

# 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

- Liver
- Pancreas
- Stomach
- Blood Cells

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

- Non-First Nations females
- Non-First Nations males
- First Nations females
- First Nations males

The most common type of diabetes is:

- Type 1 Diabetes
- Type 2 Diabetes
- Gestational Diabetes

Please FAX to 780-495-7338



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