

Diabetes Health [UPDATED]

Number of questions: 5

Description

Questions on Diabetes Management.

Syllabus

Questions around Nutrition, Lifestyle, Medications and Complications associated with Diabetes.

(Multi-correct answer): Q1 - D08 - nutrition



Which of the following strategies can help minimize the amount of food you eat at a mealtime?

Choices:

- Keep serving dishes on the table.
- Use small plates.
- Remove your plate from the table as soon as you are finished.
- Try to eat quickly.

Explanation:

- The dinner plates we most often see today are about 12 inches in diameter. In the early 1980s, the average plate was about 10 inches in diameter. That relates to about 44% increase in surface area! Using smaller plates will make you feel like you are eating more while ensuring you can't "fill" the plate as much as you can a bigger sized one.
- Removing your plate from the table when you are done eating is another way be sure that you don't continue to eat when you're no longer hungry. If you keep looking at an empty plate you may be tempted to put more on the plate in order to feel like you are "being social" or it other times you may continue to eat out of boredom. Second helpings can be a big source of unneeded extra calories.
- It's a good idea to remove serving dishes from the table once you are done to stop you from being tempted to take a second helping.
- Eating quickly often leads to overeating and should be avoided. It takes a while for the food we eat to be absorbed and quieten the hunger signals. If you eat too quickly you'll be through your third helping before the signal from the first helping gets to your brain.

Question Topics: nutrition**(Multi-correct answer): Q2 - D14 - exercise**

Brisk walking is a preferred exercise for a lot of people and can be a useful strategy. You will know that you are walking briskly when you are:

Choices:

- ✗ Breathing heavily enough so you cannot count to 10 out loud without stopping
- ✗ Able to sing a song
- ✓ You are breathing more heavily than usual but still able to have a conversation
- ✗ Panting

Explanation:

You can judge the intensity of your workout by seeing if you can still maintain a conversation.

When walking at a brisk pace, one will note that breathing is more labored than when sedentary. But you should still easily be able to maintain a conversation with a walking partner. Brisk walking refers to a speed of about 4

miles per hour, and spends about 400 calories per hour.

If you can still sing a song then you're probably not exercising enough.

If you are panting, or cannot count to ten without taking a rest, then you're probably overdoing it.

For More Information:

(1) [American Heart Association recommendations for exercise.](#)

Question Topics: exercise

(Multi-correct answer): Q3 - D18 - med adherence



Gina sometimes forgets to take her medicine. Which of the following strategies could help her remember?

Choices:

- ✓ Set a watch alarm.
- ✓ Take medication when you carry out another routine activity (such as brushing teeth).
- ✗ Keep medication in separate containers.
- ✓ Put medication out where you will see it.
- ✓ Use pill boxes that are sectioned by the day and/or time of day.

Explanation:

You can help remember to take your medicines by using a watch alarm or associating it with another common activity (brewing coffee, washing teeth etc.).

It's easy to forget to take your medicines. Try different things until you find the approach that works best for you. Some people find a watch alarm helpful. Others can remember if the medicine is somewhere they can see it. If you live with someone, ask them to also help.

Hiding the medicines in separate containers or away from plain view is likely to make it more likely that you'll forget your medicine!

For More Information: [How to remember to take your medicines.](#)

Question Topics: Med adherence**(Multi-correct answer): Q4 - D38 - DM complications**

Nancy has not been taking her medication regularly and her glucose control has recently deteriorated. Her doctor has advised her to resume taking her diabetes medicine. If she does so, and gets her diabetes under control, she is likely to prevent which of the following problems?

Choices:

- ✓ Blindness
- ✓ Nerve damage
- ✗ Hair loss
- ✗ Early menopause
- ✓ Kidney failure

Explanation:

Uncontrolled high glucose levels can damage the eye leading to blindness. It can also result in kidney failure, and nerve damage. These problems are caused by changes in the blood vessels of the retina, nerves, and kidneys.

- People with diabetic eye damage may not notice changes to vision, so annual visits to the eye doctor are recommended to check. Diabetes eye damage can be prevented, and can also be treated if it develops and is detected.

- Diabetes nerve damage can result in symptoms of numbness and burning in the feet and predispose to amputation.
- Diabetes is the leading cause of kidney failure in the United States.

Poor diabetes control does not lead to hair loss, early menopause, or breast cancer.

Question Topics: Med adherence

(Multi-correct answer): Q5 - D03 - nutrition



Yesterday afternoon, Sarah's boss was critical and demanding. Sarah felt stressed and anxious and didn't eat any lunch. She went home at the end of the day tired, upset, and hungry. There was a package of cookies on her counter at home, and she ate eight. To avoid this kind of overeating, what could Sarah have done differently?

Choices:

- Told her boss to stop being a jerk and then eaten a frozen yogurt.
- Not left the cookies in plain sight.
- Kept healthy snacks readily available.
- Skipped breakfast, not lunch.
- Worked through her stress before she left for home.

Explanation:

Having healthy food choices readily available makes it easier to stick to a healthy diet.

Part of a successful weight loss program is planning. By having healthy choices readily available and avoiding less healthy choices (or eliminating them from one's house completely) makes it easier to stick with a program. If Sarah successfully addresses all of her work needs before leaving the office, she would be able to put the day behind her and focus on herself.

Skipping a meal is also not advisable because it often leads to overeating when one does eat.

Question Topics: nutrition
