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Glossary

A

A1C (Pronounced A-one-C) – A test that measures how well a person’s diabetes is controlled over 2-3 months. A1C results can be used to adjust treatment to improve control.

Acanthosis Nigricans – A common symptom characterized by a dark, thick velvety appearance to the skin in the major skin-fold areas (e.g., neck, armpits). This type of skin change is often a sign of insulin resistance.

Ace –inhibitor – A certain type of blood pressure medication commonly used in people with diabetes.

Americans with Disabilities Act – A federal law enacted in 1990 to protect people with disabilities from discrimination. Under this law, diabetes can be considered a disability.

B

Blood glucose (*also called: blood sugar*) – Food is digested and metabolized (broken down) into glucose. This glucose is released into the bloodstream and referred to as blood glucose. Glucose is carried through the bloodstream to provide energy to the body.

Blood glucose meter (*also called: blood sugar meter or glucometer*) – A device that measures how much glucose is in the blood.

Blood glucose monitoring (*also called: blood sugar testing, blood sugar monitoring, blood glucose testing, self-monitoring of blood glucose, self-monitoring of blood sugar*) – The act of checking the amount of glucose in the blood using a blood glucose meter.

Blood pressure – The force of the blood against the artery walls. Two levels of blood pressure are measured: the highest, or systolic, occurs when the heart pumps blood into the blood vessels, and the lowest, or diastolic, occurs when the heart rests.

Blood sugar – See blood glucose.

Body mass index (BMI) – A measurement of body weight relative to height. BMI can be used by professionals or others to determine if a person is at a healthy weight, overweight, or obese.

Bolus dose/boluses – A single dose of insulin delivered at a specific time. A bolus is commonly given before a meal to reduce the after-meal blood glucose level.

C

Carbohydrate – One of the three main nutrients found in foods. Carbohydrates break down quickly into sugar and are a quick source of energy for the body.

Cholesterol – A substance similar to fat that is found in the blood, muscles, liver, brain, and other body tissues. Cholesterol is manufactured by the body and obtained from animal products in the diet. Cholesterol is transported in the blood.

Complications (of diabetes) – Diabetes complications can be either short-term or long-term. Short-term complications result from either low or high blood glucose levels. Long-term complications result from persistent high blood glucose levels. These complications include blindness, kidney disease, heart disease, circulation problems, and nerve problems.

D

Diabetes – A chronic disease that causes high blood glucose.

Diabetic Ketoacidosis (DKA) – A dangerous, life-threatening condition that may occur when blood glucose levels are high (usually >250 mg/dL) and ketones are detected. DKA is a medical emergency. A common cause of DKA is not taking insulin or not taking enough insulin. Illness can also increase the risk of DKA.

Diabetes Medical Management Plan (DMMP) (*also called: Physician order, Diabetes Care Plan*) A specific diabetes management plan that outlines daily diabetes care for students during school.

Glossary

Diabetes Prevention and Control Program (DPCP) – Statewide program funded by the Centers for Disease Control and Prevention and located in the Wisconsin Department of Health Services, Division of Public Health. The DPCP is dedicated to improving the health of people at risk for, or with, diabetes.

E

Emergency Action Plan (*also called: Emergency Plan, Quick Reference Emergency Plan*) Generated by the school nurse for students with diabetes, this document describes a short, detailed plan for handling a student's diabetes treatment care plan during an emergency, such as low blood glucose or high blood glucose.

F

Fast-acting glucose (*also called fast-acting sugar*) – A certain type of food or drink containing simple glucose that are used to raise blood glucose levels quickly during a low blood glucose (hypoglycemic) episode.

G

Gastroparesis – A gastric disorder of diabetes with symptoms of post-meal fullness, pain, nausea, vomiting, and heartburn, causing slowing or impaired gastric emptying.

Gestational diabetes – A type of diabetes that can occur in pregnant women who are not previously known to have diabetes. Although gestational diabetes usually subsides after pregnancy, these women are at higher risk of developing type 2 diabetes later in life.

Glucagon – A hormone that raises the level of glucose in the blood. Glucagon, given by injection, is used to treat severe low blood glucose (hypoglycemia) when a person is not able to take food or drink, is unconscious, or is having a seizure or convulsion.

Glucose – A simple glucose found in the blood that is the body's main source of energy.

Glucose tablets or gel – Special products that provide a pre-measured amount of simple glucose. These fast-acting forms of glucose are used to treat low blood glucose (hypoglycemia).

Goal range (of blood glucose) – A selected range for blood glucose levels that a person with diabetes tries to maintain. The target range is usually determined by the health care team.

