

glossary and resources

glossary and resources • glossary and resources • glossary and resources

Adjusting to diabetes can be a little like going to a foreign country: it helps to know the language, and where you can go for help. This chapter provides definitions and resources to help you find your way as you learn to live well with diabetes.

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Glossary

The list below provides definitions for some of the terms in this book, as well as some others you may hear in the course of your treatment for diabetes.

A

ACE inhibitor

Medication commonly used to treat high blood pressure and heart failure.

arteries

The larger blood vessels in the body that carry blood away from the heart.

atherosclerosis

A condition in which fat and cholesterol build up along the artery walls, causing them to narrow, harden, and become less elastic. Atherosclerosis is a major cause of heart disease and strokes.

B

beta blocker

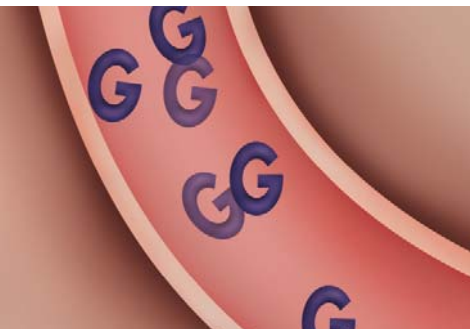
Medication commonly used to treat high blood pressure, angina, and irregular heart rhythms.

beta cells

Cells that make and release insulin. These cells are found in the islets of Langerhans, in the pancreas.

blood glucose (BG)

The amount of glucose in your blood.



bronze diabetes

See hemochromatosis.



C

carbohydrates

One of the 3 major types of nutrients in food (along with fat and protein). Carbohydrates are plentiful in starchy foods like bread and rice, and in fruits and vegetables. Carbohydrates are broken down into glucose during digestion, and have a significant impact on your blood glucose levels.

carbohydrate counting

A meal planning technique that requires you to count the number of carbohydrates you eat at each meal or snack time. A registered dietitian (RD) can teach you this technique, which can help you gain tighter control over blood glucose levels.

cardiomyopathy

Heart muscle disease. Cardiomyopathy can make your heart pump less effectively.

casual glucose test

See random plasma glucose.

cataracts

Cloudiness on the lens of the eye.

cholesterol

A type of lipid (fat) found in the blood. Too much cholesterol in the blood can lead to a heart attack or stroke.

coronary arteries

The arteries (large blood vessels) that feed your heart.

D

diabetes care team

The healthcare providers who help you monitor and manage your diabetes. Your care team may include physicians, diabetes educators, pharmacists, and others.

diabetes educators

(also called a certified diabetes educator, or CDE)

Specially trained nurses, dietitians, or other healthcare providers who can help explain your diabetes and create individual treatment plans for you. They can also teach you skills such as how to take medication correctly, and offer support and encouragement to keep you on track. Educators can work with you individually, or in a diabetes education class. See page 104 for a list of education centers in your area.

dialysis

Kidney dialysis is a filtering procedure that removes waste from your bloodstream. People who have kidney failure must have regular dialysis to stay alive.

diuretic

Medication used to help rid the body of excess fluid and salt. Diuretics are commonly used to control high blood pressure and congestive heart failure.

dyslipidemia

Abnormal levels of various types of cholesterol and fat in the blood.

E

enteropathy

Disease of the intestines.

erectile dysfunction

When a man is less able to have and keep an erection.

F

fasting plasma glucose (FPG)

Your blood glucose level after you have been fasting for at least 8 hours, or the blood test that measures this level. (Fasting means not eating or drinking anything except water.)

fat

One of the 3 major nutrients in food (along with protein and carbohydrate). All fats contain different percentages of monounsaturated, polyunsaturated, and saturated fat. Your body uses fats to repair cells and help cells send signals.

FPG

See fasting plasma glucose.

G

gastroparesis

A condition in which the stomach becomes partially paralyzed, causing slower digestion.

gestational diabetes

The type of diabetes that occurs in women during pregnancy. Although gestational diabetes goes away after the pregnancy, women who have had gestational diabetes are at increased risk for developing type 2 diabetes later in life.

glaucoma

Increased pressure in the eye.

glucometer

A glucose meter.

glucose

A simple form of sugar that is the body's main source of fuel. It's produced when carbohydrates are broken down in the digestive system. It can also be produced from protein or fat in the liver or kidney.

glucose meter

An electronic device used to measure blood glucose levels.

