

Section D

Glossary of Terms

Includes diabetes drugs and insulins by generic and brand names. Underlined words are defined elsewhere in the glossary. The definitions have been simplified for less clinically trained readers.

A1c (A-one-C)

A test that measures a person's average blood sugar level over the past 2 to 3 months; also called hemoglobin A1c or glycosylated hemoglobin.

Acarbose (AK-er-bose)

An oral medicine known as an alpha-glucosidase inhibitor used to treat type 2 diabetes. Brand name: *Precose* .

Actos (AK-tose)

See pioglitazone

Actoplus met (AK-toe-plus met)

A combination of two oral medicines, pioglitazone and metformin, used to treat type 2 diabetes.

ADA

American Diabetes Association (<http://www.diabetes.org>).

Adult onset diabetes

A former term for type 2 diabetes, as it is now called.

Alzheimer's disease

A disease of the brain where the nerves degenerate and cells die in large numbers, resulting in progressive cognitive impairment. People with diabetes are at increased risk of developing Alzheimer's disease.

AMDA

American Medical Directors Association (<http://www.amda.com/>).

Amputation (AM-pyoo-TAY-shuhn)

Surgical removal of a limb or body part to remove diseased tissue or relieve pain.

Amylin (AM-ah-lin)

A hormone secreted by the pancreas that works with insulin to lower blood sugars. Amylin mimetics are a class of drugs that act like or mimic amylin to treat both type 1 diabetes and type 2 diabetes. Brand names: *Symlin* (pramlintide).

Amaryl (AM-ah-ril)

See glimepiride

Anorexia (an-or-EX-ee-a)

An eating disorder marked by fear of eating or inability to eat, resulting in weight loss, muscle wasting and eventually, death.

Apidra (uh-PEE-druh)

See glulisine

Aspart (AZ-part)

A quick acting insulin. Brand name: *Novolog*.

Avandia (ah-VAN-dee-yah)

See rosiglitazone

Avandamet (ah-VAN-dah-met)

A combination of two oral medicines, rosiglitazone and metformin, used to treat type 2 diabetes.

Avandaryl (ah-VAN-dah-ril)

A combination of two oral medicines, rosiglitazone and glimepiride, used to treat type 2 diabetes.

Blood glucose test

A check blood sugar levels using a small, portable machine (glucose meter). After pricking the skin with a lancet, a drop of blood is placed on a test strip in the machine. The meter then displays the blood sugar level as a number in mg/dL, which is the milligrams (mg) of glucose per deciliter (dL) of blood.

Blood sugar monitoring

Checking the blood sugar level on a regular basis in order to manage diabetes. This involves using a blood glucose meter with a test strip that holds a drop of blood.

Blood sugar / blood glucose

Glucose, a simple sugar, enters the blood after digesting carbohydrates and is the main source of energy for the body.

Blood pressure

The force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as a ratio (example: 120/80, read as "120 over 80"). People with diabetes and high blood pressure puts them at higher risk for microvascular disease, kidney disease, heart disease, stroke and other complications.

Bunion (BUN-yun)

An enlargement of the joint (a lump of bone) at the base and side of the big toe, which forms when the big toe moves toward the smaller toes due to genetics or poor fitting shoes.

Byetta (buy-A-tuh)

See Exenatide

Callus (Kal-les)

An area of skin, often found on the heel or ball of the foot, that has become thick and hard from rubbing or pressure (also see Corn).

Carbohydrate (kar-boh-HY-drate)

One of the three main nutrients in food. A carbohydrate provides the body with the sugars (especially glucose) it needs for energy. Foods that provide carbohydrate are starches, vegetables, fruits, dairy products and sugar.

Cardiovascular (KAR-dee-oh-VASK-yoo-ler) **disease**

Damage to the heart or blood vessels in the body (arteries, veins, and capillaries). Vessels can become clogged with fatty deposits (cholesterol). This can restrict blood flow to the heart (causing chest pain or a heart attack), to the brain (see cerebrovascular disease or stroke) or to the limbs (see peripheral vascular disease).

Cataract (KA-ter-act)

A clouding of the lens of the eye.

