

## DOCTOR DISCUSSION GUIDE

# Managing Type 2 Diabetes

Diabetes is a progressive disease that requires daily management. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Diabetes Mellitus</b>	A condition in which blood sugar levels are too high due to the body's inability to use glucose. There are many different types of diabetes. In Type 1 diabetes, the pancreas no longer makes insulin. In Type 2 diabetes, either the pancreas isn't making enough insulin or the body is unable to utilize insulin.
<b>Blood Glucose</b>	Sugar found in the blood and the body's main source of energy. Also called blood sugar.
<b>Blood Glucose Monitoring</b>	A method of testing your blood glucose which requires a small sample of blood, usually extracted by a finger stick. Your target blood sugars will be given to you by your physician. Monitoring your daily blood sugar can help you to pattern manage and keep your diabetes in good control.
<b>Carbohydrates</b>	The type of macronutrient that impact blood sugars the most. Carbohydrates, when digested, turn into sugar. The amount and type of carbohydrates you eat are important for managing diabetes.
<b>Fasting Blood Glucose Test</b>	A test used to screen, monitor, and diagnose diabetes. This test is done when a person has not eaten or drank for at least 8 to 12 hours.
<b>Hyperglycemia</b>	The medical term for high blood sugar. Chronically elevated blood sugars can result in diabetes complications.
<b>Hypoglycemia</b>	The medical term for low blood sugar. Hypoglycemia occurs when glucose levels drop too low, typically lower than 70mg/dL. Immediate treatment for low blood sugar is important. Signs of low blood sugar include: hunger, nervousness, shakiness, perspirations, dizziness, lightheadedness, sleepiness, and confusion.
<b>Hemoglobin A1C</b>	Also referred to glycosylated hemoglobin, a blood test that measures a person's average blood glucose level over the past 2 to 3 months. This test can be used to diagnose diabetes, as well as monitor control, and adjust treatment regimens.
<b>Insulin</b>	A hormone produced by the pancreas. Insulin plays a role in regulating blood sugar. One of its many jobs is to help sugar into the cells so that it can be used for energy.
<b>Insulin Resistance</b>	Occurs when the body is unable to utilize the insulin it is making efficiently. As a result, you will see impaired glucose tolerance. Excess fat impairs insulin's ability to bring sugar to the cell, as a result, the cells become resistant to insulin and blood sugars are elevated.



