

Diabetes Quiz

What are the three main types of diabetes?

- a. Type 1, Type 2, Gestational
- b. Glucose, Level A, Level B
- c. Type 1, Type M, Gestational
- d. Number 1, Number 2, Number 3

If you have diabetes, you are at least twice as likely as someone who does not have diabetes to have heart disease or stroke.

- a. True
- b. False

What substance is found in the urine of an undiagnosed diabetic?

- a. Insulin
- b. Adrenalin
- c. Ketones
- d. Bilirubin

Another name for a low blood sugar episode is:

- a. Hypoglycemia
- b. Hypotension
- c. Retinopathy
- d. Hypokalemia

Management of Type 2 diabetes should include:

- a. Eating healthy, regular exercise and taking prescribed medication
- b. Losing weight (if needed) and maintaining a healthy weight
- c. Good control of blood pressure and cholesterol level
- d. All of the above

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What type of diabetes is also known as juvenile diabetes?

- a. Maturity-onset diabetes
- b. Type 1 diabetes
- c. Gestational diabetes
- d. Type 2 diabetes

If you eat too much sugar over a long period of time, you may develop type 2 diabetes.

- a. True
- b. False

Which organ is primarily responsible for regulating blood sugar levels?

- a. Heart
- b. Pancreas
- c. Liver
- d. Kidneys

What is the main treatment of Type 1 diabetes?

- a. Insulin therapy
- b. Surgery
- c. Oral medication
- d. Physiotherapy

Which hormone is primarily responsible for regulating blood sugar levels?

- a. Glucagon
- b. Insulin
- c. Cortisol
- d. Adrenaline