DIABETES WORKSHEET

1. ____Diabetes_____ is usually a lifelong (chronic) disease in which there are _high____ levels of _sugar_____ in the blood.

2. ____Insulin_______ is a ___hormone____ produced by the ____pancreas_______ to control blood sugar.

3. Diabetes can be caused by too ___much_____ insulin, resistance to insulin or both.

4. A sugar called ____glucose____ enters the bloodstream. Glucose is a source of ___fuel____ for the body. You get them from ingesting carbohydrates.

5. An organ called the ____pancreas______ makes insulin. The role of insulin is to move glucose from the bloodstream into _muscle____, fat, and liver cells, where it can be used as fuel.

6. People with diabetes have high blood sugar because their body cannot move _sugar____ (or glucose) into fat, liver, and muscle cells to be stored for energy. This is because
   a. their pancreas does not make enough insulin.
   b. their cells do not respond to insulin normally.
   c. both of the above.

7. ____Diabetes Type 1______ can occur at any age, but it is most often diagnosed in children, teens, or young adults. In this disease the body makes little or no insulin. Daily injections are needed. The exact cause is not known.

8. ____Diabetes Type 2______ makes up most diabetes cases. It most often occurs in adulthood. However, because of high ____obesity____ rates, teens and young adults are now being diagnosed with it. Many people don't even know they have it!

9. ____Gestational diabetes______ is high blood sugar that develops at any time during pregnancy in a woman who does not have diabetes.

10. Diabetes affects more than _____20____ million Americans. Over ____40____ million Americans have pre-diabetes (which is a pre-cursor to type 2 diabetes).
11. The symptoms of high blood sugar levels include:
   a. Blurry vision                   b. Excessive thirst
   c. Fatigue                        d. Hunger
   e. Urinating often                f. Weight loss

12. Because type 2 diabetes develops slowly, some people with high blood sugar have _NO_ symptoms.

13. Symptoms of type 1 diabetes develop over a _SHORT_ period of time.

14. Some serious problems related to diabetes include:
   a. Eye problems including trouble seeing (especially at night) and light sensitivity. You can go blind.
   b. Feet & skin can get painful sores & infections. Sometimes a foot or leg may be amputated.
   c. Nerves in the body can be damaged, causing pain, tingling, & a loss of feeling.
   d. Problems with digesting food; trouble going to the bathroom; harder for men to have an erection

15. Diabetes can be tested by a _urine test _ or ____ blood test ________ test.

16. Early in Type 2 diabetes, you may be able to reverse the disease with ___lifestyle changes______
   Some type 2 diabetes can be cured with weight-loss surgery.

17. There is ___NO____ cure for type 1 diabetes.

18. Treatment for both types of diabetes involves __medicines ____, __diet ____,
   and exercise to control blood sugar levels and prevent symptoms and problems.

19. Getting better control over your blood sugar, cholesterol, and ____blood pressure ____ helps reduce the risk of kidney disease, ____ eye disease ________, nervous system disease, heart attack and ____stroke______.

20. To prevent diabetes complications, visit your ____ healthcare provider (doctor) ______ at least two to four times a year. Talk about any problems you are having.