DIABETES Questions

1. **What is insulin?**
   - Insulin is a hormone produced by the pancreas that signals for sugar in the blood to go into our cells. Once here, our organs can use sugar to exert their functions.

2. **What is the difference between type 1 and type 2 diabetes?**
   - Type 1 diabetes is when our bodies (pancreas) cannot make insulin. Because there is no insulin, the body does not know to take sugar out of the blood.
   - Type 2 diabetes is when our bodies no longer respond to insulin. Because the insulin cannot communicate, sugar remains in the blood.

3. **What A1c levels would be found in a normal, prediabetic, and diabetic person?**
   - Normal: 5.7% or less
   - Prediabetic: 5.7-6.4%
   - Diabetic: 6.5% or more

4. **If you were diagnosed with Type 2 diabetes, what would be your goal A1C level?**
   - 7% or less or whatever your doctor says is best! Some people are different
   - But always talk to your doctor about what levels are best for you!

5. **Once diagnosed with diabetes, how often should you have a foot exam? How often should you have an eye exam?**
   - Make sure to wash and check your feet daily! Foot exams should be performed every visit with your primary care physician. An annual visit with a podiatrist is also recommended!
   - Annual eye exams

**** not for website but for in-person discussion*****

6. **How would you have defined diabetes before today? What did you learn or what was clarified about diabetes today?**
   a. Open and honest discussion about prior understanding of diabetes and clarified understanding

7. **What are some ways you could change your eating habits to prevent type II diabetes or prediabetes progression?**
   - Open discussion, encourage vegetables, lean meat, and water.

8. **What are some ways you could change your movement habits to prevent type II diabetes or prediabetes progression?**
   - Open discussion, encourage more movement.

9. **If you could share one thing about diabetes with a younger version of yourself, what would it be and why?**
    a. Open discussion