Diabetes Mellitus:

Research Project

**GROUP 4:**

**DIRECTIONS:** Using the directions the librarian has provided, locate the article applicable to your Group #

TITLE OF YOUR ARTICLE:

 **“Diabetes Control: Why It’s Important”**

**Provide answers to the following questions, based on the article.**

**Your group will provide a presentation to the class, when we return to the classroom.**

1. What is the meaning of the phrase “diabetes control”?

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2. It is said that managing diabetes is a “three way balancing act”. What is meant by this language?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. The article lists 5 ways that someone’s diabetes can get OUT of control, explain all 5 on the lines provided:

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4. Out-of-control blood sugar levels can lead to ***short-term*** problems such as: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Unfortunately, out of control, or high blood sugar levels over time can lead to ***long-term*** problems such as damage to the blood vessels that supply blood to which IMPORTANT organs? (Name all 4)

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6. What does this mean for people in the long run? What types of medical problems might they develop as a result?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7. If, HOWEVER, a diabetic keeps his sugar levels *under good control* over his/her lifetime, what is the *good* news?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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8. What does it mean, the term “target range”?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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9. Will a prescribed “target range” for any diabetic stay the same forever?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Explain\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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10. With what tool will a diabetic monitor their “target range”?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. There is a blood test which measures the “glycosylated hemoglobin”

test. Why is this test so important to a doctor who is taking care of a

diabetic?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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12. What steps should all diabetics take in order to help them keep their blood sugars within a normal range or within the *target range*?

 They should…………………. fill in the blanks that follow:

 a) They should take their \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_when they are

 supposed to.

 b) Follow their \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 c) Get regular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 d) Check their \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ often and make

 changes with the help of their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 e) Visit their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regularly.

 f) They should learn as much as possible about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 The following question is NOT optional:

13. ***A Personal Reflection:***

 Now that you have learned about why it is so important for people with diabetes to control their disease. What steps can you personally

take to be a better friend to someone who has diabetes**? Be specific**.

Answer in complete and grammatically correct sentences. Please give at least 3 ways you can be as SUPPORTIVE AS POSSIBLE.

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B)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DIRECTIONS:** Once you complete all these questions you will meet with your group, compare responses for accuracy and then discuss what you’ve learned, so you can prepare a 10-minute presentation for the class. Also, you will prepare 7 questions that you would like to see on the next health exam.