



Information for You from Your Health Care Team

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D-

Dawn Phenomenon- (feh-NAH-meg-nun)

The early-morning (4 a.m. to 8 a.m.) rise in blood glucose level that occurs in some people with diabetes.

Dehydration- (Dee-hy-DRAY-shun)

The loss of too much body fluid through frequent urinating, sweating, diarrhea or vomiting is called dehydration.

Dextrose, also called glucose- (DECKS-trohss)

Simple sugar found in blood that serves as the body's main source of energy.

Diabetes Educator-

A health care professional who teaches people who have diabetes how to manage their diabetes. Some diabetes educators are certified diabetes educators (CDE). Diabetes educators are found in hospitals, physician offices, managed care organizations, home health care and other settings.

Diabetes mellitus- (MELL-ih-tus)

A condition characterized by hyperglycemia resulting from the body's inability to use blood glucose for energy. In Type 1 diabetes, the pancreas no longer makes insulin and therefore blood glucose 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 (DKA) - (KEY-toe-ass-ih-DOH-sis)

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

Diabetic Retinopathy- (Reh-tih-NOP-uh-thee)

Diabetic eye disease; is caused by damage to the small blood vessels in the retina. Loss of vision may result.

Dialysis- (DY-al-ih-sis)

The process of cleaning wastes from the blood artificially. This job is normally done by the kidneys. If the kidneys fail, the blood must be cleaned artificially with special equipment. The two major forms of dialysis are hemodialysis and peritoneal dialysis.

Dietitian- (DY-eh-TIH-shun)

A health care professional who advises people about meal planning, weight control and diabetes management. A registered dietitian (RD) has more training.

Dilated eye exam (DY-lay-ted)

A test done by an eye care specialist in which the pupil (the black center) of the eye is temporarily enlarged with eye drops to allow the specialist to see the inside of the eye more easily.

Dupuytren's Contracture- (doo-PWEE-trenz kon-TRACK-chur)

A condition associated with diabetes in which the fingers and the palm of the hand thicken and shorten, causing the fingers to curve inward.

E-

Edema (ed-DEE-muh)

Swelling caused by excess fluid in the body.

Endocrine Gland- (EN-doh-krin)

A group of specialized cells that release hormones into the blood. For example, the islets in the pancreas, which secrete insulin, are endocrine glands.

Endocrinologist- (EN-doh-krih-NAH-luh-jist)

A doctor who treats people who have endocrine gland problems such as diabetes.

Euglycemia- (you-gly-SEEM-ee-uh)

A normal level of glucose in the blood.

Exchange Lists-

One of several approaches for diabetes meal planning. Foods are categorized into three groups based on their nutritional content. Lists provide the serving sizes for carbohydrates, meat and meat alternatives, and fats. These lists allow for substitution for different groups to keep the nutritional content fixed.

F-

Fasting Blood Glucose Test-

A check of a person's blood glucose level after the person has not eaten for 8 to 12 hours (usually overnight). This test is used to diagnose pre-diabetes and diabetes. It is also used to monitor people with diabetes.

Fat-

1. One of three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish, and some dairy products.
2. Excess calories are stored as body fat, providing the body with a reserve supply of energy and other functions

G-

Gastroparesis- (gas-tro-puh-REE-sis)

A form of neuropathy that affects the stomach. Digestion of food may be incomplete or delayed, resulting in nausea, vomiting, or bloating, making blood glucose control difficult.

Gestational Diabetes Mellitus (GDM) - (jes-TAY-shun-ul, MELL-ih-tus)

This is a type of diabetes mellitus that develops only during pregnancy and usually disappears upon delivery. It increases the risk that the mother will develop diabetes later. GDM is managed with meal planning, activity, and, in some cases, insulin.

Gingivitis- (JIN-jih-VY-tis)

A condition of the gums characterized by inflammation and bleeding.

Glargine Insulin- (GLAR-jeen)

Very-long acting insulin. On average, glargine insulin starts to lower blood glucose levels within 1 hour after injection and keeps working evenly for 24 hours after injection.

Glaucoma- (glaw-KOH-muh)

An increase in fluid pressure inside the eye that may lead to loss of vision.

Glimepiride- (gly-MEH-per-ide)

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

Glipizide- (GLIH-pih-zide)

An oral medicine used to treat Type 2 diabetes. It lowers blood glucose by helping the pancreas make more insulin and by helping the body to better use the insulin it makes. Belongs to the class of medicines called Sulfonylureas. (Brand names: Glucotrol, Glucotrol XL)

Glucagon- (GLOO-kah-gahn)

A hormone produced by the alpha cells in the pancreas. It raises blood glucose. An injectable form of glucagons, available by prescription, may be used to treat severe hypoglycemia.

Glucose-

One of the simplest forms of sugar.

Glucose Tablets-

Chewable tablets made of pure glucose and used for treating hypoglycemia.

Glycogen- (GLY-koh-jen)

The form of glucose found in the liver and muscles.

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

The presence of glucose in the urine.

Gram-

A unit of weight in the metric system. An ounce equals 28 grams. In some meal plans for people with diabetes, the suggested amounts of food are given in