Charcot's (shar-KOHZ) **foot**

A condition in which the bones, joints and soft tissue in the foot are destroyed due to nerve damage (neuropathy). Charcot's foot can cause loss of feeling, swelling and infection and can lead to amputation. The foot becomes misshapen and can bow at the arch (called "rocker foot"). The foot may feel warm, have redness or swelling or have bones sticking out, but is often numb.

Cholesterol (koh-LES-ter-all)

A type of fat produced by the liver and found in the blood. It is also found in some foods. The body needs cholesterol to make hormones such as insulin. However, too much of the "bad" form of cholesterol in the blood can clog blood vessels and cause heart disease. The two forms of cholesterol are the high-density lipoprotein (HDL), the "good" form of cholesterol, and the low-density lipoprotein (LDL), the "bad" form of cholesterol. People with diabetes and high cholesterol puts them at higher risk for heart disease and stroke.

Claw toe

A foot deformity where the toe muscles contract to pull the middle bone downward, causing the joint to stick up where it can rub against the shoe; similar to hammer-toe.

Cognition (kog-NI-shun)

The ability to think coherently, remember recent and long-past events, organize thoughts, manage daily self-care activities and make decisions.

Cognitive impairment

Problems with a person's ability to remember, think coherently, organize daily self-care activities and make decisions; often accompanied by defensiveness, agitation, frustration and emotional outbursts.

Complications of diabetes

Other chronic or life-threatening conditions caused by long-term uncontrolled high blood sugar and/or high blood pressure. Common diabetic complications include heart disease, stroke, kidney disease, nerve damage, eye disease, foot problems, skin ulcers and depression.

Decubitus ulcer

An area of skin that breaks down when constant pressure is placed against the skin, also known as a pressure ulcer. People with diabetes are more prone to develop skin ulcers, have reduced ability to heal, and are at higher risk for infections in the ulcerated area.

Dementia

The loss of thinking, memory, and reasoning skills to such an extent that it seriously affects a person's ability to carry out daily activities. Not a disease itself but a group of symptoms caused by certain diseases or conditions such as Alzheimer's or vascular dementia (stroke).

Depression

Feeling down, sad or hopeless most of the day for two weeks or more. One in three people with diabetes will experience symptoms of depression.

Detemir (DET-eh-meer)

A long acting (basal) insulin. Brand name: *Levemir*.

DiaBeta (dy-ah-BET-ah)

See glyburide

Diabetes

See diabetes mellitus

Diabetes mellitus (dy-ah-BEE-teez or -tis MELL-ih-tus)

A condition characterized by high blood sugar (hyperglycemia) resulting from the body's inability to use glucose, a sugar, for energy. In type 1 diabetes, the pancreas no longer makes insulin and therefore blood sugars cannot enter the cells to be used for energy. In type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly.

Diabetic ketoacidosis (KEY-toe-ass-ih-DOH-sis) (DKA)

An emergency condition in which extremely high blood sugar levels, along with a severe lack of insulin, result in the breakdown of body fat for energy and an accumulation of ketones in the blood and urine. Signs of DKA are nausea and vomiting, stomach pain, fruity breath odor and rapid breathing. Can lead to a coma and death if untreated.

Diabetic retinopathy (REH-tih-NOP-uh-thee)

See eye disease

DKA

See diabetic ketoacidosis

Duetact (Doo-ET-act)

A combination of two oral medicines, pioglitazone and glimepiride, used to treat type 2 diabetes.

Dysphagia (dis-FAY-jee-yuh)

Having problems swallowing food or liquid.

Edema (eh-DEE-ma)

Swelling caused by excess fluid in body tissues.

Exenatide (eks-EN-ah-tide)

A injectable class of drugs for type 2 diabetes that act like or mimic incretin hormones, which help control blood sugar. Brand name: *Byetta*.

Eye disease (Retinopathy)

Damage to the small blood vessels in the retina of the eye that can lead to vision loss or blindness if not treated. People with diabetes are at higher risk for eye disease.

Flat foot

A condition that occurs when the arch or instep collapses and the bottom of the foot becomes flat.

