




Diabingo

B	I	N	G	O
Hypoglycemia	Type 2	Saturated	Year	SGLT-2 Inhibitors
Gestational	Thirsty, blurry vision	Fats	2-4 times	Afrezza
Glucose	Type 1		130/80 or less	GLP-1 RAs
Hyperglycemia	Pancreas	Carbohydrates	Daily	Glucophage
Lowers	False	Protein	80—130	Sulfonylureas


D i a B i n g o

B	I	N	G	O
Hyperglycemia	Thirsty, blurry vision	Fats	2-4 times	Afrezza
Glucose	Type 1	Carbohydrates	130/80 or less	NPH, Detemir, Lantus
More	Type 2		Year	Glucophage
Lowers	False	Protein	80-130	GLP-1 RAs
Gestational	Insulin	1/3 cup	Less than 180	Sulfonylureas


D i a B i n g o

B	I	N	G	O
ABC's of Diabetes	Type 1	Carbohydrates	Less than 180	Sulfonylureas
Neuropathy	Insulin	Fats	Year	NPH, Detemir, Lantus
Me	False		80-130	GLP-1 RAs
Heart disease	Type 2	1/3 cup	130/80 or less	Glucophage
A1c	Heart disease	Rise	Less than 150	Regular, Humalog, Novolog, Apidra


Diabingo

B	I	N	G	O
Gestational	Type 2	Fats	Less than 150	Regular, Humalog, Novolog, Apidra
Lowers	False	1/3 cup	80-130	GLP-1 RAs
Medical ID	Insulin		Less than 180	NPH, Detemir, Lantus
More	Heart disease	Rise	Year	Glucophage
Me	Microalbumin / GFR	Starchy veggies	Less than 7%	Injections, Pumps, Pens


D i a B i n g o

B	I	N	G	O
ABC's of Diabetes	False	1/3 cup	Less than 7%	GLP-1 RAs
More	Insulin	Rise	Less than 180	NPH, Detemir, Lantus
Medical ID	Heart disease		Less than 150	Regular, Humalog, Novolog, Apidra
Me	Microalbumin / GFR	Weight	80-130	Injections, Pumps, Pens
Lowers	Smoking	Fat	More than 40	Lower


D i a B i n g o

B	I	N	G	O
More	Microalbumin / GFR	Rise	Less than 7%	Regular, Humalog, Novolog, Apidra
Medical ID	Heart disease	Weight	Less than 150	NPH, Detemir, Lantus
Me	Insulin		Less than 180	Injections, Pumps, Pens
ABC's of Diabetes	Smoking	Fat	More than 40	Lower
Heart disease	Kidneys, eyes, heart	1 serving starch	Flu	800 number


D i a B i n g o

B	I	N	G	O
Medical Id	Heart disease	Weight	Less than 150	Regular, Humalog, Novolog, Apidra
Me	Shaky, sweaty, hangry	Fat	Less than 7%	Injections, Pumps, Pens
ABC's of Diabetes	Smoking		More than 40	Lower
Heart disease	Kidneys, eyes, heart	1 serving starch	Flu	800 number
Retinopathy	Microalbumin / GFR	15	Microalbumin / GFR	False


Diabingo

B	I	N	G	O
Me	Damage	Fat	Less than 7%	Injections, Pumps, Pens
Retinopathy	Smoking	1 serving starch	More than 40	Lower
Heart disease	Kidneys, eyes, heart		Flu	800 number
ABC's of Diabetes	Shaky, sweaty, hangry	15	Microalbumin / GFR	False
Neuropathy	Microalbumin / GFR	False	Dentist	Medications


D i a B i n g o

B	I	N	G	O
ABC's of Diabetes	Smoking	1 serving starch	More than 40	Lower
Heart disease	Go up	15	Flu	True
Retinopathy	Shaky, sweaty, hangry		Microalbumin / GFR	False
Neuropathy	Damage	False	Dentist	Medications
Nephropathy	Kidneys, eyes, heart	Fried and processed food	True	800 number


D i a B i n g o

B	I	N	G	O
Heart disease	Kidneys, eyes, heart	15	True	800 number
Retinopathy	Shaky, sweaty, hangry	False	Microalbumin / GFR	False
A1c	Damage		Dentist	Medications
Nephropathy	Go up	Fried and processed food	Flu	True
Neuropathy	Glucose	22	Feet	Doctor/ Provider


