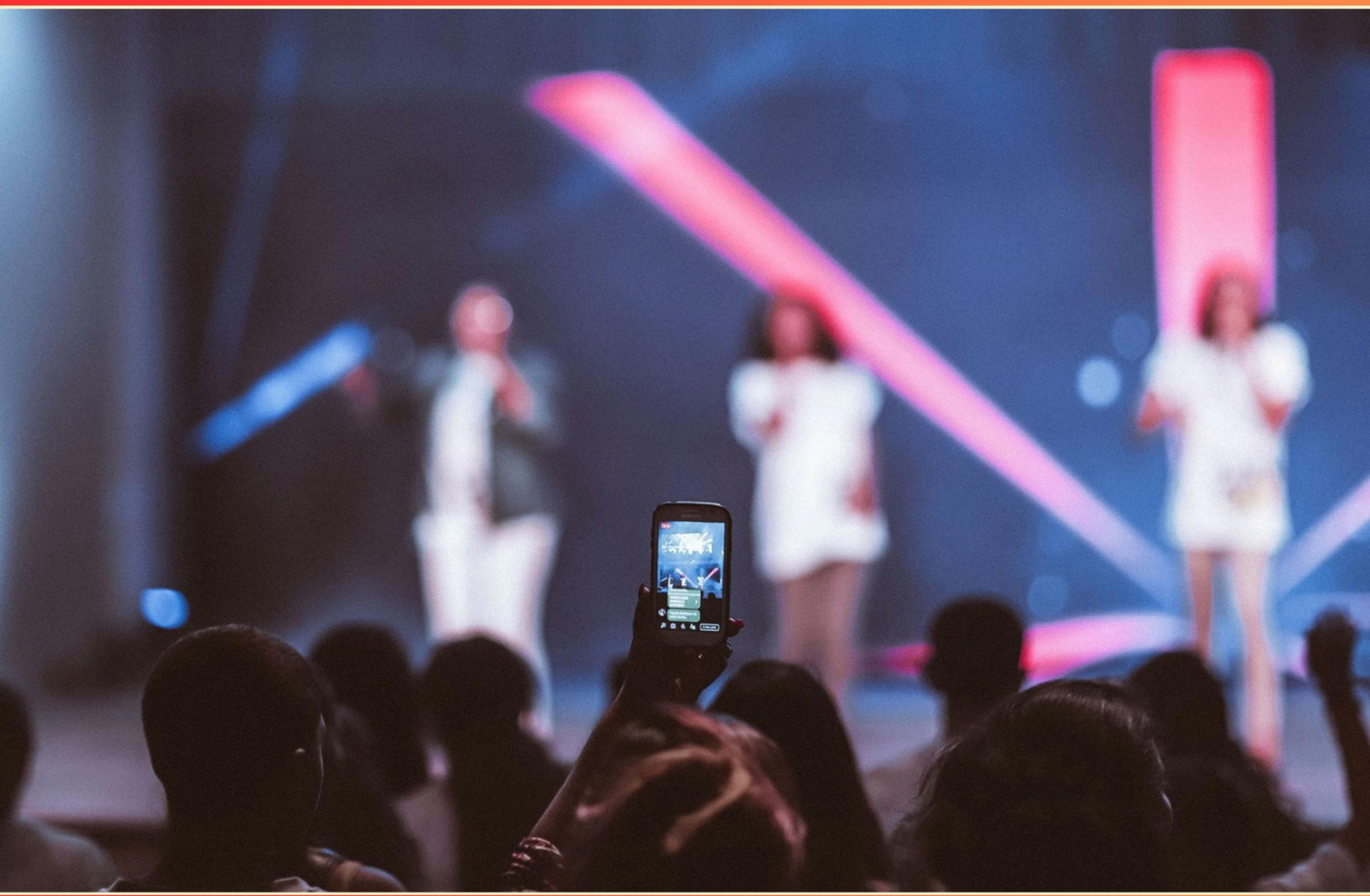
WEAKEST LINK PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. Which MET value range defines vigorous intensity activity?