Flu

See influenza

Foot problems

Caused by nerve damage in the feet or poor blood flow (peripheral vascular disease). Can result in continuous pain or loss of feeling (neuropathy) or non-healing sores (ulcers). Untreated, can lead to amputation. People with diabetes are at high risk for foot problems.

Gangrene (GANG-green)

Skin and tissue that has died due to infection or injury. May be life-threatening if not removed. Untreated foot ulcers can become infected, leading to gangrene and possibly amputation.

Gastroparesis (GAH-stroh-puh-REE-sis)

A disorder where the stomach takes too long to empty its contents due to nerve damage. Symptoms include heartburn, nausea, vomiting, early feeling of fullness when eating, bloating, stomach pain, erratic blood sugar levels or lack of appetite.

Gingivitis

Inflammation of the gums than can result in periodontal disease if untreated. People with uncontrolled diabetes are at greater risk for gingivitis.

Glargine (GLAR-jeen)

A very long acting insulin. Brand Name: *Lantus*.

Glaucoma (glaw-KOH-muh)

An increase in fluid pressure inside the eye that may lead to vision loss or blindness. People with diabetes are at higher risk for eye diseases such as glaucoma.

Glipizide (GLEH-pih-zide)

An oral medicine used to treat type 2 diabetes. Brand names: *Glucotrol*, *Glucotrol XL/ER*.

Glimepiride (gly-MEH-per-ide)

An oral medicine used to treat type 2 diabetes. Brand name: *Amaryl*.

Glucagon (GLOO-kah-gahn)

A hormone produced in the pancreas that raises blood sugar levels. An injectable form of glucagon can be used to treat severe low blood sugar (hypoglycemia).

Glucophage (GLOO-coe-fahj) / **Glucophage XR** (extended release)

See metformin

Glucose (GLOO-kose)

A simple sugar from carbohydrates in food that is the main source of energy for the body.

Glucotrol / Glucotrol XL/ER (GLOO-ko-trol)

See glipizide

Glucovance (GLOO-ko-vance)

A combination of two oral medicines, glyburide and metformin, used to treat type 2 diabetes.

Glulisine (gloo-LI-seen)

A quick acting insulin. Brand name: *Apidra*.

Glyburide (GLY-buh-ride)

An oral medicine used to treat type 2 diabetes. Brand names: *Diabeta*, *Glynase*, *Micronase*.

Glycosuria (gly-koh-SOOR-ee-ah)

The presence of sugar (glucose) in the urine, which normally should not be there.

Glycosylated (gly-KOH-sih-lay-ted) **hemoglobin** (hee-ma-GLOH-bin)

A molecule in red blood cells that attaches to glucose (blood sugar); which is measured by the A1c test.

Glynase (GLY-nase)

See glyburide

Glyset (GLY-set)

See miglitol

Hammer-toe

A foot deformity where the toe muscles contract, causing the outer two joints to bend downward and the toe to curl. The joints stick up where it can rub against the shoe; similar to claw toe.

Heart attack

An acute, life-threatening condition that occurs when the supply of blood and oxygen is cut off to an area of heart, damaging the heart muscle.

Heart disease

Narrowing of the blood vessels that supply blood to the heart. If the blood supply is cut off, the result is a heart attack.

Hemoglobin A1c (hee-ma-GLOH-bin A-one-C)

see A1c

HHNS

See Hyperosmolar hyperglycemic nonketotic syndrome

High blood sugar (Hyperglycemia)

High blood sugar (glucose) occurs when a person's blood sugar is higher than normal and the diabetes treatment is not working. Signs include dehydration, increased urination, incontinence, more frequent infections, vision problems and discomfort. Long-term high blood sugars can cause complications of diabetes, such as heart disease, blindness, lower limb infections requiring amputation, kidney disease and stroke. Extremely high blood sugar can be life threatening, causing insulin septicemia, hyperosmolar hyperglycemic nonketotic syndrome or diabetic ketoacidosis.

Hormone (HOR-mone)

A powerful chemical messenger in the blood that helps provide energy and nutrition to the body.

Humalog (hu-ma-LOG)

See lispro

Humulin (hu-mew-LIN)

Brand name for Regular or NPH insulin.

