



ON THE ROAD TO BETTER MANAGING YOUR DIABETES

CONVERSATIONAL MAP QUIZ: PRE-TEST POST-TEST

PLEASE ANSWER THE FOLLOWING QUESTIONS FOR YOUR EDUCATOR TO CHECK YOUR KNOWLEDGE OF DIABETES. PLEASE CIRCLE YOUR ANSWER.

1. The natural course of diabetes may include which of the following?
 - a. The gradual loss of beta cells, which make insulin
 - b. Increased difficulty keeping blood glucose within the target range
 - c. Both a and b
 - d. None of the above
2. Which of the following is a risk factor for long-term complications of diabetes?
 - a. Smoking
 - b. Obesity
 - c. Physical inactivity
 - d. All of the above
3. Taking insulin means you have failed to manage your diabetes.
 - a. True
 - b. False
4. The ABCs of diabetes include HgA1c, **B**lood pressure and **C**holesterol.
The ADA target blood pressure range for a person with diabetes is _____ and should be checked _____.
 - a. 150/90 mm/Hg; yearly
 - b. 140/80 mm/Hg; every office visit
 - c. 120/80 mm/Hg; twice a year
 - d. 130/80 mm/Hg; at the doctor's discretion
5. This nutrient is another name for sugars, starches and fiber:
 - a. Fat
 - b. Carbohydrate
 - c. Protein
 - d. None of the above
6. Which of the following is NOT true?
 - a. Glucose is sugar in the blood
 - b. Your liver produces glucose
 - c. Glucose is used by the body as fuel for energy
 - d. Glucose can easily be monitored by the way a person feels
7. Low fat high protein foods include which of the following?
 - a. Poultry
 - b. Fish
 - c. Beans
 - d. All of the above
8. This test should be done at least twice a year and gives you a relative blood glucose average over the past three months:
 - a. Cholesterol test
 - b. HgA1c test
 - c. Monofilament test
 - d. Fasting glucose test

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DIABETES SELF-MANAGEMENT TRAINING
DIABETES KNOWLEDGE TEST

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9. Which is generally the target range for A1c for people with diabetes?
- a. Anywhere between 8-10%
 - b. 7% or less, or individualized
 - c. Over 7%
 - d. There is no target range for A1c
10. Sugar alcohols have no effect on blood sugars.
- a. True
 - b. False
11. Which of the following has an effect on blood glucose levels?
- a. Stress (emotional or physical)
 - b. Meals
 - c. Medications
 - d. Motion (activity level)
 - e. All of the above
12. Which of the following symptoms might you feel with a low blood sugar?
- a. Sweating
 - b. Lack of energy
 - c. Shaky
 - d. All of the above
13. All foods with carbohydrates affect blood sugars in the same way.
- a. True
 - b. False
14. You have _____ diabetes.
- a. Type 1
 - b. Type 2
 - c. Pre-diabetes
 - d. Borderline
15. It is important to monitor blood glucose to manage diabetes.
- a. True
 - b. False

PATIENT SIGNATURE	DATE
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