

**Podcast: “Dietary Interventions to Prevent Colon Cancer and Polyp Formation”, S1, E1**      **Release Date: 3/8/21**

**Speakers:** Frances Horenstein, M.D.; Nina P. Hourmouzis, M.D.; Marty E. Malloy-McCoy, APRN-CRNA

Learners Name: \_\_\_\_\_ Date of Activity Completion: \_\_\_\_\_

By signing or typing your name above, you attest to participating fully in this enduring material activity.

## OBJECTIVES

- Identify risks that promote colon cancer and polyp formation
- Identify dietary interventions to prevent polyp and cancer development
- Apply strategies on how to incorporate dietary advice in clinical practice

Objectives were met:    Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree

## PODCAST CONTENT

**Content / Quality of the program:**       Excellent    Good    Fair    Poor    NA

**Practical value of material:**             Excellent    Good    Fair    Poor    NA

**Was this presentation biased?**             Yes    No

The presentation was evidence based and free of bias. Speaker and planning committee disclosures were made prior to the start of the activity. Any financial/commercial interests of speakers or planning committee members were communicated and mitigated properly. This is found on the activity description flyer.

**On a scale of 1 to 5, with 5 being the highest rating, please circle the number that best describes your reaction.**

**I would rate this activity over all as....**      ◀ Low  1    2    3    4    5 High ▶

**Comments:** Click or tap here to enter text.

## ACTIVITY IMPACT

**Did this activity clarify or reinforce principles and concepts underlying your current handling of patients?**

Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree

**Topic(s) applicable to your practice?**    Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree

**Which of the following competency areas do you feel have been improved as a result of this activity?**

(Mark all that apply)

Patient Care                                       Medical Knowledge                                       Practice-Based Learning  
 Professionalism                                       Systems-Based Practice                                       Communication Skills

## POSTTEST: Please select the correct answer.

- 1) Bacteria that digest carnitine and choline from animal products produce beneficial compounds such as butyrate and short chain fatty acids.    True    False
- 2) It only takes 1 generation for a population with lower rates of colon cancer to assume the same colon cancer risk as the host country.    True    False
- 3) Reduced physical activity and prolonged sitting increases risk for colon cancer and polyp formation.    True    False
- 4) Alcohol consumption of whatever amount increases risk for colon cancer and polyp formation.    True    False

## COMMITMENT TO CHANGE:

**Identify at least one thing you are going to change in your practice as a result of this activity:**

Click or tap here to enter text.

**Topic Suggestions:** Click or tap here to enter text.

**Comments:** Click or tap here to enter text.