Hyperglycemia (HY-per-gly-SEE-mee-uh)

See High blood sugar

Hyperosmolar (hi-per-oz-MOE-lar) hyperglycemic (hy-po-gly-SEE-mik) nonketotic (non-kee-TAH-tik) syndrome (HHNS)

An emergency condition in which a person's blood sugar level is very high, but where ketones are not present in the blood or urine; can lead to coma or death if untreated.

Hypertension (HY-per-TEN-shun)

High blood pressure.

Hypoglycemia (hy-po-gly-SEE-mee-uh)

See Low blood sugar

Hypoglycemia unawareness

The inability to recognize the early symptoms of low blood sugar (hypoglycemia). More common in people who have had diabetes for a long time.

IDDM (insulin-dependent diabetes mellitus)

Former term for type 1 diabetes, as it is now called.

Impaired fasting glucose (IFG)

A condition in which blood sugar levels are higher than normal after fasting, but are not high enough for a diagnosis of type 2 diabetes; also known as prediabetes.

Impaired glucose tolerance (IGT)

A condition in which blood sugar levels are higher than normal but are not high enough for a diagnosis of type 2 diabetes; also known as prediabetes.

Incretins (IN-krah-tin mim-ET-iks)

Hormones in the gut that signal the pancreas to make more insulin after eating. Incretin mimetics are a class of drugs that act like or mimic incretins to treat type 2 diabetes. Brand names: *Byetta* (exanatide).

Influenza

A vaccine-preventable respiratory infection caused by a number of viruses. The flu can be serious or even deadly for elderly people, especially those with diabetes or other chronic illnesses.

Insulin (IN-se-lin)

A hormone secreted by the pancreas that converts glucose, starches and other food into the energy needed for daily life.

Insulin (IN-se-lin) reaction

A condition that occurs when a person's blood sugar is **lower** than normal and is too low to provide enough energy for your body's activities; also known as hypoglycemia.

Insulin (IN-se-lin) resistance

A condition caused by the body's inability to respond to and use the insulin it produces. Insulin resistance increases the chances of developing type 2 diabetes and heart disease; also known as prediabetes.

Janumet (JAN-you-met)

A combination of two oral medicines, sitagliptin and metformin, used to treat type 2 diabetes.

Januvia (jah-NEW-vee-ah)

See sitagliptin

Juvenile Diabetes

Former term for type 1 diabetes, as it is now called.

Ketoacidosis (key-toe-ass-ah-DOE-sis)

An emergency condition that can lead to diabetic coma or death. Ketoacidosis that means dangerously high levels of ketones are in the blood. This can occur when there isn't enough insulin in the blood, not enough food has been eaten, or the person is experiencing low blood sugar (hypoglycemia). Ketoacidosis is most common in people with type 1 diabetes. However, people with type 2 diabetes, especially older persons, can experience similar symptoms with a condition called hyperosmolar hyperglycemic nonketotic syndrome (HHNS).

Ketones (KEY-tones)

A poisonous chemical (sometimes referred to as ketone bodies) produced when there is not enough insulin in the blood and the body must burn body fat for energy. High levels of ketones in the blood can lead to diabetic ketoacidosis, coma or death.

Kidney (renal) failure or kidney disease

A condition, also known as nephropathy, in which the kidneys no longer work properly, causing harmful wastes build up in the body. Early signs of kidney failure include swelling (edema), rise in blood pressure, protein in the urine (proteinuria), frequent or painful urination, anemia and lethargy. Symptoms of advanced kidney failure or end stage renal disease (ESRD) include vomiting, poor appetite, hiccups, swelling, trouble breathing or sleeping, abnormal bleeding, weight loss and night-time cramps. Advanced kidney failure is treated by kidney dialysis or kidney transplantation. People with diabetes are at very high risk for kidney (renal) disease.

Kombiglyze (KOM-be-glyze) XR

A combination of two oral medicines, saxigliptin and metformin, used to treat type 2 diabetes.

Lancet (LAN-set)

A spring-loaded device with a small needle used to prick the skin to obtain a drop of blood for blood sugar monitoring.

