

Diabetes Quiz Answer Key

1. Timing meals and snacks evenly throughout the day will help keep your blood sugar within your target range.

TRUE - Balancing your carbohydrates through the day makes it easier for your pancreas to keep blood glucose levels stable.

2. Carbohydrate counting means keeping track of how many carbohydrates you eat.

TRUE - Carbohydrate counting is a method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in the food you eat.

3. Regular exercise helps improve blood flow to your feet.

TRUE - Regular exercise improves circulation throughout your body.

4. Blurred vision is not a symptom of high blood sugar.

FALSE - High blood sugar can cause the lens of the eye to swell temporarily, which can make it harder to focus.

5. Drinking alcohol on an empty stomach can lead to high or low blood sugars.

TRUE - Some mixed drinks are made with sugary bases and this causes blood glucose levels to rise when alcohol is taken on an empty or partially empty stomach. Also, the stomach stops food digestion and works on detoxifying the alcohol, causing low blood sugar.

6. Hemoglobin A1C (A1C) is a blood test that tells you what your average blood glucose has been for the past two or three months.

TRUE - This test does show the 3 month blood glucose average and the results can be high even if a person is developing diabetes and doesn't know it.

7. People with diabetes are at greater risk for tooth and gum disease and should see their dentist every 6 months.

TRUE - Plaque, a sticky film full of germs, builds up on teeth and high blood sugars help the germs grow. Then you can get red, sore and swollen gums that bleed when you brush your teeth. People with diabetes have tooth and gum problems more often if their blood sugar stays high.

8. Only people with type 1 diabetes need insulin.

FALSE - People with type 2 diabetes may also need insulin to keep their blood glucose levels in target range as well as pregnant women with diabetes.

9. Smoking greatly increases your risk for complications of diabetes.

TRUE - Smokers have a higher risk of complications because smoking damages blood vessels which leads to increased risk of many complications including heart, kidney and circulatory disorders.

10. People with diabetes do not need to check their blood sugar regularly if they are on medication.

FALSE - It is important to check blood sugar levels regularly even when taking medication because this helps you and your doctor know if the medication is controlling your blood sugar and if you are being prescribed the correct dosage.

Diabetes Quiz

Test your knowledge about managing diabetes. Please answer True or False to the following questions.

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3. Regular exercise helps improve blood flow to your feet.
4. Blurred vision is not a symptom of high blood sugar.
5. Drinking alcohol on an empty stomach can lead to high or low blood sugars.
6. Hemoglobin A1C (A1C) is a blood test that tells you what your average blood glucose has been for the past two or three months.
7. People with diabetes are at greater risk for tooth and gum disease and should see their dentist every 6 months.
8. Only people with type 1 diabetes need insulin.
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