H

Healthcare Plan (*also called: Individual Care Plan, Individual Health Care Plan, Nursing Health Care Plan*) A plan developed by a school nurse which identifies nursing care for students with diabetes. This plan includes a health assessment, nursing diagnoses, goals, interventions, and expected outcomes.

High blood glucose (*also called: high blood sugar, hyperglycemia*) A condition that occurs when blood glucose levels are high, usually defined as > 250 mg/dL.

Hormone – A chemical substance that is released by special cells in the body in order to help other cells work.

Hyperglycemia – Another name used for high blood glucose levels.

Hyperosmolar Hyperglycemic Nonketotic Coma – A serious complication of diabetes resulting in elevated blood glucose levels (usually over 600 mg/dL) and dehydration. This condition is more common with type 2 diabetes and among the elderly.

Hypoglycemia – Another name used for low blood glucose levels.

Hypoglycemia Unawareness – complication of diabetes in which a person is unaware of the symptoms of low blood glucose (hypoglycemia).

I

Individualized Education Program (IEP) – A written plan that designs and documents a student's educational program based on an identified disability.

Individuals with Disabilities Education Act (IDEA) – A federal law that supported special education and related services for children with disabilities, administered by the Office of Special Education Programs in the U.S. Department of Education. To be eligible for services under

Glossary

IDEA, a student's diabetes must impair his or her ability to learn so that he or she requires special education and related services.

Insulin – A hormone produced by the pancreas that helps the body use glucose. Insulin is used to treat diabetes.

Insulin injections – The process of delivering insulin into the body with a needle and syringe or an insulin pen.

Insulin pen – A pen-like device used to inject insulin into the body.

Insulin pump – A device (a mini-computer about the size of a cell phone) that is programmed to deliver insulin.

Insulin resistance – A condition in which fat and muscle cells become less sensitive to insulin action. If insulin is less sensitive, glucose will build up in the blood stream.

Interstitial fluid – The fluid surrounding the tissue and/or organs in a person's body.

K

Ketoacidosis – A state in which the body has increased production of ketone bodies due to diabetes or, in some cases, starvation.

Ketones – With not enough insulin to help the body use glucose, the body uses fat as a source of energy. When the body uses fat for energy, toxic by-products called ketones are released into the blood.

Ketone testing – A procedure for measuring the level of ketones in the urine or blood.

L

Lancet – A fine, sharp-pointed needle used for pricking through the skin to obtain a sample of blood for blood glucose monitoring.

Low blood glucose (*Also called: low blood sugar, hypoglycemia*) – A condition that occurs when blood glucose levels are too low, usually defined as < 70 mg/dL.

M

Meal planning – A specific approach that assists in balancing food consumed evenly throughout the day. A meal plan is individualized and takes into account other important aspects, such as growth and nutritional requirements.

Medical alert identification – An identification card, necklace, or bracelet worn by a person to inform emergency responders of critical health information.

Metabolism – A term used to describe the breakdown or synthesis of nutrients in the body.

mg/dL – Milligrams per deciliter; a unit of measure used to describe how much glucose is in a specific amount of blood.

Microalbumin – A test that measures small amounts of protein (albumin) in the urine to detect kidney damage from diabetes.

O

Obesity – An excess of subcutaneous fat in proportion to lean body mass. Children and adolescents (ages 2 through 20) who are at or above the 95th percentile on growth charts are termed obese. When determining obesity in children and adolescents, it's important to consider BMI, as well as gender and age, using the Body Mass Index-for-Age growth charts.

Overweight – Increased body weight in relation to some standard of acceptable or desirable weight. Children and adolescents (ages 2 through 20) who are between the 85th and 95th percentiles are considered overweight. When determining overweight in children and adolescents, it's important to consider BMI, as well as gender and age, using the Body Mass Index-for-Age growth charts.

P

Pancreas – An organ in the body that makes a hormone called insulin. The pancreas also makes enzymes that help the body digest food.

Peak insulin time – The time when insulin has its major impact on reducing blood glucose levels. Also see: insulin.

Glossary

Polycystic Ovarian Syndrome – A medical condition that affects a woman’s menstrual cycle, causing missed or irregular periods, and affects the ability to have children. The condition involves abnormal levels of hormones (e.g., high levels of androgens [male hormones]), as well as other hormones. Symptoms can include acne and facial hair.

Post-physical activity delayed hypoglycemia – The symptoms of low blood glucose (hypoglycemia) can be experienced hours after an activity.

Pre-diabetes – A condition in which blood glucose levels are higher than normal but are not yet high enough to be diagnosed as type 2 diabetes. Fasting blood glucose level is ≥ 100 mg/dL but < 126 mg/dL.