Lantus (LAN-tus)

See glargine

LDL cholesterol (koh-LES-ter-all)

Low-density lipoprotein (LDL) - the “bad” form of cholesterol in the blood that can clog blood vessels and cause heart disease and strokes.

Lethargy (LETH-ar-gee)

A state of sluggishness, drowsiness, and apathy.

Levemir (LEEV-eh-meer)

See detemir

Lipid (LIP-id)

A term for fat in the body. Cholesterol, triglycerides and hormones are all forms of lipids. Lipids are a source of energy for the body and are important for cell structure. Excess lipids in the blood can clog blood vessels and cause heart disease and strokes.

Liraglutide (lir-a-GLOO-tide)

An injectable class of drugs that mimics a gut hormone to treat type 2 diabetes. Brand name: *Victoza*.

Lispro (LYZ-proh) **insulin**

A rapid acting insulin. Brand name: *Humalog*.

Low blood sugar (Hypoglycemia)

Occurs when a person's blood sugar (glucose) is lower than normal and is too low to provide enough energy for the body's activities. Signs include hunger, nervousness or shakiness, perspiration, dizziness or lightheadedness, sleepiness, confusion, weakness or difficulty speaking. Treated by eating carbohydrate-rich food such as glucose tablets, fruit juice or hard candies. Extreme low blood sugar can be life-threatening, but can be treated with injected glucagon.

Metaglip (MET-ah-glip)

A combination of two oral medicines, metformin and glipizide, used to treat type 2 diabetes.

Metabolic syndrome

The tendency of several conditions to occur together, including obesity, insulin resistance, diabetes or prediabetes, high blood pressure and high cholesterol.

Metformin (met-FOR-min)

An oral medicine from the biguanide class used to treat type 2 diabetes, particularly with overweight and obese people. May also be used in people with prediabetes. Brand names: *Glucophage*, *Glucophage XR*.

Microalbuminuria (MY-kro-al-BYOO-min-your-EE-ah)

The presence of small amounts of albumin, a protein, in the urine. This is an early sign of kidney damage, or nephropathy, a common and serious complication of diabetes. People with diabetes are at very high risk for kidney (renal) disease.

Micronase (MY-kro-nase)

See glyburide

Microvascular disease (MY-kro-VASK-yoo-ler)

Disease of the smallest blood vessels, such as those found in the eyes, nerves, and kidneys. The walls of the vessels become abnormally thick but weak and may leak blood. People with diabetes are at very high risk for these conditions.

Miglitol (mig-LIH-TALL)

An oral medicine to treat type 2 diabetes. Brand name: *Glyset*.

Monofilament (foot) exam

A simple test using a piece of fishing line (monofilament) to test for sensation in the feet. People with diabetes are at high risk for nerve damage and poor blood flow (peripheral vascular disease) to the extremities, particularly the feet, causing them to lose feeling.

Nateglinide (neh-TEH-glin-ide)

An oral medicine used to treat type 2 diabetes. Brand name: *Starlix*.

Nephropathy (neh-FROP-uh-thee)

A serious disease of the kidneys. The kidneys filter waste from the blood, which is passed in the urine. With diabetic nephropathy, the kidneys can't filter all the wastes and poisons build up in the blood. If untreated, nephropathy can cause kidney failure and end stage renal disease. People with diabetes are at high risk for kidney (renal) disease.

Nerve damage (Neuropathy)

Disease of the nervous system. The most common form is peripheral neuropathy (damage to nerves of the arms or legs). Autonomic neuropathy (damage to nerves controlling body functions) is occasionally seen, particularly in the gut, causing digestion problems. People with diabetes are at high risk for nerve damage.

Neuropathy (ne-RAH-uh-thee)

See nerve damage

Noninsulin-dependent diabetes mellitus (NIDDM)

Former term for type 2 diabetes, as it is now called.

Novolog (no-VO-log)

See aspart

Novolin (no-VO-lin)

Brand name for Regular or NPH insulin.

NPH insulin

An intermediate-acting insulin. Brand names: *Humulin N*, *Novolin N*.

NPO

A treatment order meaning nothing by mouth, meaning no eating or drinking is allowed.

