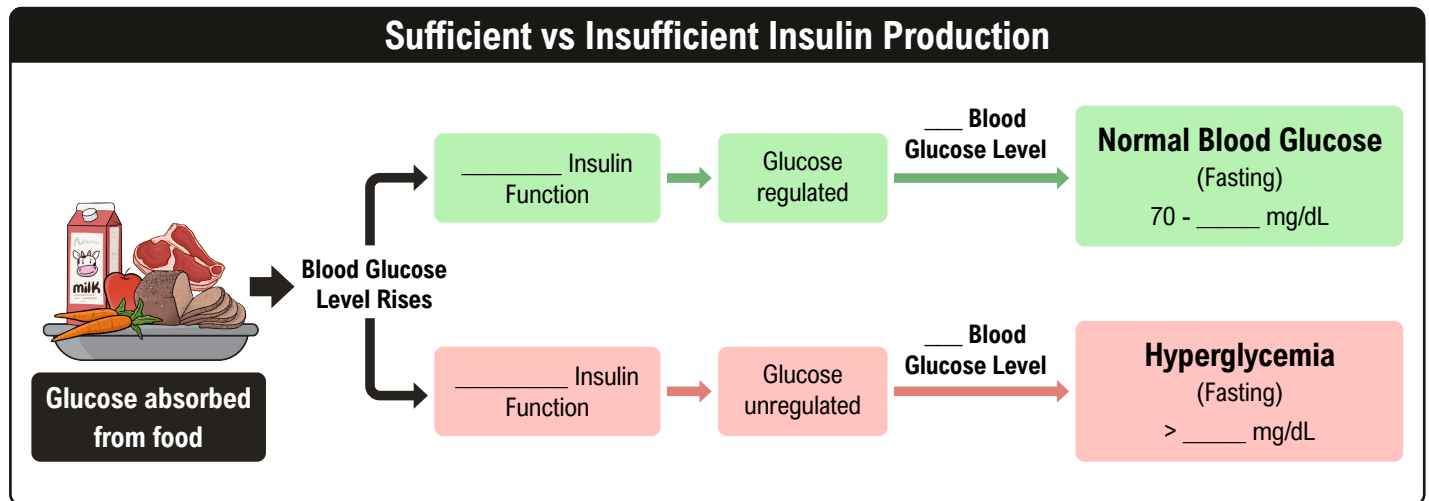


CONCEPT: INTRO TO DIABETES

- ◆ **Diabetes Mellitus:** a group of diseases where the body either produces ___ sufficient *insulin* or cannot effectively use it.
 - **Insulin:** A hormone used in the regulation of blood glucose levels.



- ◆ **Hyperglycemia:** primary characteristic of diabetes where blood glucose levels are ___ than normal ranges.

EXAMPLE

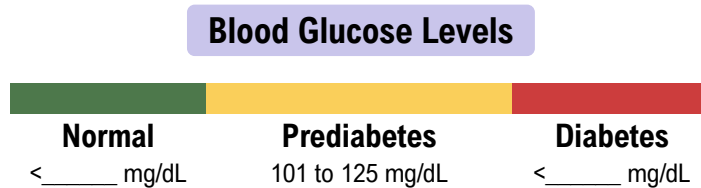
Karla has been diagnosed with acute hyperglycemia and is experiencing symptoms such as increased thirst, blurry vision and fatigue. Which of the following is the most likely reason for her elevated blood glucose level?

- a) Karla ate a high sugar meal that increased her blood glucose levels.
- b) Karla is unable to produce insulin effectively, interfering with the regulation of glucose.
- c) Karla has irregular insulin function, interfering with the regulation of glucose.
- d) Karla's body doesn't respond to insulin properly, leading to an increase in blood glucose levels.

CONCEPT: INTRO TO DIABETES

Prediabetes and Diabetes

- ◆ **Prediabetes:** blood glucose level is ____ than normal but not high enough for a diabetes diagnosis.
 - **Diabetes:** chronic disease characterized by a significantly _____ blood glucose level.
 - Prediabetes is a ____ cursor to diabetes.



Diagnosing Diabetes

- ◆ Prediabetes and diabetes are diagnosed through blood tests that measure blood glucose levels.
 - A medical professional can order ____ types of blood tests:

| Diagnosing Diabetes | | |
|--|---|--|
| Blood Tests | | |
| 1. Oral Glucose Tolerance Test (OGTT) | 2. Fasting Plasma Glucose (FPG) Test | 3. Glycosylated Hemoglobin Test (HbA1C) |
| <div>Blood Draw Timeframe</div> <ul style="list-style-type: none">▸ ____ to ____ hr fast▸ ____ hrs after consuming a glucose concentrated beverage. | <div>Blood Draw Timeframe</div> <ul style="list-style-type: none">▸ After ____ to ____ hour fast. | <div>Blood Draw Timeframe</div> <ul style="list-style-type: none">▸ Avg. blood glucose over ____ to ____ month span. |

CONCEPT: INTRO TO DIABETES

EXAMPLE

Rachel went in for her annual physical and was told that she was prediabetic. Which of the following could have been a potential blood glucose level before she had a carb heavy lunch?

-
- a) 220 mg/dL b) 30 mg/dL c) 120 mg/dL d) 90 mg/dL

PRACTICE

Justin must go to his general physician to get his blood glucose levels tested. He wakes up at 8 am, has a big breakfast, and gets to work by 9 am. At 1 pm, he leaves work for the day and goes to the doctor's office for testing. Which of the following blood glucose measuring tests would he most likely be given?

-
- a) Oral Glucose Tolerance Test
b) HbA1C Test
c) Lipid Panel Test
d) Fasting Plasma Glucose Test