



DIABETES SELF-MANAGEMENT
PROGRAM

EXCERPTS FROM THE
PATIENT EDUCATION MANUAL

Glossary of Terms

A1C: A blood test that tells the average blood sugar over a 3 month period. Normal A1C= 4.0-6.0%.

Blood Glucose Monitor: Machine used to check blood sugar levels.

Check Strip and control solution: used to check accuracy of blood glucose monitor and of test strips.

Diabetes Mellitus: A lifelong disease in which the body does not use glucose properly, resulting in high blood sugars. A fasting blood sugar greater than or equal to 126 will result in a diagnosis of diabetes mellitus.

Gestational Diabetes: Diabetes during pregnancy.

Glucose: Sugar

Hyperglycemia: High Blood Sugar

Hypoglycemia: Low Blood Sugar

Impaired Glucose Tolerance: Blood sugars greater than 140 but less than 200 after a 75 g oral glucose test. This is not considered diabetes, but many people with impaired glucose tolerance will develop type 2 diabetes later in life.

Impaired Fasting Glucose: Fasting blood sugars greater than 110 but less than 126. This is not considered diabetes, but many people with impaired fasting glucose will develop type 2 diabetes later in life.

Insulin: A protein and hormone made by the pancreas of the body that helps to lower blood sugar. Insulin can also be made in a lab to be used for injection purposes.

Ketones: Acid in the blood that result when fat cells break down in large amounts. When blood sugars are very high (250 or greater), ketones may be produced.

Maximum Heart Rate: The safest and fastest rate that your heart should beat. Max heart rate will vary depending on your age and fitness level. One easy method used to determine max heart rate is 220-age. Your heart rate should not stay at max when you exercise.

Nephropathy: Kidney damage.

Neuropathy: Nerve cell damage