Onglyza (on-GLY-zah)

See saxigliptin

Oral glucose tolerance test (OGTT)

A test to diagnose prediabetes and type 2 diabetes. The test is given by a health care professional after an overnight fast. A blood sample is taken, then the patient drinks a high-glucose beverage. Blood samples are taken at intervals for 2 to 3 hours. Test results are compared with a standard and show how the body uses glucose over time.

PAD

See peripheral vascular disease

Pancreas (PAN-kree-us)

An organ in the body that produces insulin. The pancreas is located behind the lower part of the stomach and helps with digestion.

Pancreatitis

An inflammation of the pancreas that may result in tissue damage from the pancreas' own enzymes. Can be acute or chronic and is serious in either form, potentially leading to complications including bleeding, infection and reduced insulin production.

Periodontal disease (PER-ee-oh-DON-tul)

Disease of the gums involving inflammation (gingivitis) and infection that destroys the tissues that support the teeth, including the gums and tooth sockets. Periodontal disease can result in tooth loss and even serious systemic infections. People with uncontrolled diabetes are at greater risk for this condition.

Peripheral arterial (puh-RIF-uh-rul ar-TEER-y-il) **disease (PAD)**

See peripheral vascular disease

Peripheral neuropathy (puh-RIF-uh-rul ne-ROP-uh-thee)

Nerve damage that affects the feet, legs, or hands, causing pain, numbness, or a tingling feeling; also see neuropathy.

Peripheral vascular (puh-RIF-uh-rul VAS-cue-lar) **disease (PVD)**

Diseases of blood vessels outside the heart and brain. It's often a narrowing of vessels that carry blood to the legs, arms or feet. The signs of PVD are aching pains and slow-healing foot sores. Also known as atherosclerotic peripheral arterial disease (PAD), claudication, and poor circulation. People with diabetes are at higher risk for PVD.

Pioglitazone (py-oh-GLIT-uh-zone)

An oral medicine used to treat type 2 diabetes. Brand name: *Actos*.

Pneumonia

An inflammation of the lung caused by an infection (bacterial, viral or fungal) or by aspirating fluid into the lungs. Symptoms are difficulty breathing, cough and fever. Older people and those with chronic illnesses such as diabetes are sicker longer and are more likely to die from having pneumonia. A vaccine can protect against the bacterial form of pneumonia.

Polydipsia (pah-lee-DIP-see-uh)

Excessive thirst; may be a sign of diabetes.

Polyphagia (pah-lee-FAY-jee-ah)

Excessive hunger; may be a sign of diabetes.

Polyuria (pah-lee-YOOR-ee-ah)

Excessive urination; may be a sign of diabetes.

Postprandial (post-PRAN-dee-ul) **blood sugar (glucose)**

The blood sugar level 1 to 2 hours after eating.

Pramlintide (PRAM-lin-tide)

An injectable class of drugs for both type 1 diabetes and type 2 diabetes that act like or mimic amylin, which helps control blood sugar. Brand name: *Symlin*.

Prandimet (PRAN-di-met)

A combination of two oral medicines, repaglinide and metformin, used to treat type 2 diabetes.

Prandin (PRAN-din)

See repaglinide

Precose (PREE-kose)

See acarbose

Prediabetes (pree-dy-ah-BEE-teez or -tis)

A condition that occurs when a person's blood sugar levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. Also known as impaired fasting glucose (IFG) or impaired glucose tolerance (IGT), or an A1c of 5.7-6.4%, depending on the test used to diagnose it. Most people with prediabetes go on to develop type 2 diabetes within 10 years if untreated. Studies show that the risk for developing diabetes can be cut in half with modest weight loss and changes in diet and level of physical activity. Certain medicines can also cut the risk by one-third.

Preprandial (pree-PRAN-dee-ul) **blood sugar (glucose)**

The blood sugar level before eating a meal.

Pressure ulcer

An area of skin that breaks down when constant pressure is placed against the skin, also known as a decubitus ulcer. People with diabetes are more prone to develop skin ulcers, have reduced ability to heal, and are at higher risk for infections in the ulcerated area.