D i a B i n g o

B	I	N	G	O
Hypoglycemia	Shaky, sweaty, hangry	False	Microalbumin / GFR	False
Neuropathy	Damage	Fried and processed food	Dentist	Medications
A1c	Go up		Less than 150	True
Retinopathy	Glucose	22	Feet	Doctor / Provider
Hyperglycemia	Pancreas	Starchy vegetables	True	SGLT-2 Inhibitors


D i a B i n g o

B	I	N	G	O
Neuropathy	Damage	Fried and processed food	Dentist	Medications
Hyperglycemia	Pancreas	22	2-4 times	True
A1c	Glucose		Feet	Doctor/ Provider
Hypoglycemia	Go up	Starchy vegetables	Daily	SGLT-2 Inhibitors
Nephropathy	Thirsty, blurry vision	Saturated	True	Afrezza


D i a B i n g o

B	I	N	G	O
Nephropathy	Go up	22	2-4 times	True
A1c	Glucose	Starchy vegetable	Feet	Doctor / Provider
Hypoglycemia	Pancreas		Daily	Afrezza
Hyperglycemia	Thirsty, blurry vision	Saturated	True	SGLT-2 Inhibitors
Glucose	Type 1	Protein	130/80 or less	Sulfonylureas


D i a B i n g o

B	I	N	G	O
A1c	Glucose	Protein	Feet	Afrezza
Hypoglycemia	Pancreas	Saturated	Daily	SGLT-2 Inhibitors
Hyperglycemia	Thirsty, blurry vision		2-4 times	Doctor / Provider
Glucose	Type 1	Starchy vegetables	130/80 or less	Sulfonylureas
Gestational	Type 2	Carbohydrates	Year	Glucophage


D i a B i n g o

B	I	N	G	O
Retinopathy	Kidneys, eyes, heart	Starchy vegetables	Feet	Doctor/ Provider
Nephropathy	Go up	22	True	False
Neuropathy	Damage		Dentist	Medications
A1c	Shaky, sweaty, hangry	Fried and processed food	Microalbumin / GFR	True
Heart disease	Glucose	False	Flu	800 number


D i a B i n g o

B	I	N	G	O
Nephropathy	Go up	22	True	Injections, Pumps, Pens
Heart disease	Damage	Fried and processed food	Dentist	Medications
Retinopathy	Shaky, sweaty, hangry		Microalbumin / GFR	800 number
Neuropathy	Kidneys, eyes, heart	False	Flu	Lower
ABC's of Diabetes	Smoking	15	More than 40	True


D i a B i n g o

B	I	N	G	O
Me	Smoking	Fried and processed food	Dentist	Medications
Retinopathy	Shaky, sweaty, hangry	False	Microalbumin / GFR	False
Heart disease	Kidneys, eyes, heart		Less than 7%	800 number
ABC's of diabetes	Damage	15	More than 40	Lower
Neuropathy	Microalbumin / GFR	1 serving starch	Flu	Injections, Pumps, Pens


D i a B i n g o

B	I	N	G	O
Retinopathy	Shaky, sweaty, hangry	False	Microalbumin / GFR	Injections, Pumps, Pens
Medical ID	Kidneys, eyes, heart	15	Flu	800 number
ABC's of Diabetes	Smoking		More than 40	Lower
Me	Microalbumin / GFR	1 serving starch	Less than 7%	False
Heart disease	Heart disease	Fat	Less than 150	Regular, Humalog, Novolog, Apidra


D i a B i n g o

B	I	N	G	O
ABC's of	Heart disease	15	Flu	800 number
Medical ID Diabetes	Smoking	1 serving starch	More than 40	Lower
Me	Microalbumin / GFR		Less than 7%	Injections, Pumps, Pens
Heart disease	Kidneys, eyes, heart	Fat	Less than 150	Regular, Humalog, Novolog, Apidra
More	Insulin	Weight	Less than 180	NPH, Detemir, Lantus


D i a B i n g o

B	I	N	G	O
ABC's of Diabetes	Smoking	1 serving starch	More than 40	NPH, Detemir, Lantus
Me	Microalbumin / GFR	Fat	Less than 7%	Injections, Pumps, Pens
Medical ID	Heart disease		Less than 150	Regular, Humalog, Novolog, Apidra
More	Insulin	Weight	Less than 180	Lower
Lowers	False	Rise	80—130	GLP-1 RAs


