

Name _____ Date _____

Diabetes Pre-Test (Circle the correct answer)

1. High blood sugars (hyperglycemia) can damage the heart, eyes, kidneys and the nervous system.

- a. True
- b. False

2. Usual signs of high blood sugar include:

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

3. A healthy blood sugar range before eating is:

- a. More than 150
- b. Less than 70
- c. 80-120

4. Food groups that may contain fat include:

- a. Fats, Sweets and Alcohol
- b. Milk
- c. Meat and Protein Choices
- d. All of the above

5. A serving size of meat for most adults should equal:

- a. 1 hamburger patty (8-9 ounces)
- b. 1 large chicken breast (6-8 ounces)
- c. 1 small chicken breast (3-4 ounces)
- d. 1 fried pork chop (6-8 ounces)

6. What is the approximate cost of islet cell transplantation?

- a. \$50,000 per patient, per transplant
- b. \$150,000 per patient, per transplant
- c. \$250,000 per patient, per transplant

7. In type 1 diabetes, the pancreas can't make insulin because:

- a. the person is overweight or obese
- b. the body's immune system has attacked the pancreas
- c. the person eats more simple carbs than the body can handle
- d. all of the above

8. With type 2 diabetes:

- a. the body does not produce insulin
- b. the body doesn't respond normally to the insulin it makes
- c. blood sugar is always too low
- d. there is not enough glucose in the body

9. True or false: Most people who have type 2 diabetes are overweight. T F

10. What proportion of patients with type 1 diabetes have thyroid peroxidase autoantibodies?

- a. About one in five
- b. About one in ten
- c. About one in 100

Questions 11

The patient's total cholesterol level is 290 mg/dL (16 mmol/l), and his low-density lipoprotein and triglyceride levels are increased. His high-density lipoprotein level is 31 mg/dL. Based on his laboratory

results, the patient is diagnosed with type 2 diabetes. He receives diabetes education and dietary counseling. At this time, his ophthalmoscopic examination and urinalysis are normal, and no microalbuminuria is present. Results from an exercise stress test are normal.

The patient returns for follow-up testing 4 months later. He continues to smoke but claims he has been compliant with his diet; however, his weight is unchanged. His glycosylated hemoglobin level has increased from 7.2% at baseline to 7.5%. He returns again for follow-up 7 months later. His blood pressure is now 150/80 mmHg. Repeated laboratory testing reveals a fasting blood glucose level of 210 mg/dL (11.7 mmol/l). His glycosylated hemoglobin level has increased to 8.2%.

11. Which therapeutic measure would be most appropriate at this time?

- A) Begin therapy with insulin
- B) Begin therapy with metformin
- C) Begin therapy with acarbose
- D) Try 6 more months of behavior modification

12. Which of the following tests is the criterion standard for monitoring long-term glycemic control?

- a. Fasting C-peptide
- b. Urine albumin excretion
- c. Fasting plasma glucose
- d. Glycated hemoglobin (A1c)

13. A 50 year-old European woman comes in for her 3 yearly cervical smear. She has no other complaints and is in good health. Would you recommend a cardiovascular risk assessment, including a fasting glucose?

- A. Yes
- B. No

14. A 57 year-old woman has a fasting glucose of 5.4 mmol/L. She has no risk factors for diabetes. When would you recommend rechecking the fasting glucose?

- A. 6 months
- B. 1 year
- C. 3 years
- D. 5 years
- E. Probably would not recheck

15. 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.