

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*

ACE Inhibitor

An oral medicine that lowers blood pressure and helps slow down kidney disease in people with diabetes. ACE stands for angiotensin (an-gee-oh-TEN-sin) converting enzyme.

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

Adult onset diabetes

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

Albuminuria (al-BYOO-mih-NOO-ree-uh)

A condition in which the urine has more than normal amounts of a protein called albumin. Albuminuria is a test for kidney disease.

Alpha-glucosidase (AL-fa-gloo-KOH-sih-days) **inhibitor**

A class of oral drugs for type 2 diabetes. Brand names: *Precose* (*acarbose*), *Glyset* (*miglitol*).

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

Angiotensin (an-gee-oh-TEN-sin) Converting Enzyme

See ACE Inhibitor

Apidra (uh-PEE-druh)

See glulisine

Arteriosclerosis (ar-TEER-ee-oh-skluh-RO-sis)

“Hardening” or clogging of the arteries by fatty deposits (cholesterol), which can lead to heart disease, heart attack, stroke or peripheral vascular disease

Atherosclerotic peripheral arterial (ar-TEER-ee-oh-skluh-RO-tik puh-RIF-uh-rul ar-TEER-y-il) **disease**

See peripheral vascular disease

Autonomic symptoms

Symptoms associated with the involuntary nervous system problems (a form of neuropathy), such as vision disturbances, dizziness, bladder and digestive tract spasms, rapid changes in heart rate and blood pressure, palpitations, anxiety or pain

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

Beta (BAY-tah) **cell**

A type of cell found in the pancreas that makes insulin

Biquanide (by-GWAH-nide)

A class of oral drugs used to treat type 2 diabetes. Brand names: *Glucophage*, *Glucophage_XR* (*metformin*) and *Glucovance* (*glyburide and metformin*)

Blood glucose meter / glucometer

A small, portable machine used to check blood sugar levels. 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"). The first number is the systolic (sis-TAH-lik) pressure, or the pressure when the heart pushes blood out into the arteries. The second number is the diastolic (DY-uh-STAH-lik) pressure, or the pressure when the heart rests.

Blood Urea Nitrogen (BUN)

Urea is a waste product in the blood caused by the breakdown of protein. The kidneys filter the blood to remove urea. As kidney function decreases, the BUN level increases, making BUN a good test of kidney function and kidney failure (nephropathy).

BMI

See body mass index

Bolus (BOH-les)

A large dose of a substance such as food or medicine

Body mass index (BMI)

A measure used to evaluate body weight relative to a person's height. A person is said to be underweight if BMI= below 18.5, normal weight if BMI= 18.5-24.9, overweight if BMI= 25-29.9 or obese if BMI=30 or more.

Borderline diabetes

A former term for impaired glucose tolerance (IGT) or early type 2 diabetes - now called pre-diabetes

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

Cerebrovascular (seh-REE-broh-VASK-yoo-ler) **disease**

Damage to blood vessels in the brain. Vessels can burst and bleed or become clogged with fatty deposits (cholesterol). When blood flow is interrupted, brain cells die or are damaged, resulting in a stroke.

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.

Claudication (klaw-di-KAY-shun)

See peripheral vascular disease

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

Combination therapy

The use of different medicines together (usually an oral medicine and insulin or two different oral medicines) to manage the blood sugar levels in type 2 diabetes

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 and depression.

Congestive heart failure

A form of heart disease where the heart loses its pumping power, which causes fluids to collect in the body (called edema), especially in the feet and lungs

Corn

A small callus or cone-shaped mass of skin, often found on the toes that has formed and become hard from rubbing or pressure

Coronary (KOR-uh-ner-ee) heart disease

Heart disease caused by narrowing of the arteries that supply blood to the heart. If the blood supply is cut off, the result is a heart attack.

Creatinine (Kree-AT-ih-nin)

A waste product from protein in the diet and from the muscles of the body. Creatinine is removed from the body by the kidneys; as kidney disease progresses, the level of creatinine in the blood increases. Creatinine is a test for kidney disease.

