Guts UK: Pancreatitis Quiz

We hope you use this quiz for a Kranky Panky Weekend activity to raise awareness of pancreatitis with friends and family. Please adapt the quiz to your preference; the questions below are just suggestions. You can download a version of the quiz with just the questions from the Guts UK website <https://gutscharity.org.uk/>. Disclaimer: some people might disagree with the answers but we hope that will lead to an interesting and fun discussion around pancreatitis.

# True or False

(One point for each correct answer)

1. Alcohol is always the cause of pancreatitis.

**False** - There are a number of causes for pancreatitis, for example gallstones, and sometimes the cause is not known.

1. Only adults can get pancreatitis.

**False** - Sadly pancreatitis can occur at any age including babies or small children.

1. Pancreatitis is quite common in dogs.

**True** – And just like in humans the causes are complex, sometimes not known, and there isn’t an approved treatment.

1. A sting from a scorpion can cause pancreatitis.

**True** – The scorpion venom often triggers acute pancreatitis. The process involved has been studied to try to understand how acute pancreatitis unfolds and to explore potential treatments.

1. Pancreatitis can be cured by taking turmeric and vitamin C.

**False** – There is currently no cure for pancreatitis.

# Multiple choice

(Select all answers you think are correct; get one point for each correct answer and deduct one point for each wrong answer)

1. What does the pancreas do?

A) It removes fat from your blood

B) It is redundant, like the appendix

**C) It helps digest food (Correct: the pancreas secretes digestive enzymes into the small intestine, which break down food into smaller particles that can be then absorbed into the body)**

**D) It monitors blood sugar levels (Correct: the pancreas produces insulin, which allows cells to take up glucose from the blood, and glucagon, another hormone that releases glucose and fatty acids into the blood)**

E) It aids balance

1. What is the approximate shape of the pancreas?

A) It is an oblong

**B) It is the shape of a giant tadpole (Correct)**

C) It is oval

D) It is very long and thin like a snake

1. What is the approximate size of an adult's pancreas?

A) 50 cm long

B) 5 cm long

**C) 15cm long (Correct)**

D) 0.5cm long

1. What happens when the duct to drain the digestive enzymes is blocked?

**A) The digestive enzymes start to digest the pancreas (Correct: the enzymes become activated within the pancreas and start to break down the pancreas tissue).**

B) It shrinks to the size of a peanut

C) It makes an odd sound

D) It is really tickly

1. What is an EUS?

A) Electric Universal Syringe

B) Enteral Urinary Stent

C) Enterprising Undercover Spies

**D) Endoscopic Ultra Sound (Correct: An ultra sound probe on the end of an endoscope that is used to take pictures of the pancreas)**

1. Why are stents inserted into the pancreas?

A) To let air in

B) To let air out

**C) To hold the bile duct open so that it drains properly (Correct: if the bile duct is blocked by a stone or by fibrous tissue, a stent can widen the duct and allow the bile to flow out)**

D) To help dissolve fat

E) To give surgeons something to do

1. What foods are most likely to cause bad pain for a pancreatitis patient?

**A) Eating food containing starch (Correct) Eating any food can trigger some pain, but fat stimulates the pancreas and gallbladder more than other food types**

**B) Eating food high in fat (Correct: the pancreas produces lipase, an enzyme that breaks down fats in food, and this can aggravate pancreatic pain)**

C) Eating cucumber

D) Eating fish

1. A lot of pancreatitis patients have to take Creon. What is it?

A) A Korean supplement to improve skin quality

**B) Digestive enzymes made from pigs pancreas (Correct)**

C) A gelatin substitute

D) A posh type of hand cream

1. What is PEI?

A) Probable Enzyme Irritation

B) Passive Energising Infusion

C) Potential Enterprising Investment

**D) Pancreatis Exocrine Insufficiency (Correct)**

1. How is acute pancreatitis normally diagnosed?

A) Limbs start to fall off

**B) A high level of amylase or lipase in the blood (Correct: the inflamed pancreas releases digestive enzymes into the blood, which can be picked up by a blood test)**

C) By a blue and pink spotted rash

D) A bad headache

1. How is chronic pancreatitis normally diagnosed?

**A) By damage to the pancreas showing up on scans (Correct)**

B) Blood test

C) Patient questionnaire

D) Elimination of other options

1. Where do pancreatitis patients feel the pain?

A) Right arm

B) Lower abdomen into the legs

**C) Upper abdomen and through to the back (Correct)**

D) In their chest

1. How many causes of pancreatitis can you come up with?

**Scorpion Bite**

**Alcohol**

**Gallstones**

**Autoimmune**

**Hereditary**

**Idiopathic (unknown)**

**Infection with some viruses**

**Cystic fibrosis**

**Trauma to the pancreas**

**Complication of a ERCP**

**High levels of fatty acids in the blood (hypertriglyceridemia)**

**Side effects of some medications (e.g. azathioprine and steroids)**

1. How many pancreatitis symptoms can you name?

**Abdominal Pain**

**Nausea**

**Vomiting**

**Fatigue**

**Depression**

**Bloating**

**Jaundice**

**Steatorrhoea**

**Total points:**