

# GLOSSARY

## **Blood Glucose**

The main sugar that the body makes from the three elements of food-protein, fats, and carbohydrates-but mostly from carbohydrates. Glucose is the major source of energy for living cells.

## **Complications**

A secondary disease, an accident, or a negative reaction occurring during the course of an illness and usually aggravating the illness.

## **Data**

Facts or figures from which conclusions can be understood.

## **Diabetes**

A serious chronic (lifetime) medical problem that causes hyperglycemia (high blood sugar) and abnormal changes to occur in the body's systems that then does not allow food to be used correctly. (See Type 1, Type 2 and Gestational Diabetes.)

## **End-Stage Renal Disease (ESRD)**

The final phase of kidney disease; treated by dialysis or kidney transplantation.

## **Gestational Diabetes**

Some women have diabetes only when they are pregnant. This condition is called Gestational Diabetes, which can be controlled just like other kinds of diabetes. Glucose control is the key.

## **Glaucoma**

An eye disease associated with increased pressure within the eye. Glaucoma can damage the optic nerve and cause impaired vision and blindness.

## **Glucose**

A simple sugar found in the blood. It is the body's main source of energy. (See blood glucose.)

## **Glycemia**

There are 2 types of Glycemia:

**Hyperglycemia** – Too high a level of glucose (sugar) in the blood; a sign that diabetes is out of control. Many things can cause hyperglycemia. It occurs when the body does not have enough insulin or cannot use the insulin it does have to turn glucose into energy.

**Hypoglycemia** – Too low a level of glucose (sugar) in the blood. This occurs when a person with diabetes has injected too much insulin, eaten too little food, or has exercised without extra food. A person with hypoglycemia may feel nervous, shaky, weak, or sweaty, and have headache, blurred vision, and hunger. Taking small amounts of sugar, sweet juice, or food with sugar will usually help the person feel better within 10-15 minutes.

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## **Hemodialysis**

A mechanical method of cleaning the blood for people who have kidney disease.

## **Hypertension**

Blood pressure that measures above the normal range. Hypertension strains the heart, harms the arteries, and increases the risk of heart attack, stroke, and kidney problems.

## **Incidence**

Describes the rate of development of a disease in a group over a period of time, such as over a year. Incidence describes the continuing occurrence of new cases of a disease.

## **Insulin**

A hormone that helps the body use glucose for energy. The beta cells of the pancreas make the insulin.

## **Morbidity**

The rate of disease or proportion of diseased persons in a given locality, nation, etc.

## **Mortality**

Frequency of number of deaths in proportion to the population.

## **Obesity**

When a person's body fat is 20% or more than their ideal body fat percentage for their age, height, sex, and bone structure. Fat works against the action of insulin. Extra body fat is thought to be a risk factor for diabetes.

## **Objective**

The aim of an activity. Objectives are more specific than goals.

## **Prevalence**

Describes the number of people in a given group who are reported to have a disease at a certain point in time.

## **Rate**

Measure of the frequency of a phenomenon. In epidemiology, a rate is an expression of the frequency with which an event occurs in a given time frame in a defined population. Rates, rather than numbers, are used to compare populations at different times, at different places, or from different socioeconomic and racial groups.

# GLOSSARY

**Renal**

Of, pertaining to, or in the region of the kidneys.

**Retinopathy**

A disease of the small blood vessels in the retina of the eye.

**Risk Factor**

A factor that, if present, increases the probability of some event seen as harmful. A risk factor may be an aspect of personal behavior or lifestyle, an environmental exposure, or an inborn or inherited characteristic that epidemiological evidence suggests is associated with health-related conditions.

**Type 1 Diabetes**

A chronic condition in which the pancreas fails to secrete insulin and the body is unable to use insulin to promote carbohydrate (sugar, starch and fat) metabolism in cells. Type 1, insulin-dependent diabetes mellitus (IDDM), occurs in children and adults under the age of 30. This type of diabetes requires frequent injections of insulin to maintain a normal level of glucose in the blood.

**Type 2 Diabetes**

Type 2, non-insulin-dependent diabetes mellitus (NIDDM), is the most common form of diabetes. People who get type 2 diabetes are usually older than those who get type 1, and obesity is a very common disease factor. In this form of diabetes, the pancreas secretes insufficient amounts of insulin and tissues resist the action of the insulin. Treatment measures include controlling diet, increasing physical activity, increasing the use of muscle (exercise), weight reduction, and, if necessary, insulin injections or pills.