**glycosylated hemoglobin**

See HbA1c.

H

HbA1c

(also called A1C, or *glycosylated hemoglobin*)

A blood test that measures the amount of glycosylated hemoglobin in your bloodstream. The result reflects your overall average blood glucose control over the previous 2-3 month period.

HDL cholesterol

The "good" component of cholesterol. HDL cholesterol removes "bad" LDL cholesterol from the bloodstream, helping to prevent its build-up along artery walls.

hemochromatosis

(also called "bronze diabetes")

An inherited disorder that causes a person to absorb too much iron from a normal diet. This leads to an overload of iron in the body, and can sometimes cause a dark or bronze color in the skin. Unless it's detected and treated early, hemochromatosis can damage your organs, causing a variety of diseases, including diabetes.

hemoglobin (Hb)

A protein in your red blood cells. Hemoglobin carries oxygen, and is what makes your blood red-colored. It also picks up glucose from your bloodstream, becoming glycosylated (HbA1c is glycosylated hemoglobin).

hyperglycemia

Too much glucose in the blood (high blood glucose).

hypertension

High blood pressure.

hypoglycemia

Too little glucose in the blood (low blood glucose).

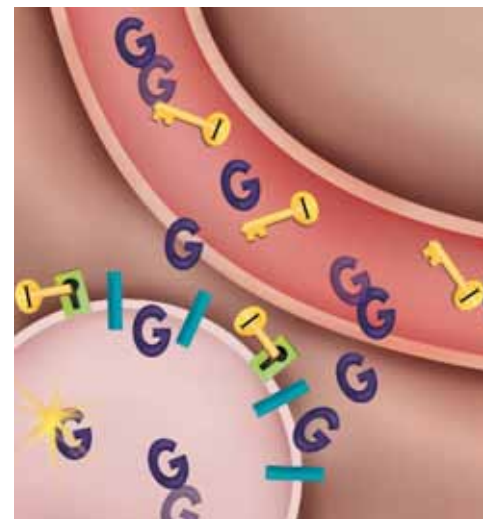
hypoglycemic unawareness

When the body does not experience (respond to or recognize) the symptoms of low blood glucose.

I

insulin

A hormone produced by the pancreas. Insulin is the "key" that "unlocks" your cells and allows glucose to enter. Once inside, the glucose can serve as fuel for the cells.



insulin deficiency

When the pancreas has stopped—or nearly stopped—producing insulin.

insulin receptors

See receptors.

insulin resistance

When the cells in the body do not respond properly to insulin. Insulin resistance is the most common cause of type 2 diabetes.

intensive management

(also called *intensive therapy*)

An aggressive approach to diabetes management that may include more frequent self-testing, a stricter meal plan, and the use (or more frequent use) of insulin. The goal of intensive management is to reach ambitious goals for blood glucose control.

islet cells

See islets of Langerhans, below.

islets of Langerhans

The clumps of cells within the pancreas that include the cells that make insulin (the beta cells). Transplanting islet cells from a donor pancreas to the body of a person with diabetes is a promising treatment for people with type 1 diabetes.

K**ketoacidosis**

(also called *diabetic coma*)

A dangerous condition marked by high blood glucose levels, ketones in the urine, low blood pressure, and breath with a fruity odor. Ketoacidosis occurs almost exclusively in people with type 1 diabetes.

ketones

Chemicals produced when the body breaks down fat for fuel. Ketones in your urine signal high blood glucose.

L**LDL cholesterol**

The “bad” component of cholesterol. LDL cholesterol can stick to artery walls, narrowing and clogging them. The lower your LDL cholesterol level, the better.

lipid

Fat or fat-like substances stored in the body.

lipid profile

(also called *lipid panel*)

A blood test that measures the lipids (fats) found in your blood. A full lipid profile will measure your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride levels.

