



Information for You from Your Health Care Team

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L-

Lancet-

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

Laser Surgery Treatment-

A type of therapy that uses a strong beam of light to seal blood vessels in the retina of the eye. This treatment can be used in some forms of diabetic retinopathy. The beam of light is called a laser

Low-Density Lipoprotein Cholesterol- (LDL Cholesterol)

(kuh-LESS-tuh-rawl LIP-oh-PRO-teen)

A fat found in the blood that takes cholesterol around the body to where it is needed for cell repair and also deposits it on the inside of artery walls. Sometimes it is referred to as the “bad” cholesterol.

Lipid- (LIP-id)

Another way of saying fat found in the body. Lipids can be broken down by the body and used for energy.

Lipid Profile-

A blood test that measures total cholesterol, triglycerides, and HDL cholesterol. LDL cholesterol is the calculated from the results. A lipid is one measure of a person’s risk of cardiovascular disease.

Lispro Insulin- (LYZ-proh)

Rapid-acting insulin. On average, lispro insulin starts to lower blood glucose within 5 minutes after injection. It has its strongest effect 30 minutes to 1 hour after injection but keeps working for 3 hours after injection.

Long-Acting Insulin-

A type of insulin that starts to lower blood glucose within 4 to 6 hours after injection and has its strongest effect 10 to 18 hours after injection.

M-**Macrovascular Disease-** (mack-roh-VASK-yoo-ler)

Disease of the large blood vessels, such as those found in the heart. Lipids and blood clots build up in the large blood vessels and can cause atherosclerosis, coronary heart disease, stroke and peripheral vascular disease.

Meglitinide- (meh-GLIH-tin-ide)

A class of oral medicine for Type 2 diabetes that lowers blood glucose by helping the pancreas make more insulin right after meals. (Generic name: repaglinide)

Metabolic Syndrome-

The tendency of several conditions to occur together, including obesity, insulin resistance, diabetes or pre diabetes, hypertension and high lipids.

Metabolism-

The term for the way cells chemically change food so that it can be used to store or use energy and makes the proteins, fats and sugars needed by the body.

Microalbumin- (MY-kro-al-BYOO-min)

Small amounts of the protein called albumin in the urine detectable with a special lab test.

Microalbuminuria- (MY-kro-al-BYOO-min-you-ee-ah)

The presence of small amounts of albumin, a protein, in the urine.

Microalbuminuria is an early sign of kidney damage, or nephropathy, a common and serious complication of diabetes. The ADA recommends that people diagnosed with Type 2 diabetes be tested for microalbuminuria at the time they are diagnosed and every year thereafter; people with Type 1 diabetes should be tested 5 years after diagnosis and every year thereafter. Microalbuminuria is usually managed by improving blood glucose control, reducing blood pressure and modifying the diet.

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

Term used to describe 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. Then they can bleed, leak protein and slow the flow of blood to the cells.

Miglitol (MIG-lih-tall)-

An oral medicine used to treat Type 2 diabetes. It blocks the enzymes that digest starches in food. The result is a slower and lower rise in blood glucose throughout the day, especially right after meals. This drug belongs to the class of medicines called alpha-glucosidase inhibitors. (Brand name: Glyset)

Mixed Dose-

A combination of two types of insulin in one injection. Usually a rapid or short-acting insulin is combined with a longer acting insulin (such as NPH insulin) to provide both short term and long-term control of blood glucose levels.

Monofilament-

A short piece of nylon, like a hairbrush bristle, mounted on a wand. To check sensitivity of the nerves in the foot, doctor touches the filament to the bottom of the foot.

Myocardial Infarction- (my-oh-AR-dee-uh-in-FARK-shun)

An interruption in the blood supply to the heart because of narrowed or blocked blood vessels. Also called a heart attack.

N-

Nateglinide- (neh-THE-glin-ide)

An oral medicine used to treat Type 2 diabetes. It lowers blood glucose levels by helping the pancreas make more insulin right after meals. This drug belongs to the class of medicines called D-phenylalanine derivatives. (Brand name: Starlix)

Nephropathy- (neh-FROP-uh-thee)

Disease of the kidneys. Hyperglycemia and hypertension can damage the kidneys' glomeruli. When the kidneys are damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove waste and extra fluids from the bloodstream.

Nephrologist- A doctor who treats people who have kidney disease.

Nerve Conduction Studies-

Tests used to measure for nerve damage; one way to diagnose is neuropathy.

Neurologist- (ne-RAH-luh-just)

A doctor who specializes in problems of the nervous system, such as neuropathy.

Neuropathy- (ne-ROP-uh-thee)

Disease of the nervous system. There are three major forms in people with diabetes : peripheral neuropathy, autonomic neuropathy and mononeuropathy. The most common form is peripheral neuropathy, which affects mainly the legs and feet.

Non-insulin-Dependent Diabetes Mellitus- (NIDDM)
Former term for Type 2 diabetes.

Nutritionist- (noo-TRIH-shuh-nist)
A person with training in nutrition; may or may not have specialized training and qualifications.

O-

Obesity-
A condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more.

Ophthalmologist- (AHF-thal-MAH-luh-jist)
A medical doctor who diagnoses and treats all eye diseases and eye disorders. Ophthalmologists can also prescribe glasses and contact lenses.

Oral Glucose Tolerance Test- (OGTT)
A test to diagnose pre-diabetes and diabetes. The oral glucose tolerance 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.

Oral Hypoglycemic Agents- (hy-po-gly-SEE-mik)
Medicines taken by mouth by people with Type 2 diabetes to keep blood glucose levels as close to normal as possible. Classes of oral hypoglycemic agents are alpha-glucosidase inhibitors, biguanides, D-phenylalanine derivatives, meglitinides, sulfonylureas, and thiazolidinediones.

Overweight-
An above-normal body weight; having a body mass index of 25 to 29.9.