



Information for You from Your Health Care Team

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A

A1C- Hemoglobin A1C

A test that measures a person's average blood glucose level over the past 2 to 3 months. Hemoglobin (HEE-mo-glo-bin) is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. Also called hemoglobin A1C or glycosylated (gly-KOH-sih-lay-ted) hemoglobin, the test shows the amount of glucose that sticks to the red blood cell.

Acanthosis Nigricans (uh-kan-THO-sis NIH-grih-kans)-

A skin condition distinguished by darkened skin patches: common in people whose body is not responding correctly to the insulin that they make in their pancreas (insulin resistance). This skin condition is also seen in people who have pre-diabetes or Type 2 diabetes.

ACE Inhibitor-

An oral medicine that lowers blood pressure; ACE stands for angiotensin (an-gee-oh-TEN-sin) converting enzyme. For people with diabetes, especially those who have protein (albumin) in the urine, it also helps slow down kidney damage.

Adult-onset Diabetes-

Former term for Type 2 diabetes

Alpha Cell-

A type of cell in the pancreas. Alpha cells make and release a hormone called glucagon. The body sends a signal to the alpha cells to make glucagon when blood glucose falls too low. Then glucagon reaches the liver where it tells it to release glucose into the blood for energy.

Alpha-Glucosidase Inhibitor (AL-fa-gloo-KOH-sih-days)-

A class of oral medicine for Type 2 diabetes that blocks enzymes that digest starches in food. The result is a slower and lower rise in blood glucose throughout the day, especially right after meals. (Generic names: acarbose and miglitol).

Amylin (AM-ih-lin)-

A hormone formed by beta cells in the pancreas. Amylin regulates the timing of glucose release into the bloodstream after eating by slowing the emptying of the stomach.

Anemia (uh-NRR-mee-uh)-

A condition in which the number of red blood cells is less than normal, resulting in less oxygen being carried to the body's cells.

Angiopathy (an-gee-AH-puh-thee)-

Any disease of the blood vessels (veins, arteries, capillaries) or lymphatic vessels.

Antibodies (AN-ti-bod-eez)-

Proteins made by the body to protect itself from "foreign" substances such as bacteria or viruses. People get Type 1 diabetes when their bodies make antibodies that destroy the body's own insulin-making beta cells.

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

Hardening of the arteries.

Artery-

A large blood vessel that carries blood with oxygen from the heart to all parts of the body.

Aspart Insulin-

A rapid-acting insulin. On average, aspart insulin starts to lower blood glucose within 10 to 20 minutes after injection. It has its strongest effect 1 to 3 hours after injection but keeps working for 3 to 5 hours after injection.

Atherosclerosis- (ATH-uh-row-skluh-RO-sis)

Clogging, narrowing and hardening of the body's large arteries and medium-sized blood vessels. Atherosclerosis can lead to stroke, heart attack, eye problems and kidney problems.

B-

Background Retinopathy- (REH-tih-NOP-uh-thee)

A type of damage to the retina of the eye marked by bleeding, fluid accumulation and abnormal dilation of the blood vessels. Background retinopathy is an early stage of diabetic retinopathy. Also simple or non-proliferative (non-pro-LIF-er-uh-tiv) retinopathy.

Beta cell-

A cell that makes insulin. Beta cells are located in the islets of the pancreas.

Biguanide- (by-GWAH-nide)

A class of oral medicine used to treat Type 2 diabetes that lowers blood glucose by reducing the amount of glucose produced by the liver and by helping the body respond better to insulin. (Generic name: metformin)

Blood glucose-

The main sugar found in the blood and the body's main source of energy. Also called blood sugar.

Blood Glucose Level-

The amount of glucose found in the blood. It is noted in milligrams in a deciliter, or mg/dL.

Blood Glucose Meter-

A small, portable machine used by people with diabetes to check their blood glucose (blood sugar) levels. After pricking the skin with a lancet, a drop of blood is placed on a test strip in the meter. The meter (or monitor) displays the blood glucose level as a number on the meter's digital display.

Blood Glucose Monitoring-

Monitoring is the process of checking blood glucose level on a regular basis in order to manage diabetes. A blood glucose meter, test strips and a lancet are used to obtain the blood for monitoring. Monitoring blood glucose frequently is important in taking care of your diabetes.

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.

Body Mass Index (BMI)-

A measure used to evaluate the body weight relative to a person's height. BMI is used to find out if a person is underweight, normal weight, overweight or obese.

Bolus (BOH-lus)

An extra amount of **insulin** taken to cover an expected rise in **blood glucose**, often related to a meal or snack.

Borderline Diabetes-

A term used to describe Type 2 diabetes or impaired glucose tolerance.

Brittle Diabetes-

Describes a person whose diabetes is difficult to manage.

C-

Calorie-

A unit of measurement representing the amount of energy provided by food.

Carbohydrate, protein, fat, and alcohol provide calorie in the diet. Carbohydrate and protein have 4 calories per gram, fat has 9 calories per gram, fat has 9 calories per gram, and alcohol has 7 calories per gram.

Capillary- (KAP-ih-lair-ee)

The smallest of the body's blood vessels. Oxygen and glucose pass through capillary walls and enter the cells. Waste products such as carbon dioxide pass back from the cells into the blood through capillaries.

Carbohydrate- (kar-boh-HY-drate)

Foods that provide carbohydrate are starches, vegetables, fruits, dairy projects and sugars. It is an important source of energy.

Carbohydrate Counting-

A method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in food.

Cardiovascular Disease- (KAR-dee-oh-VASK-yoo-ler)

Diseases of the heart and blood vessels are called cardiovascular diseases. These can affect arteries, veins and capillaries.

Cataract- (KA-ter-act)

Clouding of the lens of the eye.

Cerebrovascular Disease- (seh-REE-broh-VASK-yoo-ler)

This refers to damage of the blood vessels in the brain. Vessels can burst and bleed or become clogged with fatty deposits. When blood flow is interrupted, brain cells die or are damaged, resulting in a stroke.

Certified Diabetes Educator (CDE)-

A health care professional with expertise in diabetes education. This person has met eligibility requirements and successfully completed a certification exam.

Charcot's Food- (shar-KOHZ)

This is a condition in which the joints and soft tissue in the foot are destroyed. The cause of charcot foot is damage to the nerves.

Chlorpropamide- (klor-PROH-pah-mide)

An oral medicine used to treat Type 2 diabetes. It lowers blood glucose levels by helping the pancreas make more insulin and by helping the body better use the insulin it makes. This drug belongs to the class of medicines called sulfonylureas. (Brand name: Diabinese)

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. Cholesterol is used by the body to make hormones and build cell walls.

Chronic-

Describes a condition or illness that is long lasting. Opposite of acute.

Circulation-

The flow of blood throughout the body's blood vessels and heart.

Combination Oral Medicines-

A pill that includes two or more different medicines.

Combination Therapy-

The use of different medicines together (oral hypoglycemic agents or an oral hypoglycemic agent and insulin) to manage the blood glucose levels of people with Type 2 diabetes.

Complications-

Harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth, gums, feet and skin, or kidneys are referred to as complications. Studies show that keeping blood glucose, blood pressure, and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems.

Coronary Heart Disease- (KOR-uh-ner-ee)

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.