Prominent metatarsal head

See bunion and foot problems

Proteinuria (PRO-tee-NOOR-ee-uh)

The presence of protein in the urine, indicating that the kidneys are not working properly.

PVD

See peripheral vascular disease

Regular insulin

A meal-time insulin. Brand names: *Humulin R*, *Novolin R*.

Renal (REE-nal)

Having to do with the kidneys. A renal disease is a disease of the kidneys. Renal failure means the kidneys have stopped working. People with diabetes are at high risk for kidney disease.

Repaglinide (reh-PAG-lih-nide)

An oral medicine used to treat type 2 diabetes. Brand name: *Prandin*.

Retina (REH-ti-nuh)

A light-sensitive layer of tissue that lines the back of the eye.

Retinopathy (RET-in-OP-a-thee)

See eye disease

Rosiglitazone (rose-ee-GLIH-tuh-zone)

An oral medicine used to treat type 2 diabetes. Brand name: *Avandia*.

Saxigliptin (Saks-i-GLIP-tin)

A class of oral drugs that mimics a gut hormone and is used to treat type 2 diabetes. Brand name: *Onglyza*.

Sitagliptin (Sye-ta-GLIP-tin)

A class of oral drugs that mimics a gut hormone and is used to treat type 2 diabetes. Brand name: *Januvia*.

Stanol (STAN-ol)

A chemical present in plants and used as an over-the-counter supplement to treat high LDL cholesterol.

Starlix (STAR-licks)

See nateglinide

Steroids (steer-oyds)

Drugs, such as prednisone, used to treat swelling and inflammation.

Sterol (STIR-ol)

A group of steroids present in plants and used as an over-the-counter supplement to treat high cholesterol. Brand name: *Benecol*.

Stroke

A stroke, or *brain attack*, is a sudden blockage in the blood supply of the brain due to clogged arteries leading to the brain (*ischemic stroke*) or to bleeding into brain when a blood vessel bursts (*hemorrhagic stroke*). When the symptoms of a stroke last less than an hour, it is called a *transient ischemic attack* (TIA) or *mini-stroke*. A stroke occurs quickly and requires immediate treatment. A stroke can cause sudden weakness, loss of sensation, or difficulty with speaking, seeing, or walking. Untreated, a stroke can result in lasting brain damage and disability. People with diabetes are at higher risk for stroke.

Sulfonylurea (sul-fah-nil-yoo-REE-ah)

A class of oral drugs used to treat type 2 diabetes. Brand names: *Amaryl* (glimepiride), *Glucotrol*, *Glucotrol XL* (glipizide), *DiaBeta*, *Micronase* (glyburide).

Symlin (SIM-lin)

See Pramlintide

Tachycardia (tack-a-KAR-dee-a)

A rapid heart rate, especially one above 100 beats per minute in an adult.

Thiazolidinedione (THIGH-uh-ZOH-lih-deen-DYE-own) (**TZD**)

A class of oral drugs used to treat type 2 diabetes. Brand names: *Actos* (pioglitazone), *Avandia* (rosiglitazone).

Type 1 diabetes

The type of diabetes where the body no longer makes insulin. Daily insulin shots are needed to control blood sugar (glucose). Previously called juvenile diabetes or insulin-dependent diabetes mellitus (IDDM).

Type 2 diabetes

The most common form of diabetes. With this type of diabetes, the pancreas makes some insulin, but it is not enough or is not used correctly by the body. Previously called adult-onset diabetes or non-insulin-dependent diabetes mellitus (NIDDM).

Triglyceride (try-GLISS-er-ide)

The storage form of fat in the body. Uncontrolled diabetes can lead to high triglyceride levels. See also cholesterol.

Ulcer (UL-sur)

A deep open sore or break in the skin.

Vascular dementia (VAS-kue-ler duh-MEN-shuh)

A series of strokes or changes in the brain's blood supply leads to the death of brain tissue. Symptoms of vascular dementia can vary but usually begin suddenly, depending on where in the brain the strokes occurred and how severe they were. The person's memory, language, reasoning, and coordination may be affected. Mood and personality changes are common as well. People with diabetes are at higher risk for vascular dementia.

Victoza (vik-TOE-zah)

See [liraglutide](#)