



ThedaCareTM

ThedaCare Diabetes Education Program

Diabetes. What do you know?

Name: _____

Pre-test: _____ Post-test: _____ Score: _____

The following quiz will give us an idea about your baseline understanding of diabetes. Please circle the letter that best completes the statement. If you are unsure of the answer, please circle "d" as this is not a wrong answer but helps us to know how to best meet your educational needs. Thank you.

1. The usual cause of diabetes is:
 - a) Eating too much sugar and other sweet foods
 - b) Lack of or ineffective use of insulin in the body
 - c) Failure of the kidneys to control sugar in the urine
 - d) I don't know

2. The ideal blood glucose range before meals for a person with diabetes is:
 - a) 80 - 130 mg/dl
 - b) 40 - 70 mg/dl
 - c) 150 - 200 mg/dl
 - d) I don't know

3. The main source of carbohydrate in the diet is:
 - a) Fat and oil
 - b) Vegetables
 - c) Bread and cereal
 - d) I don't know

4. The effect of exercise is to:
 - a) Lower the blood sugar level
 - b) Raise the blood sugar level
 - c) Increase sugar in the urine
 - d) I don't know

5. Oral medications used in treating diabetes:
 - a) Can substitute for diet and exercise for lowering blood sugars
 - b) Are insulin pills
 - c) Stimulate the release of insulin or make the body's insulin work more effectively
 - d) I don't know

6. The best way to assess your diabetes control is:
 - a) A written record of daily blood sugar tests
 - b) Random urine test results
 - c) A single blood sugar test
 - d) I don't know

7. If a diabetic person experiences symptoms of **hypoglycemia (low blood sugar)**, he should immediately:
 - a) Take some insulin
 - b) Lie down and rest
 - c) Eat or drink some form of sugar
 - d) I don't know

8. Early symptoms of **hyperglycemia (high blood sugar)** may be:
 - a) Convulsions and sweating
 - b) Excessive thirst and frequent urination
 - c) Coma
 - d) I don't know

9. During illness it is important to test your blood sugar more often, drink more fluids and take your diabetes medications as ordered because:
 - a) Blood sugars tend to rise
 - b) Blood sugars tend to go low
 - c) Illness tends to increase the secretion of insulin
 - d) I don't know

10. Complications of diabetes such as: kidney, eye, and heart disease:
 - a) Occur in all patients with diabetes; they are unavoidable
 - b) Don't occur until old age
 - c) Can be delayed/prevented by keeping blood sugars within an acceptable range
 - d) I don't know

11. Good care of the feet is important because people with diabetes often have:
 - a) Varicose veins
 - b) Corns and calluses
 - c) Poor circulation
 - d) I don't know

12. Proper diabetes management can be obtained by:
 - a) Following a healthy meal plan
 - b) Regular exercise
 - c) Both of the above
 - d) I don't know