

**Diabetes #2 Name \_\_\_\_\_**

**1. The risk factors for type 1 diabetes include all of the following except:**

- a. Diet
- b. Genetic
- c. Autoimmune
- d. Environmental

**2. Type 2 diabetes accounts for approximately what percentage of all cases of diabetes in adults?**

- a. 55%-60%
- b. 35%-40%
- c. 90-95%
- d. 25-30%

**3. Risk factors for type 2 diabetes include all of the following except:**

- a. Advanced age
- b. Obesity
- c. Smoking
- d. Physical inactivity

**4. What percentage of women with gestational diabetes is diagnosed with type 2 diabetes following pregnancy?**

- a. 25%-30%
- b. 5%-10%
- c. <5%
- d. 20%-25%

**5. Untreated diabetes may result in all of the following except:**

- a. Blindness
- b. Cardiovascular disease
- c. Kidney disease
- d. Tinnitus

**6. Prediabetes is associated with all of the following except:**

- a. Increased risk of developing type 2 diabetes
- b. Impaired glucose tolerance
- c. Increased risk of heart disease and stroke
- d. Increased risk of developing type 1 diabetes

**7. Diabetics are at increased risk of heart disease if they also:**

- a. Smoke
- b. Have high HDL cholesterol levels
- c. Take aspirin
- d. Consume a high-fiber diet

**8. Blood sugar is well controlled when Hemoglobin A1C is:**

- a. Below 7%
- b. Between 12%-15%
- c. Less than 180 mg/dL
- d. Between 90 and 130 mg/dL

**9. Excessive thirst and volume of very dilute urine may be symptoms of:**

- a. Urinary tract infection
- b. Diabetes insipidus
- c. Viral gastroenteritis
- d. Hypoglycemia

**10. Among female children and adolescents, the first sign of type 1 diabetes may be:**

- a. Rapid weight gain
- b. Constipation
- c. Genital candidiasis
- d. Insomnia

**11. Untreated hyperglycemia may lead to all of the following complications except:**

- a. Hyperosmolar syndrome
- b. Vitiligo
- c. Diabetic ketoacidosis
- d. Coma

**12. Hyperinsulinemia may be caused by all of the following except:**

- a. An insulinoma
- b. Nesidioblastosis
- c. Insulin resistance
- d. Type 1 diabetes

**13. Which of the following measures does not help to prevent diabetes complications?**

- a. Controlling blood glucose
- b. Controlling blood pressure and blood lipids
- c. Eliminating all carbohydrates from the diet
- d. Prompt detection of diabetic eye and kidney disease

**14. Proliferative retinopathy is often treated using:**

- a. Tonometry
- b. Fluorescein angiogram
- c. Antibiotics
- d. Laser surgery

**15. Which of the following diabetes drugs acts by decreasing the amount of glucose produced by the liver?**

- a. Sulfonylureas
- b. Meglitinides
- c. Biguanides
- d. Alpha-glucosidase inhibitors

**16. The benefits of using an insulin pump include all of the following except:**

- a. By continuously providing insulin they eliminate the need for injections of insulin
- b. They simplify management of blood sugar and often improve A1C
- c. They enable exercise without compensatory carbohydrate consumption
- d. They help with weight loss

**17. Which of the following regimens offers the best blood glucose control for persons with type 1 diabetes?**

- a. A single anti-diabetes drugs
- b. Once daily insulin injections
- c. A combination of oral anti-diabetic medications
- d. Three or four injections per day of different types of insulin.

**18. Diabetic neuropathies are diagnosed using all of the following except:**

- a. Nerve conduction studies or electromyography
- b. Ultrasound
- c. Foot examinations
- d. Minnesota Mutiphasic Personality inventory (MMPI)

**19. A low-carb diet is the best diet for people with type 2 diabetes.**

- a. True
- b. False