

DiaBingo Master Question and Answer Sheet

<p><u>B= Basics</u> A blood sugar less than 70 is called</p> <p>Hypoglycemia</p>	<p><u>B= Basics</u> The term for high blood glucose levels</p> <p>Hyperglycemia</p>	<p><u>B= Basics</u> The term for sugar in your bloodstream</p> <p>Glucose</p>	<p><u>B= Basics</u> This type of diabetes affects only pregnant women</p> <p>Gestational</p>	<p><u>B= Basics</u> Physical activity ___ blood glucose levels</p> <p>Lowers</p>	<p><u>B= Basics</u> On a sick day, I need to monitor my BG ___ often</p> <p>More</p>	<p><u>B= Basics</u> With diabetes, it is good to carry this with you at all times</p> <p>Medical ID</p>
<p><u>B= Basics</u> The most important person in managing my diabetes</p> <p>Me</p>	<p><u>B= Basics</u> To reduce complications, control A1c, Blood Pressure, Cholesterol. ABC's of Diabetes</p> <p>Heart Disease</p>	<p><u>B= Basics</u> The most common complication of diabetes</p> <p>Retinopathy</p>	<p><u>B= Basics</u> This term describes diabetes eye disease</p> <p>Neuropathy</p>	<p><u>B= Basics</u> This term describes diabetes nerve disease</p> <p>Nephropathy</p>	<p><u>B= Basics</u> This term describes diabetes kidney disease</p> <p>A1c</p>	<p><u>B= Basics</u> A blood test that measures 3 mos of blood glucose levels</p>
<p><u>I=Intrnl Wrkngs</u> The organ in your body that makes insulin</p> <p>Pancreas</p>	<p><u>I=Intrnl Wrkngs</u> Sign glucose may be above target</p> <p>Thirsty, Blurry Vision</p>	<p><u>I=Intrnl Wrkngs</u> The type of diabetes when the pancreas makes no insulin</p> <p>Type 1</p>	<p><u>I=Intrnl Wrkngs</u> The type of diabetes when the body is resistant to its own insulin</p> <p>Type 2</p>	<p><u>I=Intrnl Wrkngs</u> Insulin raises blood sugar levels</p> <p>False</p>	<p><u>I=Intrnl Wrkngs</u> This hormone moves glucose from the blood into the cells</p> <p>Heart Disease</p>	<p><u>I=Intrnl Wrkngs</u> Erectile dysfunction indicates greater risk for _____</p>
<p><u>I=Intrnl Wrkngs</u> Urine tests that shows how well your kidneys are working</p> <p>Microalbumin/ GFR</p>	<p><u>I=Intrnl Wrkngs</u> What stinky habit increases your risk for heart disease?</p> <p>Smoking</p>	<p><u>I=Intrnl Wrkngs</u> Controlling blood pressure and blood sugars protect your ___</p> <p>Kidneys, eyes, heart</p>	<p><u>I=Intrnl Wrkngs</u> Signs blood sugars may be too low</p> <p>Shaky, sweaty, hangry</p>	<p><u>I=Intrnl Wrkngs</u> Over time, elevated blood sugar levels ___ blood vessels</p> <p>Damage</p>	<p><u>I=Intrnl Wrkngs</u> Illness can make your blood sugar levels _____</p> <p>Go Up</p>	<p><u>I=Intrnl Wrkngs</u> Low blood sugar is dangerous because it deprives your brain of _____</p> <p>Glucose</p>
<p><u>N= Nutrition</u> This type of fat is found in dairy foods and meats</p> <p>Saturated</p>	<p><u>N= Nutrition</u> Meats, fish, nuts, lentils, tofu, eggs are _____ foods</p> <p>Protein</p>	<p><u>N= Nutrition</u> Fruits, breads, cereals, milk, potatoes are _____</p> <p>Carbohydrates</p>	<p><u>N= Nutrition</u> Oils, butter, margarine, mayonnaise are _____</p> <p>Fats</p>	<p><u>N= Nutrition</u> A serving size of rice is _____</p> <p>1/3 Cup</p>	<p><u>N= Nutrition</u> Carbohydrate foods make your glucose levels _____</p> <p>Rise</p>	<p><u>N= Nutrition</u> Losing ___ can help to lower my blood sugar levels</p> <p>Weight</p>