A. 1.1-2.9

B. 3-5.9

C. >6

D. 0-1.0

2. Copper deficiency treatment via IV copper is dosed at what range per day for 6 days?

A. 1-2 mg/d for 3 days

B. 2-4 mg/d for 6 days

C. 4-6 mg/d for 8 days

D. 6-8 mg/d for 5 days

3. Which is NOT listed as a co-morbidity for BMI >= 35 surgery qualification?

A. Vitamin D deficiency

B. T2DM

C. OSA

D. NAFLD

4. Which medication is listed for obesity management in youths aged 16 and older (tertiary care)?

A. Orlistat

B. Sibutramine

C. VLC diet

D. Exercise

5. Which drug is listed as the better choice for obesity treatment?

A. Orlistat

B. Lorcaserin (serotonin receptor agonist)

C. Topiramate

D. Phentermine/topiramate (Qsymia)

6. Which appetite medication should be used with caution in patients with anxiety?

A. Metformin

B. Orlistat

C. Phentermine/topiramate with caution

D. Liraglutide

7. Which of the following is a component of structured weight management for stage 2?

A. Planned reinforcement

B. Record behaviors

C. Planned diet or eating plan

D. reduced screen time

8. What is the daily copper supplementation dose for deficiency?

A. 0.5 mg/day

B. 1 mg/day

C. 2 mg/day

D. 3 mg/day

9. Which symptom is associated with thiamine deficiency?

A. Hypotension

B. Wernicke encephalopathy

C. Erythema nodosum

D. Elevated glucose

10. What cholesterol level range is considered borderline?

A. Less than 170

B. Greater than 200

C. 200-250

D. 170-199

Answers

1. C
2. B
3. A
4. B
5. B
6. C
7. C
8. C
9. B
10. D

Explanations

1. Which MET value range defines vigorous intensity activity?

A. 1.1-2.9

B. 3-5.9

C. >6

D. 0-1.0

MET values quantify how hard the body is working compared with resting. Vigorous intensity starts around 6 METs and above, meaning activities that cost roughly six times the energy used at rest. So the range that defines vigorous activity is the one describing METs greater than 6. The other ranges map to light intensity (low METs), moderate intensity (about 3 to 5.9 METs), or near-rest (0 to 1 MET).

2. Copper deficiency treatment via IV copper is dosed at what range per day for 6 days?

A. 1-2 mg/d for 3 days

B. 2-4 mg/d for 6 days

C. 4-6 mg/d for 8 days

D. 6-8 mg/d for 5 days

Replenishing copper stores through IV therapy uses a modest daily amount over several days to restore copper-dependent functions and correct deficiency symptoms. The standard approach is to give 2-4 mg of elemental copper each day for six days. This range provides enough copper to replete stores and improve blood abnormalities without markedly increasing toxicity risk, and the six-day course fits typical repletion timelines before transitioning to oral maintenance. Shorter, lower dosing may fail to restore levels, while higher daily amounts or longer courses aren't generally necessary and can raise toxicity risk. After repletion, continue with oral copper and monitor levels as needed.

3. Which is NOT listed as a co-morbidity for BMI >= 35 surgery qualification?

A. Vitamin D deficiency

B. T2DM

C. OSA

D. NAFLD

Bariatric surgery eligibility for someone with a BMI of 35 or higher is often tied to obesity-related health problems. Among the common comorbidities used to support surgery approval are type 2 diabetes, obstructive sleep apnea, and non-alcoholic fatty liver disease, because these conditions are closely linked to obesity and typically improve after weight loss. Vitamin D deficiency, while very common in obesity, is a nutritional deficiency rather than a disease state used to justify surgical qualification, so it isn't listed as a qualifying comorbidity. That's why this option is the one that isn't counted toward the BMI 35 surgery criteria.

4. Which medication is listed for obesity management in youths aged 16 and older (tertiary care)?

A. Orlistat

B. Sibutramine

C. VLC diet

D. Exercise

In youths 16 and older, pharmacologic options for obesity are limited and must be used alongside lifestyle changes. Among the listed choices, the medication that is appropriate for this age group is orlistat. Orlistat works by inhibiting pancreatic lipase, which reduces fat absorption from the diet. Because weight loss with this drug depends on dietary fat intake, it's most effective when paired with a reduced-calorie diet and regular physical activity. Side effects are mainly gastrointestinal, such as oily stools or flatulence with discharge, and it can reduce absorption of fat-soluble vitamins, so a multivitamin is usually recommended at a different time than the orlistat dose. Sibutramine, historically used as an appetite suppressant, has been withdrawn from the market due to serious cardiovascular safety concerns and is not used in youths. Very low-calorie diet and regular exercise are important foundations of obesity management but are not medications.

5. Which drug is listed as the better choice for obesity treatment?

A. Orlistat

B. Lorcaserin (serotonin receptor agonist)

C. Topiramate

D. Phentermine/topiramate (Qsymia)

The idea behind choosing an obesity drug is to weigh how well it helps with weight loss against how well patients tolerate it and what safety risks it carries. Lorcaserin works by selectively activating serotonin-2C receptors in the hypothalamus, which dampens appetite and leads to lower caloric intake. This tends to produce modest but meaningful long-term weight loss with a generally favorable tolerability profile, especially compared with stimulant-like drugs. Orlistat lowers weight by inhibiting fat absorption, but the downside is mainly gastrointestinal issues that can limit adherence and yield only modest weight loss. Topiramate, either alone or combined with phentermine, can produce more substantial weight loss but brings cognitive effects and other tolerability concerns, and the combination carries additional risks such as teratogenicity and cardiovascular considerations. Given these trade-offs, lorcaserin is often viewed as the better-balanced option for many patients seeking pharmacologic treatment for obesity, offering consistent appetite suppression with a tolerable safety profile.

