

Type II Diabetes Bingo Key

Disease Course:

- Nephropathy – Disease of the kidney
- Neuropathy – Disease of the nerves
- Retinopathy – Disease of the retina (eyes)

Predisposing Factors:

- Polygenic – more than one gene
- Body Mass Index – a measure of health based on body weight and height
- Hypertension – high blood pressure
- HDL Cholesterol – good cholesterol
- LDL Cholesterol – bad cholesterol
- Overweight – a BMI greater than 25

Symptoms/Diagnosis

- Polydipsia – more thirsty
- Polyuria – more frequent need to urinate
- Polyphagia – more hungry
- Hemoglobin A1C – a test that gives the average blood sugar over the past 3 months and is used to diagnose pre-diabetes and diabetes
- 6.5% – Hemoglobin A1C greater than or equal to 6.5% means a person has Diabetes
- Hyperglycemia – high blood sugar

Pathophysiology

- Glucose – sugar
- Glucagon – a substance that increases blood sugar
- Insulin – a substance that lowers blood sugar
- Pancreas – the organ that releases insulin

Epidemiology

- 245 billion – The total costs of diagnosed diabetes
- 9.3% – the percentage of Americans with Type II Diabetes
- 11% – the percentage of total health spending on Type II Diabetes in the U.S. each year
- 1.4 million – the number of new Type II Diabetes cases each year

Treatments

- Metformin – a “first line” treatment for Type II Diabetes