

## 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
- 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



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# 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?

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### 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.



- There is an increased risk for diabetes when the BMI is 30 or greater.
- There is no risk of diabetes when the BMI is less than 25.
- The risk for diabetes increases as the BMI goes down
- 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



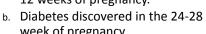
# Poll question 8

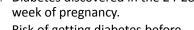
- ▶ Which of the following are considered modifiable cardiovascular risk factors?
- a. Family history, obesity
- b. Smoking, obesity
- c. Hypertension, ethnicity
- d. BMI and age



# Poll Question -9

- ▶ What best describes gestational diabetes?
- a. Diabetes discovered within the first 12 weeks of pregnancy.





c. Risk of getting diabetes before pregnancy.

d. Diabetes discovered at any point during pregnancy.



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