

Diabetes - quiz

Diabetes is very common, but what is it? What do glucose (sugar) levels have to do with diabetes and what controls them? What is insulin and which organ in your body makes it? Why are there different types of diabetes? Test your knowledge with this quick quiz.

1. What is diabetes?

- A. An acute condition in which the amount of glucose in the blood is too low.
- B. A condition that comes and goes and causes high blood pressure (hypertension).
- C. A chronic (ongoing) condition marked by high blood glucose (sugar) levels.

2. Where in the body is the hormone insulin made?

- A. The liver.
- B. The pancreas.
- C. The stomach.

3. What are the main features of type 1 diabetes?

- A. Being overweight, high blood pressure, occurs mainly in adults.
- B. Weight gain, occurs mainly in adults, can be controlled with diet.
- C. Autoimmune disease, generally occurs in children, requires insulin.

4. Which health condition is commonly associated with type 2 diabetes?

- A. Being overweight, particularly around the abdomen.
- B. Cancer, particularly around the head or upper chest.
- C. Plantar fasciitis, particularly in long-distance runners.

5. Which of the following could be symptoms of high blood glucose levels (hyperglycaemia)?

- A. Flatulence, back problems and excessive appetite.
- B. Mania, constipation, headaches and gallstones.
- C. Tiredness, excessive thirst, blurred vision and frequent urination.

6. What are some of the long-term complications that can be caused by diabetes?

- A. Heart disease, kidney damage, eye damage and impotence.
- B. Gall bladder damage, ear damage, nerve damage to intestines and thyroid disease.
- C. Tooth damage, throat damage, nerve damage to lungs and appendicitis.

7. What are the main aims of diabetes management?

- A. Control blood glucose levels, blood pressure, weight and cholesterol.
- B. Have the pancreas surgically removed to cure diabetes.
- C. Eliminate carbohydrates from the diet.

8. What is diabetic retinopathy?

- A. A complication of diabetes that involves the nerve cells of the peripheral nervous system.
- B. complication of diabetes that causes damage to the eye.
- C. A complication of diabetes that affects the functioning of the kidneys.

Calculate score

Your score is:

Score 0 to 2:

You know very little about diabetes, so it's time to brush up your knowledge. Have a look at the information on the Better Health Channel to learn more about diabetes.

Score 3 to 5:

Good try, but some of your ideas on diabetes aren't accurate. Read the information on the Better Health Channel to learn more about diabetes.

Score 6 to 8: Good try, but some of your ideas on diabetes aren't accurate. Read the information on the Better Health Channel to learn more about diabetes.

> Check the correct answers.

This page has been produced in consultation with, and approved by:

Diabetes Australia Victoria

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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