**M****metabolic syndrome**

(also called *syndrome X*)

A set of health factors that have been shown to coincide with an increased risk for heart disease and diabetes. These factors are obesity, high blood pressure, low HDL and high triglyceride levels, high blood glucose, and a large waistline (greater than 40 inches around for men, greater than 35 inches for women).

metabolism

The physical and chemical processes that underlie the body’s most basic functions. The term often refers specifically to the breakdown of food and its transformation into energy. Diabetes is a metabolic disorder.

mg/dL

Milligrams per deciliter. In the United States, this is the unit of measure for blood glucose levels.

microalbumin screen

Test for microalbuminuria, a condition that may indicate kidney disease.

microalbuminuria

A condition where albumin (a type of protein) is present in the urine. This may be an indication of kidney disease.

N**nephropathy**

Kidney disease.

neuropathy

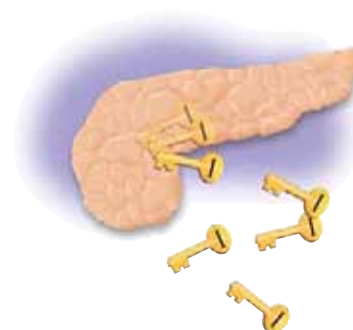
Nerve damage.

O**oral glucose tolerance test (OGTT)**

A blood glucose test that requires you to drink a sugar solution, then have blood drawn at regular intervals (after 2 hours, after 3 hours, and so on). This test is often done during pregnancy to check for gestational diabetes.

P**pancreas**

The organ in your body that makes insulin.



PG

See plasma glucose.

plasma

The liquid part of your blood. Most blood glucose readings are based on a sample of your plasma.

plasma glucose (PG)

The amount of glucose in your plasma, the liquid part of your blood. Most blood glucose readings are based on a sample of your plasma.

postprandial

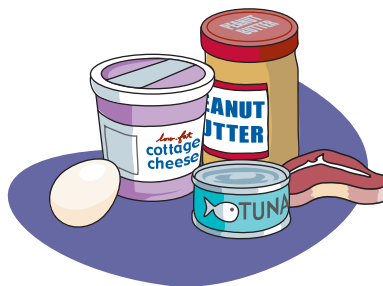
After a meal. A common time to check your blood glucose is 2 hours postprandial.

pre-diabetes

A condition in which blood glucose levels are higher than normal, but not high enough for a diabetes diagnosis. People with pre-diabetes are at increased risk for developing type 2 diabetes—as well as increased risk for heart attacks and strokes. However, studies show that exercise and weight loss can delay, or perhaps even prevent, the onset of these problems.

protein

One of the 3 major nutrients in food (along with fat and carbohydrate). Your body uses protein to build and repair muscles, bones, organs, and other tissues.

**R****random plasma glucose (RPG)**

A blood glucose reading (or test) taken at random (not at a specified time of day, before or after eating or fasting).

receptors

Structures on cell surfaces (or inside cells) that selectively receive and bind a specific substance. For example, insulin binds to insulin receptors on the cell surface to allow glucose to enter the cell.

retina

The part of the eye that records images and sends them to the brain.

retinopathy

An eye disease caused by damage to the small blood vessels of the retina.

S**statin**

A type of medication used to lower blood cholesterol.

syndrome X

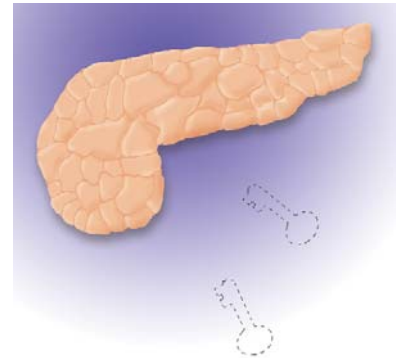
See metabolic syndrome.

T**triglycerides**

A type of lipid (fat) found in the blood. High triglycerides are often found in people who have high levels of LDL cholesterol and low levels of HDL cholesterol. High triglycerides signal increased heart risk.

type 1 diabetes

The type of diabetes that occurs when the pancreas has stopped—or nearly stopped—making insulin.

