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DIABETES CLINIC NEWSLETTER

A monthly newsletter by University of Illinois Extension
Serving Livingston, McLean & Woodford Counties



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From A1C - Z: A Diabetes Glossary

When it comes to diabetes, keeping track of all the terminology can be a challenge! From remembering all the body chemistry, to knowing which test is testing for what and why, diabetes-related language can be tough to juggle alongside diabetes management. What are ketones? Why do I need a microalbumin test? What can an ophthalmologist do for me? In this Diabetes Clinic Newsletter, we'll go from A1C to Z, defining various terms, tests, and terminology to help make sense of all the diabetes-related jargon.



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From A1C - Z

A1C - A1C measures diabetes control over the past 3 months - the goal for most adults with diabetes is an A1C that is less than 7% (*American Diabetes Association*)

Blood pressure - keeping blood pressure at 130/80 or under is essential if you have diabetes. High blood pressure can damage your eye vessels

Circulation - the way blood flows through the heart and blood vessels; people with diabetes may experience issues with circulation

Diabetes ketoacidosis (DKA) - a serious condition in which high blood sugar levels and a lack of insulin cause the breakdown of body fat and an excess of ketones in the blood and urine (*American Diabetes Association*)

Eye health - people with diabetes are at a higher risk of eye conditions such as retinopathy, glaucoma, and cataracts. Getting yearly dilated eye exams is important to catch any eye issues early



Fasting blood glucose test - a blood test to check blood sugar levels after a person has fasted for 8 to 12 hours. This test is commonly used to diagnose prediabetes or diabetes or to evaluate how well treatment is working (*American Diabetes Association*)

Glucose - glucose is an energy source that your body gains from food sources during digestion

Hyperglycemia - otherwise known as high blood sugar, hyperglycemia occurs when the body does not have enough insulin or cannot properly use the insulin it does have

Insulin - insulin acts as the key to let glucose into the cells so that your body can use it as energy; if the body is unable to make enough insulin, or the body doesn't use insulin correctly, then blood sugar remains in the bloodstream

Juvenile diabetes - former term for insulin-dependent mellitus or Type 1 diabetes. A disorder of the body's immune system that results from the pancreas not producing any insulin

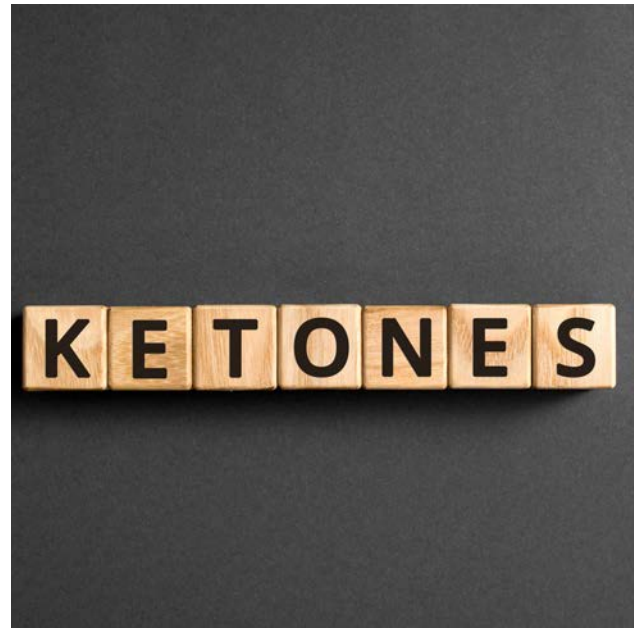
Ketones - ketones are a chemical produced by the body when there is not enough insulin and the body needs to break down fat for energy (*American Diabetes Association*)

Lipid levels - a lipid levels test determines your blood fat levels, meaning your cholesterol and triglyceride. The two types of cholesterol are: HDL (the good cholesterol) which protects against heart disease and LDL (the bad cholesterol) which contributes to heart problems. Target LDL cholesterol levels for adults with diabetes are <100mg/dl; HDL cholesterol levels are >40mg/dl