S

Section 504 of the Rehabilitation Act (Section 504) – A federal law that prohibits recipients of federal funds from discriminating against people on the basis of a disability, such as diabetes.

Self-management (*also called: self-care*) – Day-to-day activities undertaken by an individual to control and monitor his or her diabetes.

Syringe – A device used to inject medications such as insulin into body tissue.

T

Trained school personnel – Nonmedical personnel who have a basic knowledge of diabetes and have received training in diabetes care, including the performance of blood glucose monitoring, insulin and Glucagon administration, recognition and treatment of low blood glucose (hypoglycemia) and high blood glucose (hyperglycemia), and performance of urine or blood ketone testing.

Type 1 diabetes – A chronic condition in which the pancreas makes little or no insulin. Treatment for type 1 diabetes requires insulin to control the amount of glucose in the blood.

Type 2 diabetes – A chronic condition in which the body either makes some but not enough insulin or the body is not able to use the insulin as it normally should.

Glossary Adapted from:

National Diabetes Education Program. (2003). *Helping the Student with Diabetes Succeed: A Guide for School Personnel*. Retrieved from http://www.ndep.nih.gov/media/youth_NDEPSchoolGuide.pdf.

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Division of Diabetes Translation. (2007). *Take Charge of Your Diabetes* (4th edition).

DIABETES PREVENTION AND CONTROL PROGRAM MATERIALS ORDER FORM

Name of Requestor: _____ County Name: _____

Organization/Company Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Telephone: (_____) _____ Email Address: _____
 (including area code)

Resource	Primary Audience	Language <small>(circle if appropriate)</small>	Quantity
Diabetes Self-Management Information and Record Booklet, <i>12 pages</i> (revised 2010*)	Consumers	English Spanish Hmong	
Personal Diabetes Care Record/Wallet Card, <i>two-sided card</i> (revised 2010*)	Consumers	English Spanish Hmong	
Quick Reference Guide for People with Diabetes, <i>12 pages</i> (new in 2008)	Consumers Healthcare Professionals	English Spanish Hmong	
Diabetes Resource Guide for Consumers and Health Professionals, <i>63 pages</i> (revised 2010*)	Consumers Healthcare Professionals	English	
Students with Diabetes: A Resource Guide for Wisconsin Schools and Families (revised 2010) Option: Paper copy or DVD (please specify)	Consumers Healthcare Professionals	English	
Wisconsin Diabetes Mellitus Essential Care Guidelines, <i>220 pages</i> (revised 2010*)	Healthcare Professionals	English	
2008 Burden of Diabetes in Wisconsin, <i>48 pages</i> Option: entire document or specific counties (please list):	Healthcare Professionals	English	
Wisconsin Diabetes Surveillance Report, <i>43 pages</i> (2005)	Healthcare Professionals	English	
The Wisconsin Collaborative Diabetes Quality Improvement Project Report, <i>20 pages</i> (2010*)	Healthcare Professionals	English	
Wisconsin Diabetes Strategic Plan, <i>48 pages</i> (2010-2015*)	Consumers Healthcare Professionals	English	

*At the time of printing, these DPCP resources were being revised with expected dates of completion throughout 2010. Page numbers for these documents are estimated.

The resource materials listed on this sheet are available **FREE OF CHARGE** to Wisconsin residents. To place an order, please indicate the quantity of each item and **fax to (608) 266-8925** or mail to the **Diabetes Prevention and Control Program, Room 218, PO Box 2659, Madison, WI 53701-2659**. These resources are also available for viewing and downloading at <http://www.WisconsinDiabetesInfo.org>. **Materials are not copyrighted.**

Note: The National Diabetes Education Program (NDEP) has a number of campaign tools and downloadable materials including: *Control Your Diabetes for Life* Campaign Guide for Partners, *Small Steps Big Rewards: Preventing Type 2 Diabetes*, *A Diabetes Community Partnership Guide* and *Making a Difference: The Business Community Takes on Diabetes*. You can view, order or download materials from the NDEP website: <http://www.YourDiabetesInfo.org>. **Materials are not copyrighted.**

Wisconsin Diabetes Prevention and Control Program

Bureau of Community Health Promotion
Division of Public Health
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For information about this Resource Guide contact:

Wisconsin Diabetes Prevention and Control Program
Bureau of Community Health Promotion
PO Box 2659
Madison, WI 53701-2659

Phone: (608) 261-6855

Fax: (608) 266-8925

E-mail: leah.ludlum@wisconsin.gov

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<http://dhs.wisconsin.gov/health/diabetes/index.htm>

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