**type 2 diabetes**

The type of diabetes that occurs when the body no longer uses insulin properly (insulin resistance), fails to make enough insulin, or has a combination of these problems.

V**vascular disease**

Blood vessel damage and disease. High blood glucose can cause vascular disease, which in turn may cause heart disease, strokes, and kidney and eye problems.

Diabetes education in your area

Diabetes educators work in a variety of settings. Some work in hospitals. Others work in doctor’s offices, nursing homes, or neighborhood clinics. Use the lists below to contact an Intermountain diabetes educator near you.



AT INTERMOUNTAIN HOSPITALS

Alta View Hospital

801.314.2894

American Fork Hospital

801.855.3471

Bear River Valley Hospital

435.257.4368

Cassia Regional Medical Center

208.677.6504

Cottonwood Hospital

801.314.6288

Dixie Regional Medical Center

435.688.3408

Fillmore Community Hospital

435.743.5591

Garfield Memorial Hospital

435.676.8811

Heber Valley Medical Center

435.654.2500

LDS Hospital

801.314.2894

Logan Regional Hospital

435.716.5329

McKay-Dee Hospital Center

801.387.7900 and 801.387.7539

Primary Children’s Medical Center

801.587.3999

Sanpete Valley Hospital

435.462.2441

Sevier Valley Hospital

435.896.8271

Utah Valley Regional Medical Center

801.357.7546

Valley View Medical Center

435.868.5576

AT INTERMOUNTAIN CLINICS

<p>Bountiful Health Center 390 North Main Street, Bountiful 801.294.1044</p>	<p>Medical Tower Specialty Clinic 5770 South 250 East #415, Murray 801.314.4500</p>
<p>Bryner Clinic 525 East 100 South, Ste 500, Salt Lake City 801.519.7192</p>	<p>Memorial Clinic 2000 South 900 East, Salt Lake City 801.464.7500, option 2, remain on line</p>
<p>Cottonwood Family Practice 5872 South 900 East #100, Salt Lake City 801.262.3443, option 1</p>	<p>Salt Lake Clinic 333 South 900 East, Salt Lake City 801.535.8185, option 2</p>
<p>Holladay Health Center 1955 East 5600 South, Salt Lake City 801.273.5000, option 1</p>	<p>Sandy Health Center 9500 South 1300 East, Sandy 801.501.2120</p>
<p>Medical Tower Family Practice 5770 South 250 East #110, Murray 801.314.4266</p>	<p>West Jordan Health Center 2655 West 9000 South, West Jordan 801.265.6343</p>

Organizations and websites

It would be impossible to list all of the helpful diabetes organizations and websites. But the ones listed in this book are a good place to start. Explore these resources for educational materials, newsletters, updates on research and clinical trials, ideas for connecting with other people with diabetes, and advice about how you can get involved in the fight against diabetes.

Intermountain Healthcare
Intermountain Diabetes
Management Program
Phone: 1.800.442.5305
www.intermountainhealthcare.org/diabetes

National Diabetes Information Clearinghouse
1 Information Way
Bethesda, MD 20892-3560
Phone: 1.800.860.8747
www.diabetes.niddk.nih.gov

American Diabetes Association
ATTN: National Call Center
1701 North Beauregard Street
Alexandria, VA 22311
Phone: 1.800.DIABETES
(1.800.342.2383)
www.diabetes.org

American Dietetic Association
120 South Riverside Plaza,
Suite 2000
Chicago, Illinois 60606-6995
Phone: 1.800.877.1600
www.eatright.org

National Diabetes Education Program
One Diabetes Way
Bethesda, MD 20814-9692
www.ndep.nih.gov

Diabetes Exercise and Sports Association
8001 Montcastle Drive
Nashville, TN 37221
www.diabetes-exercise.org

Juvenile Diabetes Research Foundation
120 Wall Street
New York, NY 10005-4001
www.jdf.org

Joslin Diabetes Center
One Joslin Place
Boston, MA 02215
www.joslin.org



Websites

ONLINE COMMUNITIES

Need to ask a question, get some reassurance, or just vent a little? An online discussion board or chat group allows you to do all of these things—without leaving the house or even revealing your name! Online communities are a great way to connect with people who understand the challenges of living with diabetes—and who can offer you support, ideas, and hope.

