

What Have You Learned ?

1 What is diabetes?

- a) Too much blood glucose (sugar)
- b) Too much cholesterol
- c) Too much insulin in the body
- d) Too much blood in the body

2 Which organ plays the biggest role in diabetes?

- a) The liver
- b) The kidneys
- c) The pancreas
- d) The stomach

3 Which statement(s) is/are correct?

- a) Type 1 diabetes can not be prevented
- b) Type 1 diabetes typically presents itself in childhood or young adulthood
- c) Type 2 diabetes is the most common type
- d) All of the above

4 True or False. Type 2 diabetes can be prevented and delayed by a healthy lifestyle.

5 How does insulin affect blood sugar?

- a) Blood sugar goes down after administering insulin
- b) Blood sugar goes up after administering insulin
- c) Blood sugar is not affected by insulin
- d) None of the above

6 What is true about insulin?

- a) Insulin is produced by the pancreas
- b) Insulin helps move sugar from the blood stream to inside the cells for energy
- c) Insulin is a hormone
- d) All of the above

7 True or False: People with diabetes cannot have sugar.

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8 Circle the most common time(s) to check blood sugar levels?

- a) After waking up
- b) Before meals
- c) Before bedtime
- d) All of the above

9 What should your goal blood sugar levels be before meals?

- a) 30-80 mg/dL
- b) 80-130 mg/dL
- c) 130-180 mg/dL
- d) 180-230 mg/dL

10 Which of the following are symptoms of hypoglycemia (low blood sugar)?

- a) Shakiness
- b) Sweating, chills
- c) Confusion
- d) Sleepiness
- e) All of the above