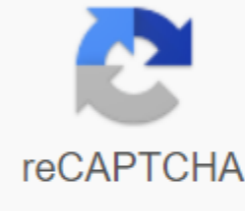




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## Academic reading practice test 2 answers diabetes

To manage diabetes, there are many steps that need to be taken - and one of the most important is monitoring blood sugar levels. According to the American Diabetes Association (ADA), anyone with diabetes can benefit from monitoring your blood sugar levels, especially if you are on insulin or other diabetes medications, pregnant, or trying to control your diabetes. Checking blood sugar regularly is one of the most effective tools in managing diabetes, says Kelly O'Connor, RD, director of diabetes education at the Center for Endocrinology in Baltimore. Glucose levels are affected by what you eat, insulin, other medications, and physical activity. The only way to know what effect these things have on blood sugar levels is to check it often. What Diabetes Testing can tell You Many people are checking their blood sugar levels at a time when their doctor recommends and dutifully turn in their journals for their next appointment, O'Connor says. However, they are missing a part of the point if they don't sit down and examine their blood sugar results to look for patterns. When frequently monitoring blood sugar levels, there are four main benefits: You and your doctor learn about high and low glucose, which helps determine the best treatment for you. You protect yourself from the dangers of high or low glucose by learning about your blood sugar level right away. You will learn about your diabetes in a way that will help you take more responsibility for self-care. You get motivated to make a healthy lifestyle. For example, checking blood sugar levels two hours after eating provides direct feedback on whether food was of the appropriate size and content - in particular, whether too much carbohydrates were consumed, says O'Connor. Studies also show that when you control your blood sugar levels frequently and regularly, it will help you better manage your diabetes. For example, according to research reported in the journal *Diabetes Science and Technology*, every time you check your blood sugar during the day, you reduce your average blood glucose (A1c) by 0.25 percent. In addition, frequent testing for diabetes improves life expectancy and reduces the cost of diabetes treatment by about \$40,000 per year. Diabetes Testing Tips Start by washing your hands and inserting test strips into a meter. Once you prick your finger with the lancet, squeeze a drop of blood until the blood touches the edge of the test strip. Then read and read the result. Here are some other smart testing tips: There's no wrong time to check your blood sugar. Every time you check, it provides information about what your body is doing. Turn the time of day when you check your blood sugar. You may have developed testing first thing in

