1. Mary Maroon comes to the clinic to get information on a vegetarian diet. What problems may arise when people make uninformed decision on what to eat for a vegetarian diet? What combinations of vegetable foods will provide Mary with all the essential amino acids?

2. Mr. Ashe, a man in his mid-60s, comes to the clinic complaining of heartburn. Questioning by the clinic staff reveals that the severity of his attacks increases when he lies down after eating a heavy meal. The man is about 50 pounds overweight. What is your diagnosis? Without treatment, what conditions might develop?

3. There has been a record heat wave lately, and many elderly people are coming to the clinic complaining that they “feel poorly.” In most cases, their skin is cool and clammy, and their blood pressure is low. What is their problem? What can be done to alleviate it?

4. During the same period, Bert Winchester, a construction worker, is rushed in unconscious. His skin is hot and dry, and his coworkers say that he just suddenly keeled over the job. What is Bert’s condition and how should it be handled?

5. Mrs. Garcia is brought to an emergency room complaining of severe pain in her left iliac region. She claims previous episodes and says that the condition is worse when she is constipated and is relieved by defecation. A large tender mass is palpated in the left iliac fossa, and a barium study reveals a large number of diverticula in her descending and sigmoid colon. What are diverticula, and what is believed to promote their formation? Does this woman have diverticulosis? Explain.
6. A woman in her 50s complains of bloating, cramping, and diarrhea when she drinks milk. What is the cause of her complaint and what is the solution?

7. Clients are instructed not to eat before having blood tests run. How would a lab technician know if someone “cheated” and ate a fatty meal a few hours before having his blood drawn.

8. Ann, a teenager, has gone to the sports clinic for the past 2 years to have her fat content checked. This year, her percentage of body fat is up, and tissue protein has not increased. Questioning reveals that Zena has been on crash diets four times since the last checkup, only to regain the weight (and more) each time. She also admits sheepishly that she “detests” exercise. How does cyclic dieting, accompanied by lack of exercise, cause an increase in fat and a decrease in protein.

9. Mrs. Rodriguez has a bleeding ulcer and has lost her appetite. She appears pale and lethargic when she comes in for a physical. She proves to be anemic, and her RBCs are large and pale. What mineral supplements should be ordered?

10. Mr. Roddick, a 21-year-old man with severe appendicitis, did not seek treatment in time and died a week after his abdominal pain and fever began. Explain why appendicitis can quickly lead to death.

11. In the mid-1960s, a calorie-free substitute (olestra) that is neither digested nor absorbed hit the market shelves in the United States. At the time there was concern that vitamin deficiencies might result from its use. What type of vitamins concerned them and why?