D i a B i n g o

B	I	N	G	O
Me	Microalbumin / GFRuria / GFR	Fat	Less than 7%	GLP-1 RAs
Medical ID	False	Weight	Less than 150	Regular, Humalog, Novolog, Apidra
More	Insulin		Year	NPH, Detemir, Lantus
Lowers	Heart disease	Rise	80-130	Injections, Pumps, Pens
Gestational	Type 2	1/3 cup	Less than 180	Glucophage


D i a B i n g o

B	I	N	G	O
Medical ID	Type 2	Weight	Less than 150	Regular, Humalog, Novolog, Apidra
Glucose	Insulin	Rise	130/80 or less	GLP-1 RAs
Lowers	False		80-130	Glucophage
Gestational	Heart disease	1/3 cup	Year	Sulfonylureas
More	Type 1	Fats	Less than 180	Afrezza


D i a B i n g o

B	I	N	G	O
More	False	Rise	Less than 180	NPH, Detemir, Lantus
Lowers	Insulin	1/3 cup	80-130	Afrezza
Gestational	Type 2		Year	Glucophage
Glucose	Type 1	Fats	130/80 or less	Sulfonylurea
Hyperglycemia	Thirsty, blurry vision	Carbohydrates	2-4 times	GLP-1 RAs


D i a B i n g o

B	I	N	G	O
Lowers	False	1/3 cup	80-130	GLP-1 RAs
Gestational	Type 2	Fats	Daily	Glucophage
Glucose	Pancreas		130/80 or less	Sulfonylureas
Hyperglycemia	Thirsty, blurry vision	Carbohydrates	2-4 times	Afrezza
Hypoglycemia	Type 1	Protein	Year	SGLT-2 Inhibitors


D i a B i n g o

B	I	N	G	O
Gestational	Type 2	Fats	Year	Glucophage
Nephropathy	Type 1	Carbohydrates	130/80 or less	Sulfonylureas
Hypoglycemia	Thirsty, blurry vision		Feet	Afrezza
A1c	Pancreas	Protein	Daily	SGLT-2 Inhibitors
Hyperglycemia	Glucose	Saturated	2-4 times	Doctor/ Provider

D i a B i n g o

B	I	N	G	O
Glucose	Type 1	Carbohydrates	Daily	Sulfonylureas
Hyperglycemia	Go up	Protein	2-4 times	Doctor/ Provider
A1c	Pancreas		130/80 or less	True
Hypoglycemia	Glucose	Saturated	Feet	Afrezza
Nephropathy	Thirsty, blurry vision	Starchy vegetables	True	SGLT-2 Inhibitors


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Hyperglycemia	Damage	Protein	2-4 times	Afrezza
Neuropathy	Pancreas	Saturated	True	Medications
A1c	Glucose		Feet	Doctor / Provider
Nephropathy	Go up	Starchy vegetables	Daily	True
Hypoglycemia	Thirsty, blurry vision	22	Dentist	SGLT-2 Inhibitors


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B	I	N	G	O
Nephropathy	Damage	Saturated	True	SGLT-2 Inhibitors
A1c	Glucose	Starchy vegetables	Feet	Doctor / Provider
Hypoglycemia	Go up		Daily	True
Neuropathy	Pancreas	22	Dentist	Medications
Retinopathy	Shaky, sweaty, hangry	Fried and processed food	Flu	False

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B	I	N	G	O
Hypoglycemia	Pancreas	Protein	More than 40	Sulfonylureas
Glucose	Type 2	1/3 cup	Less than 180	GLP-1 RAs
Neuropathy	Damage		2-4 times	Injections, Pumps, Pens
ABC's of Diabetes	Smoking	Fat	Dentist	False
More	Heart disease	False	Feet	True

D i a B i n g o

B	I	N	G	O
A1c	Insulin	False	True	Medications
Retinopathy	Shaky, sweaty, hangry	Protein	80-130	800 number
Me	Smoking		Less than 7%	NPH, Detemir, Lantus
Lowers	Go up	Fats	Flu	Glucophage
Glucose	Type 1	Weight	2-4 times	SGLT-2 Inhibitors