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<p><u>N= Nutrition</u> Unused calories are stored as _____</p> <p style="text-align: center;">Fat</p>	<p><u>N= Nutrition</u> 15 grams of carbohydrates equals:</p> <p style="text-align: center;">1 Serving Starch</p>	<p><u>N= Nutrition</u> 1 slice of bread has _____grams of carbohydrate</p> <p style="text-align: center;">15</p>	<p><u>N= Nutrition</u> Fruits and starchy veggies should be avoided</p> <p style="text-align: center;">False</p>	<p><u>N= Nutrition</u> These foods are high and fat and sugar Fried and processed food</p>	<p><u>N= Nutrition</u> The avg American eats ____ tsps of sugar a day</p> <p style="text-align: center;">22</p>	<p><u>N= Nutrition</u> Potatoes, corn peas and winter squash are _____ Starchy vegetables</p>
<p><u>G=Goals</u> This is how often I should check my feet</p> <p style="text-align: center;">Daily</p>	<p><u>G=Goals</u> I should see my doctor or provider at least _____ times per year 2-4 times</p>	<p><u>G=Goals</u> The goal for my blood pressure</p> <p style="text-align: center;">140/90 or less</p>	<p><u>G=Goals</u> I need to see an eye doctor at least once a ____ Year</p>	<p><u>G=Goals</u> Goal for Blood Glucose before meals is</p> <p style="text-align: center;">80-130</p>	<p><u>G=Goals</u> Goal for blood sugars 1-2 hours after a meal is</p> <p style="text-align: center;">Less than 180</p>	<p><u>G=Goals</u> Goal for my triglyceride level should be</p> <p style="text-align: center;">Less than 150</p>
<p><u>G=Goals</u> This is the goal for Alc</p> <p style="text-align: center;">Less than 7 %</p>	<p><u>G=Goals</u> Goal for my HDL cholesterol</p> <p style="text-align: center;">More than 40</p>	<p><u>G=Goals</u> I need to get this shot every year</p> <p style="text-align: center;">Flu</p>	<p><u>G=Goals</u> I need to get my urine tested yearly for GFR Microalbumin</p>	<p><u>G=Goals</u> I need to see my _____ at least 2xs a yr to keep teeth & gums healthy Dentist</p>	<p><u>G=Goals</u> My goal is to do about 30 mins of activity on most days True</p>	<p><u>G=Goals</u> Every time I go to see my provider, I should show him/her my _____ Feet</p>
<p><u>O=Oral meds, insulin, meters</u> Oral Medications that release sugar in the urine</p> <p style="text-align: center;">SGLT-2 Inhibitors</p>	<p><u>O=Oral meds, insulin, meters</u> Inhaled Regular Insulin</p> <p style="text-align: center;">Afrezza</p>	<p><u>O=Oral meds, insulin, meters</u> These diabetes pills tell my pancreas to make more insulin Sulfonylureas</p>	<p><u>O=Oral meds, insulin, meters</u> This diabetes pill tells my liver to make less sugar</p> <p style="text-align: center;">Glucophage</p>	<p><u>O=Oral meds, insulin, meters</u> Injections that can lower glucose and weight</p> <p style="text-align: center;">GLP-1 RAs</p>	<p><u>O=Oral meds, insulin, meters</u> Types of long acting insulin NPH, Detemir, Lantus</p>	<p><u>O=Oral meds, insulin, meters</u> Types of short and rapid acting insulins Regular, Humalog Novolog, Apidra</p>
<p><u>O=Oral meds, insulin, meters</u> Ways to give insulin</p> <p style="text-align: center;">Injections, Pumps, Pens</p>	<p><u>O=Oral meds, insulin, meters</u> Diabetes pills, injection and insulin ____ blood sugar levels</p> <p style="text-align: center;">Lower</p>	<p><u>O=Oral meds, insulin, meters</u> All meters have this on the back to help you with meter questions 800 number</p>	<p><u>O=Oral meds, insulin, meters</u> Used lancets and syringes can be put in the trash</p> <p style="text-align: center;">False</p>	<p><u>O=Oral meds, insulin, meters</u> Always carry a list of all the ____you are taking Medications</p>	<p><u>O=Oral meds, insulin, meters</u> Continuous glucose monitors measure interstitial glucose True</p>	<p><u>O=Oral meds, insulin, meters</u> Always ask your _____ before stopping/changing your medications Doctor/Provider</p>