

DIABETES – VOCABULARY AND QUIZ

Use the following words to complete the definitions:

ISLETS OF LANGERHANS, INSULIN, GLUCAGON, CATARACT, HYPERGLYCEMIA, KETONES, NEPHROPATHY, GLUCOSE, HYPOGLYCEMIA, PANCREAS, NEUROPATHY, GLYCOGEN, DIABETIC FOOT ULCER, GLAUCOMA, STATINS.

1. Drugs that reduce blood levels of cholesterol by blocking its formation.

2. Toxic substances formed from the breakdown of fatty acids.

3. High blood glucose levels.

4. An eye disease characterized by damage to the optic nerve. Increased pressure within the eyeball is a risk factor for developing glaucoma.

5. Kidney disease.

6. A cloudiness (opacification) of the lens of the eye that can lead to visual impairment.

7. An open sore on the foot that occurs in people with diabetes who have damage to nerves and/or have poor blood flow to the feet.

8. A simple sugar that circulates in the blood and provides energy to the body. Excess glucose is converted to glycogen or triglycerides.

9. A hormone that raises blood glucose levels by signaling the liver to convert amino acids and glycogen to glucose, which is then released into the bloodstream.

10. A complex carbohydrate that is stored in the liver and muscles until it is needed for energy.

11. Low blood glucose levels that can cause symptoms such as shaking and sweating and may progress to confusion, sleepiness, or even coma.

12. A hormone produced by the pancreas that regulates the production of glucose by the liver and the utilization of glucose by cells.

13. Nerve damage.

14. An organ located behind and beneath the lower part of the stomach that produces and secretes insulin and glucagon.

15. Cellular masses in the pancreas that contain insulin- and glucagon-secreting cells.

DIABETES – VOCABULARY AND QUIZ

TEST YOUR KNOWLEDGE

Work in pairs. Answer the following questions.

1. In what part of the body is insulin manufactured?
2. Type 1 diabetes is when:
3. Type 2 diabetes is when:
4. Sugar that is carried to the cells through the bloodstream is called:
5. What helps the glucose from food get into your cells?
6. Another name for low blood sugar is:
7. Another name for high blood sugar is:
8. Which of the following is not a sign or symptom of type 2 diabetes?
9. Another name for Type 1 diabetes is:
10. Another name for Type 2 diabetes is:
11. How do most people with Type 1 diabetes take insulin?
12. What is the condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes?
13. What is the normal blood glucose level for people who do not have diabetes?
14. Which of the following increases your chance of getting diabetes?
15. The body's main source of energy is called:
16. Diabetic retinopathy is:
17. A physician who treats people with diabetes has undergone training in this medical specialty:
18. When a person takes a fasting blood glucose test, how many hours before the test should the person refrain from eating?
19. How often should people with diabetes have eye checkups?
20. High blood glucose can harm the nerves in your body. Your doctor should check your nerves at least once a year, especially your:
21. What is the target blood pressure for most people with diabetes?
22. Which of the following is not a type of sugar?
23. What is the name of the sugar that occurs naturally in fruits and honey?
24. What is the most effective test to diagnose diabetes?
25. What is the name of the chemicals that the body makes when there is not enough insulin in the blood and it must break down fat for its energy?

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Ex.1

1. STATINS
2. KETONES
3. HYPERGLYCEMIA
4. GLAUCOMA
5. NEPHROPATHY
6. CATARACT
7. DIABETIC FOOT ULCER
8. GLUCOSE
9. GLUCAGON
10. GLYCOGEN
11. HYPOGLYCEMIA
12. INSULIN
13. NEUROPATHY
14. PANCREAS
15. ISLETS OF LANGERHANS

Ex. 2

"pancreas" ok
"The body does not produce insulin." ok
"The body fails to properly use insulin." ok
"glucose" ok
"insulin" ok
"Hypoglycemia" ok
"Hyperglycemia" ok
"weight gain" ok
"juvenile diabetes" ok
"noninsulin-dependent diabetes" ok
"needle injections or insulin pump" ok
"pre-diabetes" ok
"70 to 120" ok
"obesity" ok
"blood glucose" ok
"diabetic eye disease" ok
"endocrinology" ok
"8-12 hours" ok
"Once a year" ok
"feet" ok
"under 130/80" ok
"triglyceride" ok
"fructose" ok
"fasting glucose blood test" ok
"ketones" ok