Diabetes A to Z Bingo!

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What is diabetes?
This is a type of diabetes that results when the body does not produce insulin, or destroys the insulin it creates.

- **Type 1 diabetes**- this form of diabetes accounts for 5% of all diagnosed cases of diabetes in the US and usually begins in childhood.
This is a type of diabetes that results when the body cannot use its insulin properly.

- **Type 2 Diabetes**—formerly known as adult-onset diabetes, this form accounts for 95% of all diagnosed cases of diabetes in the US, and can develop in children as young as ___ years of age.
This is a type of diabetes that occurs during pregnancy.

- **Gestational diabetes**: having this type of diabetes can increase both the mother’s and the child’s risk of developing type 2 diabetes later in life.
Having this condition puts you at high risk for developing type 2 diabetes.

- **Pre-diabetes** - due to insulin resistance, blood sugar levels are high, but not high enough to be diagnosed as type 2 diabetes.
- The condition depicted below, called acanthosis nigricans, is the only visible symptom of pre-diabetes.
Frequently, these are not noticeable when someone has developed type 2 diabetes. 

Symptoms - often the symptoms associated with diabetes are so mild in people who have type 2 diabetes, the first sign someone has it comes from symptoms of the complications associated with the disease.
This is a blood test that can best determine if you have diabetes.

- **Fasting plasma glucose** - a patient is asked to fast for a minimum of ___ hours before a blood sample is taken and glucose levels are analyzed. To insure proper diagnosis, this test should be performed on ____ different occasions.
This is considered the normal range for fasting blood glucose levels.

- **70-100 ml/dl**. Normal blood glucose levels 2 hours after eating meal should be no higher than 140 ml/dl.
This blood glucose range is considered to be a diagnosis of pre-diabetes.

- **100-125 ml/dl.** Glucose levels of >126ml/dl are considered a diagnosis of diabetes. What separates people diagnosed with type 1 diabetes from people diagnosed with type 2 are the characteristics associated with each disease.
Risk Factors for Type 2 Diabetes
This risk associated with type 2 diabetes has to do with the people we love

- **Family history** - having a first or second degree relative with type 2 diabetes may increase your risk for type 2 diabetes, but most often its your _____ choices that make this risk come to life.
Eating too many of these can increase your risk for type 2 diabetes.

• **Calories.** High calorie diets that come from eating large portion sizes of foods that are high in added _____ and ______ put you at greatest risk for type 2 diabetes.
Not doing enough or any of this can increase your risk for type 2 diabetes.

• Physical Activity. Being sedentary is a risk factor for other diseases as well, including ______. Is physical activity the same as exercise?
Not managing this every day can increase your risk for type 2 diabetes.

- **Stress** - when we do not manage our stress well, levels of a stress hormone known as______ increase, promoting inflammation and insulin resistance. How can you manage your stress?
Using these types of products increases your risk for type 2 diabetes

- Tobacco products - smoking also increases cortisol, promotes inflammation and insulin resistance. The number one cause of death in people who smoke is _______.

This disease, related to how much we weigh, can increase our risk for developing type 2 diabetes.

- **Obesity** - although it is true that even being overweight can increase your risk for type 2 diabetes, it is excess weight that accumulates in the _________ that puts individuals at greatest risk.
Not having experienced this during infancy can increase a child’s risk for type 2 diabetes.

- **Breastfeeding**—it is recommended that infants be breastfed for a minimum of ___ months to help their body’s develop a healthy metabolism.
Screening for Type 2 Diabetes
This is how often adults over the age of 45 who are at high risk for type 2 diabetes should be screened for the disease.

- Annually- people at high risk include individuals who were diagnosed with pre-____, who are _______ or obese, and have 1 or more of the risk factors for type 2 diabetes, such as sedentary behavior.
This is the age at which at-risk youth should begin being screened for type 2 diabetes.

- 10 years of age- overweight or obese youth 10 years or older, who have ___ or more of the risk factors associated with type 2 diabetes in children, should be tested every ___ years.
Complications from Poorly Managed Diabetes
This is a complication related to eyesight that is associated with poorly managed or undiagnosed type 2 diabetes.