6. Which appetite medication should be used with caution in patients with anxiety?

A. Metformin

B. Orlistat

C. Phentermine/topiramate with caution

D. Liraglutide

Appetite suppressants that stimulate the central nervous system can worsen anxiety symptoms. Phentermine acts as a stimulant, increasing norepinephrine and dopamine in the brain, which helps reduce appetite but can also raise anxiety, cause jitteriness, and disturb sleep. When you add topiramate, the combination remains effective for weight loss but still carries that stimulant-related potential to heighten anxiety, so it should be used with caution in patients who have anxiety. The other options work differently. Metformin is a diabetes medication with little direct effect on appetite or CNS activity, so anxiety isn't a primary concern. Orlistat works in the gut to block fat absorption and doesn't affect the central nervous system. Liraglutide, a GLP-1 receptor agonist, influences appetite through hormonal signals and can cause gastrointestinal side effects, but it isn't known for exacerbating anxiety in the same way a stimulant-containing therapy does. So the choice that should be used with caution in anxious patients is the stimulant-based combination, due to its potential to worsen anxiety.

7. Which of the following is a component of structured weight management for stage 2?

A. Planned reinforcement

B. Record behaviors

C. Planned diet or eating plan

D. reduced screen time

In stage 2, the focus is on giving the family a clear, actionable eating framework to guide daily intake. A planned diet or eating plan provides that framework by outlining what to eat, when to eat, and portion sizes, so meals are predictable and portions controlled. This direct structure helps maintain consistent energy balance and supports gradual, sustainable habit changes, which is the main goal of structured weight management at this stage. Related behavior strategies like reinforcement or recording behaviors are useful tools, and reducing screen time can support overall healthy habits, but they don't define the central structure of the eating plan itself.

8. What is the daily copper supplementation dose for deficiency?

A. 0.5 mg/day

B. 1 mg/day

C. 2 mg/day

D. 3 mg/day

Copper deficiency is corrected with a modest amount of supplementation to rebuild copper stores without risking toxicity. A typical starting daily dose is about 2 mg of elemental copper. This amount is enough to replenish stores and support copper-dependent enzymes, while staying well below the safety ceiling. The average diet provides about 0.9 mg per day, so supplementation above that level is needed to address the deficiency. Copper is usually given as a salt such as copper gluconate, with the label indicating the elemental copper content, so using a product that provides around 2 mg daily targets effective repletion. If deficiency persists or is severe, a clinician may adjust the dose under supervision, but the upper safe limit is about 10 mg/day. Smaller doses like 0.5 or 1 mg/day are typically insufficient, while 3 mg/day can be used in certain cases but 2 mg/day is commonly the starting point.

9. Which symptom is associated with thiamine deficiency?

A. Hypotension

B. Wernicke encephalopathy

C. Erythema nodosum

D. Elevated glucose

Thiamine is a crucial cofactor for enzymes that help brain cells generate energy from glucose. When thiamine is lacking, brain energy production falters, leading to Wernicke encephalopathy, an acute neuropsychiatric condition. This syndrome is most recognizably linked to thiamine deficiency and is characterized by symptoms such as eye movement abnormalities, gait ataxia, and confusion (the classic triad, though not all may be present). Among the options, Wernicke encephalopathy best represents a symptom associated with thiamine deficiency. The other choices—hypotension, erythema nodosum, and elevated glucose—do not reflect this specific neurological manifestation. In clinical practice, recognizing this association is important because timely thiamine administration can prevent progression to more lasting complications.

10. What cholesterol level range is considered borderline?

A. Less than 170

B. Greater than 200

C. 200-250

D. 170-199

Borderline high cholesterol means levels are elevated above the desirable range but not yet in the high category. For total cholesterol, the common cutoffs are: Desirable below 200 mg/dL, Borderline high from about 200 to 239 mg/dL, and High at 240 mg/dL and above. So the key idea is that you start calling it borderline once you reach around 200 mg/dL. The range that matches that boundary is the one that begins at 200 mg/dL, while the 170–199 mg/dL range is still considered Desirable, not Borderline.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://weakestlink.examzify.com

We wish you the very best on your exam journey. You've got this!