

## Appendix 4 - Glossary (words you might hear)

**Blood sugar (glucose) level.** The amount of sugar (glucose) in the blood.

**Blood glucose meter.** A device that measures how much sugar (glucose) is in the blood.

**Blood glucose monitoring.** Checking how much sugar (glucose) is in the blood.

**Carbohydrates.** Starchy foods including: breads, chapattis, cereals; pasta, rice, and grains.

**Cardiovascular Disease.** Damage to the heart and blood circulation caused by fatty deposits on the linings of the blood vessels.

**Complications of diabetes.** The harmful effects that may happen when a person has diabetes, e.g. harm to your eyes, problems with your feet and legs; damage to your kidneys; problems with your heart; a stroke

**Diabetic Coma.** A severe emergency where a person is not conscious because his or her blood glucose is too low or too high.

**Diabetic ketoacidosis (DKA).** This can happen if there is not enough insulin in the body because of illness, incorrect doses of insulin, or missing insulin injections. Symptoms include fruity smelling breath, deep and rapid breathing, stomach pain, nausea, vomiting, and sleepiness. DKA can lead to coma and death if not treated promptly.

**Diabetes Specialist Nurse (DSN).** A nurse who is specially trained to look after your diabetes.

**Dietitian.** Someone who can give you help and advice about eating healthily.

**Fast-acting glucose.** Foods containing simple sugar that are used to raise blood glucose levels quickly during a hypo.

**Glucagon.** A hormone that raises the level of glucose (sugar) in the blood. It can be given by injection to treat severe hypoglycaemia.

**Glucose.** A simple sugar found in the blood. It is the body's main source of energy.

**Glucose tablets or gel.** Special products that give a pre-measured amount of pure glucose. They are fast acting and can be used to treat hypoglycaemia.

**HbA1c.** A blood test done by your doctor to check how your blood sugar levels have been over the past 3 months.

**Hormone.** ?? A chemical produced by an organ that travels in the blood to affect other organs.

**Hyper (Hyperglycaemia).** High blood sugar (glucose). Can be caused by too much food; not enough insulin; illness; stress. Symptoms include thirst, going to the toilet a lot, blurred vision, and fatigue.

**Hypo (Hypoglycaemia).** Low blood sugar (glucose). Can be caused by too much exercise, too much insulin; not enough food; delayed or missed meal; drinking alcohol without food. Symptoms include feeling shaky, having a headache, or being sweaty, pale, hungry, or tired.

**Insulin.** A hormone produced by the pancreas that helps the body use sugar (glucose) for growth and energy.

**Insulin injections.** Putting insulin into the body with a needle and syringe or an insulin pen.

**Insulin pen.** A pen-like device used to put insulin into the body.

**Insulin pump.** A device that delivers a continuous supply of insulin. The insulin is delivered in a steady, measured dose through a system of plastic tubing (infusion set). Most infusion sets are started with a guide needle, then the plastic cannula (a tiny, flexible plastic tube) is left in place, taped with dressing, and the needle is removed.

**Insulin resistance.** A condition in which the body does not respond normally to the action of insulin. Many people with type 2 diabetes have insulin resistance.

**Ketoacidosis.** See Diabetic ketoacidosis.

**Ketones (ketone bodies).** Chemicals that the body makes when there is not enough insulin in the blood and the body must break down fat for its energy. Ketones can poison and even kill body cells. When the body does not have the help of insulin, ketones build up in the blood and "spill" over into the urine so that the body can get rid of them. Ketones that build up in the body for a long time lead to serious illness and coma. See also: Diabetic ketoacidosis.

**Kidney.** Filters waste products out of the blood into the urine.

**Lancet.** A fine, sharp-pointed needle used by people with diabetes for pricking their skin to obtain a sample of blood for blood glucose monitoring.

**Metabolism.** The term for the way cells chemically change food so that it can be used to keep the body alive.

**Nephropathy.** Damage to the kidneys.

**Neuropathy.** Damage to the nerves in you body.

**Optometrist.** Based in the opticians, they test your eyes and fit glasses. Many are also trained to do retinopathy screening.

**Pallor.** Abnormal paleness of the skin.

**Palpitations.** Abnormally rapid or violent beating of the heart.

**Pancreas.** The organ behind the lower part of the stomach that makes insulin.

**Pharmacist.** Based in the chemist's, they give you the medicines prescribed by your doctor. They can also give you lifestyle advice and carry out medication reviews.

**Podiatrist.** The person who manages foot problems caused by diabetes.

**Retinopathy.** This affects the blood vessels for the retina. These can become blocked, leaky or grow haphazardly.

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

**Test strips.** Specially designed strips used in blood glucose meters or in urine testing.

**Urine ketone testing.** Measuring the level of ketones in the urine.