There are many online communities devoted to different aspects of life with diabetes. To find a community that fits your interests, start by typing “online diabetes discussion” in your Internet search engine.



ALSO FROM INTERMOUNTAIN...

The materials shown below—and many others—are available from your healthcare provider, or online at intermountainhealthcare.org.

Diabetes Care Card

Stay on track with regular medical care (for people with diabetes)

www.intermountainhealthcare.org/diabetes

Pre-Diabetes: act now to protect your health

Learn about pre-diabetes

www.intermountainhealthcare.org/diabetes

BP Basics and the BP Tracker

Manage your blood pressure

www.intermountainhealthcare.org/bp

The Weigh to Health and

The Habit Tracker

Manage your weight

www.intermountainhealthcare.org/weight

Journey to Freedom (in English and Spanish)

Stop smoking

www.intermountainhealthcare.org/prevention

Healthy Choices for Families: nutrition and activity

Help your family be healthier

www.intermountainhealthcare.org/weight

Books

Every year brings more new books on diabetes and diabetes self-management. The lists below include favorites of Intermountain healthcare providers.

General diabetes books

- *American Diabetes Association Complete Guide to Diabetes*. Bantam, 2003.
- *Diabetes for Dummies*. Alan Rubin. For Dummies, 1999.
- *The John Hopkins Guide to Diabetes: For Today and Tomorrow*. Christopher Saudek, Richard Rubin, and Cynthia Shump. John Hopkins University Press, 2001.
- *The Joslin Guide to Diabetes: A Program for Managing Your Treatment*. Richard S. Bease. Fireside, 1995.
- *Mayo Clinic on Managing Diabetes*. Maria Collazo-Clavell, editor. Mayo Clinic Press, 2001.

Exercise and activity books

- *The Diabetic Athlete*. Sheri Colberg. Human Kinetics, 2001.
- *The Fitness Book For People With Diabetes*. W. Guyton Hornsby (Editor), American Diabetes Association Council on Exercise. McGraw-Hill, 1996.
- *The 'I Hate to Exercise' Book for People With Diabetes*. Charlotte Hayes. McGraw-Hill, 2001.

Cookbooks and nutrition books

- *The ADA Guide to Healthy Restaurant Eating.* Hope S. Warshaw. American Diabetes Association, 2002.
- *The All-new Diabetic Cookbook.* Kitty Maynard, Lucian Maynard, and Theodore Duncan. Rutledge Hill Press, 1998.
- *The Carbohydrate Counting Cookbook.* Tami Ross and Patti Geil. John Wiley & Sons, Inc., 1998.
- *Cooking Up Fun For Kids With Diabetes.* Patti Geil and Tami Ross. American Diabetes Association, 2003.
- *Cooking with the Diabetic Chef.* Chris Smith. American Diabetes Association, 2000.
- *Diabetes Meal Planning Made Easy.* Hope Warshaw. American Diabetes Association, 1996.
- *Down-Home Diabetic Cookbook.* Julie Schnittka (Editor). Reiman Publications, LP, 1995.
- *Express Lane Diabetic Cooking.* Robyn Webb. McGraw-Hill, 2000.
- *Fast Food Facts.* Marion Franz. IDC Publishing, 1998.
- *Month of Meals.* American Diabetes Association (various titles in the series, including “Old-Time Favorites,” “Meals in Minutes,” and “Ethnic Delights”), 1998-2000.



HOW TO CHOOSE A COOKBOOK

A good way to review a new cookbook is to check it out from your public library before buying it. This way you can see if the recipes fit your tastes and lifestyle (such as gourmet or simple, ethnic or mainstream). Here are a few other things to look for:

- Sound nutrition principles. Steer clear of fad diet books that offer “quick-fixes.”
- Recipes that are generally low in saturated fat, cholesterol, and sodium.
 - Easy-to-find ingredients.
 - Easy-to-follow instructions.
 - Recipes that provide nutrition information (for example, recipes that list calories, fat grams, cholesterol, sodium, and so on).