Microalbumin test - this test determines any damage to your kidneys due to the presence of diabetes. The goal for this test is 30 milligrams or less

Nephropathy - disease of the kidneys that cause the kidneys to lose their blood filtering abilities; can develop in people who have had diabetes for a long time

Ophthalmologist - a doctor who specializes in treating all eye diseases and eye disorders. Ophthalmologists can also prescribe glasses and contacts (*American Diabetes Association*)



Peripheral neuropathy - nerve damage that affects the feet, legs, or hands - can cause pain, numbness, or tingling feelings in those areas (*American Diabetes Association*)

Questions? - ask them! If you don't understand a word or a test related to your diabetes management, ask for clarification. This ensures you have all the necessary information to be a proactive part of your diabetes care

Renal - related to the kidneys. For example, a renal disease is disease of the kidneys (*American Diabetes Association*)

Somogyi Effect - also known as rebound hyperglycemia, the Somogyi Effect happens when blood sugar levels swing high following hypoglycemia (low blood sugar)

Triglyceride - triglycerides are what fat becomes when it is stored in the body. High triglyceride levels can occur when diabetes management is not controlled. The target for triglyceride levels are <150 mg/dl (*American Diabetes Association*)

Urinalysis - a test of urine sample to diagnosis diseases of the urinary system and other body systems (*American Diabetes Association*)

NeoVascularization - the growth of new, small blood vessels. In the retina, this may lead to loss of vision or blindness

Wound care - people with diabetes should take steps to ensure wounds heal correctly to avoid infections or other complications

EXchange system - a system of estimating carbohydrate and calorie intake that groups by type. Each exchange group lists similar types of food in serving sizes. A person can exchange, trade, or substitute a food serving in a particular group for another food serving in the same group

Yoga - yoga and strengthening exercises, as well as regular cardiovascular exercises, are important to maintaining a healthy body and keeping diabetes under control

Zero - look for zero-calorie beverages like water to avoid added sugar or empty calories in your drinks



More Resources

Nutrition and Wellness Website - For past Diabetes Clinic newsletters, diabetes resources, and recipes: go.illinois.edu/LMWnutrition

Recorded Webinars - University of Illinois Extension has a series of recorded webinars on "Managing Diabetes in a Modern World" that covers topics from nutrition to managing your own diabetes risk. You can view the recordings at: <https://extension.illinois.edu/global/recorded-webinars>

American Diabetes Association - For information on all things diabetes diagnosis, care, and management. <https://www.diabetes.org/>

One Pan Spaghetti



Yield: 8 servings

- 1 lb lean ground beef or turkey
- 1 medium onion, chopped
- 2 ½ cups water
- 1 (15 oz.) can tomato sauce
- 1 (14.5 oz.) can diced tomatoes, undrained
- 2 teaspoons dried oregano
- ½ teaspoon sugar
- ½ teaspoon garlic powder or 2 garlic cloves, minced
- ½ teaspoon dried rosemary
- ¼ teaspoon pepper
- 2 cups (12 oz.) dry whole wheat spaghetti noodles
- 1 cup shredded Parmesan cheese

Instructions: Brown meat and onion in a large skillet over medium-high heat (300°F in an electric skillet). Drain fat. Stir in water, tomato sauce, diced tomatoes, sugar, and spices; bring to a boil. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking. When spaghetti is tender, top with shredded cheese. Refrigerate leftovers within 2 hours.

Nutrition Facts (per serving): 220 calories, 5 grams fat, 220 milligrams sodium, 23 grams carbohydrate, 2 grams fiber, 20 grams protein

Diabetes Clinic Recordings

To view past Diabetes Clinic newsletters on topics like managing stress and diabetes and building healthy breakfast habits, visit: go.illinois.edu/LMWnutrition