

What do I know? Before Session

Diabetes 101: What is Diabetes

Write a "T" if you think the statement is TRUE or an "F" if you think false.

Statement	T/F
If your blood glucose is at target levels, you are cured of diabetes.	
Type 2 diabetes can often be a "silent" disease (there may not be any signs or symptoms)	
Taking insulin means you have the bad kind of diabetes.	
If you feel fine, your blood sugars must be at target levels.	
If you have diabetes you need to follow a 'diabetes diet'	
Diabetes is caused by eating too much sugar.	
Diabetes is the leading cause of adult blindness, amputation and kidney failure.	
"Borderline" diabetes doesn't exist.	
Diabetes will skip a generation in a family.	
Sudden weight loss is a common sign of diabetes.	

Insulin is made in the

- a. Liver
- b. Pancreas
- c. Stomach
- d. Blood Cells

In Alberta the group with the highest percentage of individuals living with diabetes is:

- a. Non-First Nations females
- b. Non-First Nations males
- c. First Nations females
- d. First Nations males

The most common type of diabetes is:

- a. Type 1 Diabetes
- b. Type 2 Diabetes
- c. Gestational Diabetes

Please FAX to 780-495-7338



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