

Name _____ Date _____

Diabetes Pre-Test (Circle the correct answer)

1. Low blood sugar (hypoglycemia) is caused by:

- a. Stress
- b. Skipping meals or waiting too long to eat
- c. Eating candy

2. Usual signs of low blood sugar include:

- a. Sweaty, dizzy, shaky or irritable
- b. Increased thirst, urinating more often, blurry vision
- c. Leg cramps, nausea and vomiting

3. Stress causes the blood sugar to:

- a. Go up
- b. Go down
- c. Nothing happens

4. Food groups that contain carbohydrate include:

- a. Starches and Starchy Vegetables
- b. Fruit
- c. Milk
- d. All of the above

5. Equal, Sweet and Low, and Splenda are sugar substitutes and may be used by people with diabetes to sweeten foods or liquids.

- a. True
- b. False

6. What is the approximate annual direct cost of intensive insulin treatment?

- a. About \$3,500 per patient
- b. About \$7,000 per patient
- c. About \$10,000 per patient

7. Which of the following best reflects the association between blood glucose level and mortality in people with type 2 diabetes?

- a. There is a positive, although weak, association between increased glucose and increased mortality
- b. There is a positive, and very strong, association between increased glucose and increased mortality
- c. There is no association between glucose level and mortality

8. People with type 1 diabetes need to:

- a. lose weight
- b. take insulin in shots or with a pump
- c. remove sugar from their diets
- d. take insulin pills

9. True or false: People can sometimes prevent type 2 diabetes. T F

10. Which of the following interventions for preventing foot complications in people with diabetes is best supported by evidence?

- a. Therapeutic footwear for preventing ulcer recurrence
- b. Screening and referral to foot care clinics to prevent major amputations in those at high risk
- c. Education programs for preventing ulcer recurrence, serious foot lesions, and major amputations

11. A second fasting glucose measurement for this patient is 157 mg/dL (8.7 mmol/l). All of the following studies would be helpful at this time EXCEPT:

- A) Electrocardiography
- B) Fasting lipid panel
- C) 24-Hour urine cortisol level
- D) Glycosylated hemoglobin level

12. Which of the following fasting blood glucose levels signifies prediabetes?

- a. 4.7 – 5.5 mmol/l
- b. 5.5 – 6.0 mmol/l
- c. 7.0 – 7.2 mmol/l
- d. 7.3 – 8.3 mmol/l

13. A 55-year-old man is evaluated following a screening for type 2 diabetes mellitus. He is asymptomatic. He has a history of hypertension and hyperlipidemia. There is no history of anemia, liver disease, or kidney disease. Medications are lisinopril and rosuvastatin. On physical examination, blood pressure is 123/76 mm Hg and pulse rate is 72/min. His body-mass index (BMI) is 28. The remainder of the examination is unremarkable. Laboratory studies show hematocrit 45.6%, creatinine 1.0 mg/dL (88.4 μ mol/L), fasting glucose 128 mg/dL (7.1 mmol/L), and HbA1c 5.6%.

Which of the following is the most appropriate diagnostic test to perform next?

- A. Fasting plasma glucose
- B. HbA1c
- C. Oral glucose tolerance test
- D. Random blood glucose

14. A 57 year-old man of Indian descent presents to you. You decide to perform a cardiovascular risk assessment including a fasting glucose test. The patient requests to have all the tests collected today because he lives an hour from the surgery and doesn't own a car. Do you recommend an alternative to the fasting glucose level?

- A. Random glucose
- B. Capillary glucose
- C. HbA1c
- D. No alternative

15. A diabetic patient previously on lifestyle control has just started metformin. When would you next check his HbA1c?

- A. 1 month
- B. 3 months
- C. 6 months
- D. 12 months