- **Retinopathy** - this complication effects the capillaries in the eyes. Poorly managed diabetes is the number 1 cause of new cases of glaucoma in the US.
This is a complication related to your body’s extremities that is associated with poorly managed or undiagnosed type 2 diabetes.

- **Neuropathy** - this occurs when there is not enough blood to the tissues of the body’s extremities resulting in the loss of sensation. Severe forms of diabetic neuropathy are a major contributing factor in non-traumatic, lower limb amputations.
This is a complication related to kidney health that is associated with poorly managed or undiagnosed type 2 diabetes.

- **Kidney disease**—this is also known as nephropathy and can result in the need for daily dialysis treatments and even a kidney transplant.
This is a complication associated with diabetes that effects your heart.

- Cardiovascular disease - this is the #_____ cause of death in diabetic patients and it can BEST be prevented through which lifestyle behavior?
Preventing Type 2 Diabetes
You can prevent type 2 diabetes by making changes to these.

- **Lifestyle behaviors** - even if you have Pre-diabetes and multiple risk factors for type 2 diabetes, you can prevent the disease by making changes to your ______, managing _____ and being more physically _______.
If you are obese, this is how much weight you need to lose to reduce your risk of developing type 2 diabetes.

- 5-10% of your current bodyweight - you don’t need to lose a lot of weight to reduce your risk for type 2 diabetes, and this weight loss is best achieved by making changes to your ________, managing _______ and being more physically ________.
Doing this type of physical activity can prevent the development of type 2 diabetes.

- **Exercise** - to prevent your risk for developing diabetes, you should accumulate ____ minutes of moderate intensity exercise every week.
Diets that focus on these every day can reduce your risk for developing type 2 diabetes, and help you best manage the disease if you have it.

- **Fruits and vegetables** - these foods are more filling and are high in vitamins, minerals and fiber. We should have at least ___ servings of fruits and vegetables every day.
Diets that include these foods every day can reduce your risk for developing type 2 diabetes, and help you best manage the disease if you have it.

- **Whole Grains.** Whole grains take longer to digest, make you feel full sooner and cause a slower rise in blood glucose levels after a meal.
Eating these types of protein every day can reduce your risk for developing type 2 diabetes, and help you best manage the disease if you have it.

- **Lean Protein** - which types of animal protein is considered lean? You should also eat 2 servings a week of plant-based protein such as ______.
Living Well with Diabetes
Many people believe this is not possible to do if you already have diabetes.

- Prevent complications - if patients can keep their blood glucose levels as close to normal as possible by engaging in optimal diabetes self-management behaviors, they can delay, and even prevent complications from occurring.
This is what people with diabetes use to keep track of their blood sugar levels every day.

- **Glucose monitor**- diabetes patients should perform a finger stick test a minimum of ___ times/day to help them keep close track of their blood glucose levels.
This is the target fasting blood sugar range for people with type 2 diabetes:

- **80-140ml/dl** - keeping your daily fasting blood sugar within this range helps prevent complications from diabetes.
This is something physicians recommend patients with diabetes do every morning after they shower.

- Check your feet—because of the risk for neuropathy, it is important that patients check their feet for ____ and ____ so they can be treated right away to prevent infections and the need for an amputation.
All patients with diabetes should undergo a physician’s exam this frequently.

- **Quarterly** - patients with diabetes should have their blood glucose levels, their blood pressure, nerve and kidney function checked every 3-4 months by their physician.
This is a blood test most commonly used to monitor glucose levels in people who have diabetes to see whether or not their levels are staying as close to normal as possible.

- **Hemoglobin A1c** - A1c numbers reflect an average percentage of blood glucose levels over a 2- to 3-month period of time. Optimal A1c levels are <___%. 
This is considered the target blood pressure range for people with diabetes.

• Below 140/90 mm/Hg - because people with diabetes have a higher risk for hypertension, their target blood pressure range is higher than people without diabetes, which is below ___/____.
Thank you!

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