

Name _____ Date _____

Diabetes Pre-Test (Circle the correct answer)

1. What is diabetes?

- a. The body does not digest food very well.
- b. The body makes too much insulin and the blood sugar falls.
- c. The body doesn't make enough insulin or can't use the insulin it produces and the blood sugar goes up.

2. High blood sugar is caused by:

- a. Skipping meals
- b. Overeating, Sickness, or Stress
- c. Exercise

3. How can you lower high blood sugars?

- a. eat 3 peppermints
- b. drink plenty of fluids that don't have sugar
- c. eat cheese crackers

4. To which food group do the following foods belong? (Put the letter of the food group on the line next to the food.)

- | | |
|----------------------|----------------|
| _____ Bread | _____ Potato |
| _____ Salad dressing | _____ Broccoli |
| _____ Butter beans | _____ Raisins |
| _____ Ice cream | _____ Apple |
| _____ Buttermilk | _____ Chicken |
| _____ Peanut butter | _____ Rice |
| _____ Cheese | _____ Pecans |

5. Which are examples of saturated fat (fats that can increase your risk of heart disease)?

- a. bacon
- b. lard
- c. fat back
- d. butter
- e. all of the above

6. In the year 2000, roughly how many adults (20 years of age and older) worldwide had diabetes mellitus?

- a. 50 million
- b. 170 million
- c. 500 million

7. Which of the following interventions for reducing the risk of progression of early diabetic nephropathy is best supported by evidence?

- a. Tight blood pressure control
- b. Protein restriction
- c. Lipid lowering

8. Once a person has type 1 diabetes:

- a. they need a new pancreas
- b. the pancreas makes too much insulin
- c. they need to eat right to keep their pancreas functioning properly
- d. the pancreas can never make insulin again

9. True or false: People can sometimes prevent type 1 diabetes. T F

10. For people with healed diabetic foot ulcers, what is the 5-year cumulative rate of ulcer recurrence?

- a. 15%
- b. 30%
- c. 45%
- d. 66%

11. What is the most appropriate management of the patient's glucose level?

- A) Repeat the fasting blood glucose measurement on another day
- B) Order a glycosylated hemoglobin level
- C) Perform an oral glucose tolerance test
- D) Follow up with a fasting blood glucose measurement in 1 year

12. Which of the following is not a major risk factor for type 2 diabetes mellitus?

- a. Exposure to environmental pollutants
- b. Hypertension
- c. Family history of type 2 diabetes in a first-degree relative
- d. Age older than 45 years

13. Which of the following is considered a first-line treatment for type 2 diabetes mellitus?

- a. Dulaglutide
- b. Rosiglitazone
- c. Canagliflozin
- d. Metformin

14. A 38 year-old woman has had two fasting glucose results, on two separate days, of 7.2 mmol/L and 7.6 mmol/L. What further diagnostic tests would you request?

- A. No further tests
- B. OGTT
- C. Fasting glucose
- D. Random Glucose

15. A person with diabetes and on metformin has been well controlled for the last year, as judged by six monthly HbA1c tests. How often would you request fasting glucose tests?

- A. Monthly
- B. 6 monthly
- C. Annually
- D. Would not retest