Diabetes Boot Camp – Class 1

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Poll Questions
www.DiabetesEd.net

Poll Question 1

‣ According to the CDC, what best describes the future prevalence of diabetes in the U.S.?

a. 50% of people above the age of 20 wil have type 2 diabetes.
b. The rate of type 1 and type 2 diabetes will triple by the year 2050.
c. 1 out of 3 persons will have type 2 diabetes by the year 2050.
d. 1 out of 2 persons will have diabetes by the year 2050.

Poll Question 2

‣ Which of the following interventions is most likely to decrease the prevalence of diabetes in the U.S.

a. Encourage people to drink more red wine.
b. Community based programs that promote daily, healthy lifestyle activities.
c. Making daily exercise mandatory
d. Increasing availability of gastric bypass surgery.

Poll Question – 3

‣ Which of the following levels are considered pre-diabetes range:

a. A1c of 6.2 percent
b. fasting BG of 104
c. A1c of 7.1 percent
d. Random BG of 127

Diagnostic Criteria

‣ All test should be repeated in the absence of unequivocal hyperglycemia
‣ If test abnormal, repeat same test to confirm diagnosis on a different day
‣ If one test normal, the other abnormal, repeat the abnormal test to determine status
‣ Medicare still using fasting as criteria for reimbursement for education

What Kind of Diabetes?

AJ, a 22 year old female admitted to the ICU with a blood glucose of 476 mg/dl and a pH of 7.1.

‣ What findings would make you suspect type 1 diabetes?

Poll Question – 4

What would make you suspect type 1?

  a. Pt has a history of celiac disease

  b. Pt presents with low HDL cholesterol

  c. Friend tells you she has been eating "tons of sweets"

  d. Sister has thyroid disease.

  e. Pt is slightly overweight

Poll Question - 5

▸ According to ADA Stds of care, who should be screened for type 1 diabetes?:

  a. High risk inds, with family history of autoimmune disease.

  b. All teenagers at puberty

  c. High risk ethnic groups

  d. All individuals starting at age 45

Poll question – 6

▸ Which of the following is an accurate statement describing the risk between BMI and diabetes.

  a. There is an increased risk for diabetes when the BMI is 30 or greater.

  b. There is no risk of diabetes when the BMI is less than 25.

  c. The risk for diabetes increases as the BMI goes down

  d. The risk for diabetes increases for Asian Americans when the BMI is more than 23.

Poll Question 7

▸ Which of the following BEST describes insulin resistance?

  a. Lack of sufficient insulin receptors on fat and muscle cells.

  b. Visceral adipose tissue.

  c. A physiological condition where insulin becomes less effective at lowering blood glucose levels.

  d. Excessive triglyceride levels

Poll question 8

▸ Which of the following are considered modifiable cardiovascular risk factors?

  a. Family history, obesity

  b. Smoking, obesity

  c. Hypertension, ethnicity

  d. BMI and age

Poll Question -9

▸ What best describes gestational diabetes?

  a. Diabetes discovered within the first 12 weeks of pregnancy.

  b. Diabetes discovered in the 24-28 week of pregnancy.

  c. Risk of getting diabetes before pregnancy.

  d. Diabetes discovered at any point during pregnancy.

Thank You

- Take Tests
- Review Outline
- Read Articles
- Keep studying what you don't know
- Exercise
- See you next week

Diabetes Education
SERVICES