

Name \_\_\_\_\_ Date \_\_\_\_\_

Diabetes Pre-Test (Circle the correct answer)

**1. What could you do to take good care of your feet in order to keep from injury or possible amputation?**

- a. Use home remedies to take care of calluses or other minor foot problems
- b. Never go barefoot and inspect feet daily
- c. Cut back on exercise

**2. Which of the items listed below would be best to first treat a low blood sugar?**

- a. ½ chocolate bar
- b. ½ peanut butter sandwich
- c. 4 ounces (1/2 cup) fruit juice

**3. Eating carbohydrate makes your blood sugar go up.**

- a. True
- b. False

Food Groups:

- A. Starches and Starchy Vegetables
- B. Non-starchy Vegetables
- C. Fruit
- D. Milk
- E. Meat and Protein Choices
- F. Fats, Sweets and Alcohol

**4. Calories from the different kinds of milk vary because they contain different amounts of fat.**

- a. True
- b. False

**5. Which of the following equals ONE serving of carbohydrate?**

- a. 1 cup whole kernel corn
- b. 1 cup mashed potatoes
- c. ½ cup broccoli
- d. 1/3 cup rice or pasta

**6. After 20 years of type 1 diabetes, what is the estimated cumulative risk of albuminuria?**

- a. Around 5%
- b. Around 16%
- c. Around 30%
- d. Around 50%

**7. When a person has type 1 diabetes:**

- a. there's not enough insulin to move glucose from the blood to the cells
- b. there's too much insulin and not enough glucose
- c. the body has too much glucose
- d. insulin levels drop if the person doesn't eat enough

**8. When glucose is less able to enter the cells and supply energy, it's called:**

- a. glucose resistance
- b. glucose overload
- c. insulin resistance
- d. insulin overload

**9. True or false: If teens don't manage their diabetes well, the signs won't start to show until they are adults. T F**

**10. Which of the following best reflects the evidence from randomized controlled trials on the optimum HbA1C for people with diabetes?**

- a. These trials found that development or progression of complications increases progressively as HbA1c increases above the nondiabetic range, and that there is a glycemic threshold above which there is a risk of complications
- b. These trials found that development or progression of complications increases progressively as HbA1c increases above the nondiabetic range, but there is no lower glycemic threshold for the risk of complications

**Questions 11 refer to the following laboratory studies.**

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 of the following statements is TRUE?**

- A) A standardized diet is essential for all patients with diabetes
- B) Poorly controlled diabetic patients should be encouraged to exercise vigorously to improve glucose control
- C) Meticulous glucose control with multiple insulin injections per day based on the Diabetes Control and Complications Trial results should be universally prescribed
- D) None of the above

**12. Which of the following is the most common complication in patients with type 2 diabetes?**

- a. Stroke
- b. Pancreatic neoplasms
- c. Peripheral neuropathy
- d. Diabetic nephropathy

**13. A 42 year-old man with polyuria, thirst, and a lack of energy has a fasting glucose of 18.8 mmol/L. Would you request an oral glucose tolerance test (OGTT)?**

- A. Yes
- B. No

**14. A 43 year-old women presents, she is a Pacific Islander and her mother died of diabetes related problems. She is physically inactive and has a BMI of 26.5. The result of a fasting glucose test is 5.7 mmol/L, how would you follow this up?**

- A. Fasting glucose
- B. OGTT
- C. HbA1c
- D. No followup

**15. Low blood sugar (hypoglycemia) is caused by:**

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