

TOPIC:	PERSONALIZED APPROACH TO HEALTHY LIVING
SPEAKER:	HAPPY WALIA DDS
TITLE:	Dentist
AFFILIATION	Auburn Ave Dental
TIME:	10 minutes

CME OBJECTIVES

State at least two things that participants should be able to do after they participate in this CME activity

Upon completion of this activity, attendees should be able to:

- 1 Discuss Approach to healthy living
- 2 Discuss role of Alcohol for healthy living

The ACCME does not want you to use the words - think, understand, know, appreciate, learn, comprehend, be aware of, be familiar with, etc. as they are not measurable.

You can use words such as Analyze, Categorize, Classify, Compare, Conclude, Construct, Critique, Define, Demonstrate, Describe, Discuss, Evaluate, Identify, List, Name, Outline, Show

MEASURING YOUR SUCCESS:

Will use pre-and post CME activity questionnaire to measure success.

Please provide 3 questions and answers that will be asked to the audience before and after your talk. The answer to these questions should be in your presentation. Please highlight the correct answer and limit your possible answers to a maximum of 4 with only one correct answer. The others can be partially correct or wrong

Question 1. Which of the below is not good for your heart and Brain

Answers

- 1 Spinach and leafy greens
- 2 Readymade meals
- 3 Walnuts

Feedback:

1. Spinach and leafy greens
2. Readymade meals: **Correct Answer.**
3. Walnuts

Question 2: The highest levels of ellagic acid are found in

Answers

- 1 Raspberries
- 2 Apples
- 3 Bananas

Feedback:

1. Raspberries: **Correct Answer.**
2. Apples

3. Bananas

Question 3: Moderate Alcohol is

Answers

1 What you can Tolerate

2 Not Really Defined

3 One drink a day

Feedback: Please provide a detail feedback (MOC)

1. What you can Tolerate

2. Not Really Defined

3. One drink a day: **Correct Answer.**