the morning, but your body may have a completely different glycemic level later in the day. Book all your readings in a journal, or you can use a special app on your or laptop, and bring information to all your appointments with your doctor or diabetes educator. Checking blood sugar levels in pairs - such as testing two hours before and two hours after meals, or before and after a workout - is an effective way to find out what your blood sugars are doing. If you get a reading that seems unusual to you, wash your hands and repeat it. Blood sugar readings can be affected if you have anything on your hands that may contain sugar. Patterns in diabetes Test results, disease and menstrual cycles can affect blood sugar levels. The more a person knows about what makes his or her blood sugar levels go high and what makes it low, the more a doctor or diabetes educator can help, says O'Connor. Look for patterns in the results of the diabetes test by asking yourself these questions: Is my blood sugar too low or too high at the same time during the week or during the day? Can these times be associated with nutrition, exercise, stress or other factors? Is there anything I can change that will eliminate sugar highs and lows? If you are testing but are not sure what your blood sugar goals should be, consult a doctor or diabetes educator. You can also refer to the ADA for common blood glucose ranges. Your doctor may also set your goals if you are having problems managing diabetes, says O'Connor. If you have diabetes, your body is unable to produce or use insulin to turn blood sugar (blood glucose) into energy. Your doctor can check your blood glucose levels to determine if you have diabetes. If you are diagnosed with diabetes, you will need a periodic diabetes test to help manage and control your condition. Diabetes Testing for Diagnosis There are several tests that can determine if you have diabetes or pre-diabetes: Post plasma glucose test. This diabetes test is the simplest and least expensive diagnostic diabetes test available. After an eight-hour fast, your blood will be drawn and your glucose levels are measured. If your glucose level is 99 milligrams per deciliter (mg/dL) or lower, your result is considered normal. Levels of 100 to 125 mg/dL indicate prediabetes, and levels of 126 or higher are confirmed by the second diabetes test signal. Accidental plasma glucose test. This is another type of diabetes test that measures blood glucose, but you don't have to be fasting. Random plasma glucose test results that show that your blood glucose level is 200 mg/dL or higher means that you might have diabetes and your doctor will probably want to conduct further testing. Oral glucose tolerance test (OGTT). For this diagnostic test You will take a fasting plasma glucose test and then drink a sweet solution. Two hours later, you'll have another plasma glucose test to see how your body responded to the drink. OGTT results 139 mg/dL and below below normal, 140-199 mg/ dl indicate prediabetes, and 200 mg/dL and above, which are confirmed by a retest show diabetes is present. Glucose challenge test. Like OGTT, a glucose test is given to pregnant women for testing for gestational diabetes. If your glucose test is abnormal, you will need to have a special type of OGTT in which your blood will be taken while you fast, and then again one, two, and three hours after drinking the glucose solution. Abnormal results include fasting glucose levels of 95 mg/dL or higher, an hourly level of 180 mg/dL or higher, a two-hour level of 155 mg/dl or higher, or a three-hour level of 140 mg/dL or higher. A urine sample. A random urine sample can be used to check for the presence of glucose, protein and ketones in your urine, which may suggest you need further screening. Tests to monitor diabetesIf you are diagnosed with diabetes, you will need to have regular diabetes testing to monitor your condition. Many of these tests you will perform yourself. Self-flowing glucose. You may have to check your glucose levels up to several times a day. For these tests, you will prick your skin, transfer a drop of blood to the glucose band, and then insert a strip into the glucose meter that reads your glucose level. A1C test. This diabetes test is usually performed several times a year to assess the average blood glucose levels over the past few months and see how your diabetes is controlled. Microalbumin. This diabetes test is usually administered annually for checks for kidney disease. Keton's tests. Urine or blood tests can be performed to detect the accumulation of ketones, which can signal a life-threatening condition known as ketoacidosis. Other tests. Depending on your condition and risk factors, your doctor is more likely to perform other tests to check kidney function and cholesterol, for example. If you have diabetes or prediabetes, it is important to work closely with your health team and get the diabetes testing they recommend. The better the control of diabetes, the lower the risk of health complications. For more diabetes news, @diabetesfacts on Twitter from editors @EverydayHealth. It takes more than just one abnormal blood test to diagnose diabetes. Istockphoto For centuries, diabetes testing has mostly consisted of a doctor dipping his little finger in a urine sample and tasting it to pick up on abnormally high sugar. Fortunately, testing for type 2 diabetes is much easier now, at least for doctors. Urine tests can still pick up diabetes. However, the sugar level should be quite high (and diabetes more advanced) to be detected on a urine test, so this is not the test of choice for type 2 diabetes. Almost all diabetes tests are currently conducted blood samples that are going on a visit to a doctor or obstetrician (if you are pregnant). Learn more about Type 2 2 If you have an abnormal result, meaning your blood sugar is too high on any of these tests, you need to have more tests. Many things can affect blood sugar (e.g. some medications, illness or stress). The diagnosis of diabetes requires more than just one abnormal result of blood sugar. The main types of diabetes blood tests include: Oral glucose tolerance test. This test is most often performed during pregnancy. You usually have your blood drawn once and then drink a glucose syrup solution and your blood is drawn at 30 to 60 minute intervals for up to three hours to see how your body is processing excess sugar. Normal result: Depends on how many grams of glucose are in the solution, which can vary. Blood sugar. This is a normal test because it is easy to perform. After fasting overnight, you have blood drawn during an early morning doctor's visit and a test to see if your blood sugar is in the normal range. Normal result: 70-99 milligrams per deciliter (mg/dL) or less than 5.5 mmol/LVV-hour post-prandial test. This blood test is done two hours after you have eaten (prandial means food). Normal result: 70-145 mg/dL (less than 7.9 mmol/L) Accidental blood sugar. Blood sugar is tested no matter when you last ate the meal. Normal result: 70-125 mg/dL (less than 7.0 mmol/L) Hemoglobin A1C test. This test measures how much sugar is stuck in red blood cells, which typically have a lifespan of three months. Thus, this test measures how high blood sugar has been in recent months. Normal result for non-diabetics: 4% to 6%. Normal result for diabetics: 7% or lower (some groups suggest aiming at 6.5% or lower) If the result of the A1C haemoglobin test is 8% or higher, it is a sign that blood sugar levels are not under control. However, lifestyle changes can reduce your A1C. Within months of her diagnosis of type 2 diabetes in early 2007, Virginia Shreve, a 51-year-old school social worker in Lynchburg, Va., wanted to follow the regimen of diet and exercise that her doctor recommended. But she wasn't ready to give up her old life. I was compliant, but skating was on the verge of observance. I wanted to follow my diet plan, but I still wanted to eat as much as I could while keeping my blood sugar levels in line,' she says. Three months later I woke up and said: I must stop fighting this thing. I'm the one hurt in this battle. She started walking three miles a day, ate healthy carbs, and the results for her next hemoglobin A1C test fell well within healthy limits decreases from 9.5% when she was diagnosed to 5.5% in the fall of 2007. 2007. 2007.

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