Dentition (den-TISH-in)

The collective type, number and arrangement of teeth in a person's mouth

Depression

Feeling down, sad or hopeless most of the day for two weeks or more

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

Dialysis (dy-AL-ah-sis)

The process of cleaning or filtering wastes from the blood using a medical devices. The job is normally done by the kidneys. With advanced kidney failure, the blood must be cleaned artificially with special equipment. The two major forms of dialysis are hemodialysis (HE-moe-dy-AL-ah-sis) or filtering the blood, and peritoneal dialysis (par-ah-toe-NEEL dy-AL-ah-sis) or filtering through the abdominal cavity.

Diastolic (DY-uh-STAH-lik) **blood pressure**

The second number in a blood pressure reading that reflects the pressure when the heart rests

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

End-stage renal disease (ESRD)

See kidney failure

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

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.

Fortamet (FORT-ah-met)

See metformin

Gangrene (GANG-green)

Skin and tissue that has died due to infection or injury. May be life-threatening if not removed.

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.

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

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 that is the main source of energy for the body

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

See glipizide

Glucovance (GLOO-ko-vance)

An oral medicine used to treat type 2 diabetes

Glulisine (gloo-LI-seen)

A quick acting insulin. Brand name: *Apidra*

Glumetza (gloo-MET-za)

See metformin

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

HDL cholesterol (koh-LES-ter-all)

High-density lipoprotein (HDL) - the “good” form of cholesterol in the blood that can help prevent heart disease, peripheral vascular disease and stroke

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

Hyperlipidemia (HY-per-li-pih-DEE-mee-uh)

Higher than normal fat and cholesterol levels in the blood

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

Hyponatremia (hy-po-na-TREE-mee-uh)

A condition caused by low sodium levels in the blood

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 pre-diabetes

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 pre-diabetes

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)

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 pre-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).

Ketone (KEY-tone)

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.

Ketonuria (key-toe-NUH-ree-ah)

A condition occurring when ketones are present in the urine - a warning sign of ketoacidosis. Ketonuria can occur in people with type 1 diabetes when there isn't enough insulin in the blood, not enough food has been eaten, or the person is experiencing low blood sugar (hypoglycemia).

Ketosis (key-TOE-sis)

A condition occurring when ketones build up in the blood - a warning sign of ketoacidosis. Ketosis 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). Symptoms of ketosis include nausea, vomiting and stomachache.

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.

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

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.

Lipid Profile

A blood test that measures total cholesterol, triglycerides, and HDL cholesterol, and LDL cholesterol

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.

Meglitinide

A class of oral drugs used to treat type 2 diabetes. Brand names: *Repaglinide (Prandin)*

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 pre-diabetes, high blood pressure and high cholesterol.

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.

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.

Miglitol (mig-LIH-TALL)

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

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.

Nerve damage (Neuropathy)

Disease of the nervous system. The three major forms in people with diabetes are **peripheral neuropathy** (damage to nerves of the arms or legs), **autonomic neuropathy** (damage to nerves controlling body functions), and **mononeuropathy** (damage to a single nerve). The most common form is peripheral neuropathy in the legs and feet. Autonomic neuropathy is occasionally seen, particularly in the gut, causing digestion problems.

Neuroleptics (ne-RAH-lep-tiks)

A class of drugs used to treat mental illness, particularly psychosis such as schizophrenia

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

Oral glucose tolerance test (OGTT)

A test to diagnose pre-diabetes 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.

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.

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

Disease of the gums

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.

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

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

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 checked 1 to 2 hours after eating

Pramlintide (PRAM-lin-tide)
A 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*

Prandin (PRAN-din)
See repaglinide

Precose (PREE-kose)
See acarbose

Pre-diabetes (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), depending on the test used to diagnose it. Most people with pre-diabetes go on to develop type 2 diabetes within 10 years if untreated. Studies show diabetes can be delayed or prevented with modest changes in diet and level of physical activity or by taking certain medicines.

Preprandial (pree-PRAN-dee-ul) **blood sugar (glucose)**
The blood sugar level checked before eating

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.

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*

Sitagliptin (Si-ta-GLIP-tin)

A class of oral drugs to treat type 2 diabetes. Brand name: *Januvia*

Starlix (STAR-licks)

See nateglinide

Steroids (steer-oyds)

Drugs used to treat swelling and inflammation

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.

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

Systolic (sis-TAH-lik) **blood pressure**

The first number in a blood pressure reading that reflects the pressure when the heart pushes blood out into the arteries

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.

Ulcer (UL-sur)

A deep open sore or break in the skin