

DiaBingo Master Question and Answer Sheet

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| <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><u>B= Basics</u> The most common complication of diabetes</p> <p>Heart Disease</p> | <p><u>B= Basics</u> This term describes diabetes eye disease</p> <p>Retinopathy</p> | <p><u>B= Basics</u> This term describes diabetes nerve disease</p> <p>Neuropathy</p> | <p><u>B= Basics</u> This term describes diabetes kidney disease</p> <p>Nephropathy</p> | <p><u>B= Basics</u> A blood test that measures 3 mos of blood glucose levels</p> <p>A1c</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>Insulin</p> | <p><u>I=Intrnl Wrkngs</u> Erectile dysfunction indicates greater risk for _____</p> <p>Heart Disease</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 _____</p> <p style="text-align: center;">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</p> <p style="text-align: center;">2-4 times</p> | <p><u>G=Goals</u> The goal for my blood pressure</p> <p style="text-align: center;">130/80 or less</p> | <p><u>G=Goals</u> I need to see an eye doctor at least once a _____ Year</p> <p style="text-align: center;">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 _____</p> <p style="text-align: center;">GFR Microalbumin</p> | <p><u>G=Goals</u> I need to see my _____ at least 2xs a yr to keep teeth & gums healthy</p> <p style="text-align: center;">Dentist</p> | <p><u>G=Goals</u> My goal is to do about 30 mins of activity on most days</p> <p style="text-align: center;">True</p> | <p><u>G=Goals</u> Every time I go to see my provider, I should show him/her my _____</p> <p style="text-align: center;">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</p> <p style="text-align: center;">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</p> <p style="text-align: center;">NPH, glargine</p> | <p><u>O=Oral meds, insulin, meters</u> Types of short and rapid acting insulins</p> <p style="text-align: center;">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</p> <p style="text-align: center;">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</p> <p style="text-align: center;">Medications</p> | <p><u>O=Oral meds, insulin, meters</u> Continuous glucose monitors measure interstitial glucose</p> <p style="text-align: center;">True</p> | <p><u>O=Oral meds, insulin, meters</u> Always ask your _____ before stopping/changing your medications</p> <p style="text-align: center;">Doctor/Provider</p> |