Diabetes Mellitus:

Research Project

**GROUP 5:**

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

TITLE OF YOUR ARTICLE:  **“Weight and Diabetes”**

**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. According to the article what are the two best ways to manage your weight?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Why is this advice in the previous answer particularly helpful to people with diabetes? Explain fully:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

3. When the pancreas does NOT produce enough insulin for glucose (sugar) to enter the cells, this can actually cause the ***un***diagnosed diabetic to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_weight!! This is a type 2 Diabetic.

4. After treatment, the Type 2 diabetic in the last question can return to a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight.

5. Being overweight or obese increases a person’s risk for developing Type 2 Diabetes. This is why, most people, who are first diagnosed with type 2 diabetes, are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, when they are first diagnosed.

with type 2.

6. If a diabetic (Type 2) makes enough insulin but cannot utilize it properly to move glucose into the cells, then a doctor may say he/she has “insulin \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”.

7. What steps can someone take if they have insulin resistance, to reverse that condition? (List at least 3)

 a)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Being at a healthy weight can reduce your risk of developing Type 2 Diabetes, but ALSO reduces your risk for:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and

other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (fill-in the blank)

9. Explain what Body Mass Index is and what is it used for?
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Reflection question:

 Why are fad diets not only bad for diabetics but also for people who do not have a problem with their sugar levels… THINK!!!! This is a ***reflective*** question. Answer in complete and correct sentences.

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

**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.