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*Information for You from Your Health Care Team*

Diabetes Dictionary [A-C](#) [D-G](#) [H-K](#) [L-O](#) [P-S](#) [T-Z](#)

## P-

### **Pancreas-** (PAN-kree-us)

An organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand.

### **Periodontal Disease-** (PER-ee-oh-DON-tul)

Disease of the gums.

### **Peripheral Neuropathy-** (puh-RIF-uh-rul ne-ROP-uh-thee)

Nerve damage that affects the feet, legs, or hands. Peripheral neuropathy causes pain, numbness or a tingling feeling.

### **Peripheral Vascular Disease-** (PVD)

A disease of the large blood vessels of the arms, legs, and feet. PVD may occur when major blood vessels in these areas are blocked and do not receive enough blood. The signs of PVD are aching pains and slow-healing foot sores.

### **Pharmacist-** (FAR-mah-sist)

A health care professional who prepares and distributes medicine to people. pharmacists also give information on medicines.

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

An oral medicine used to treat Type 2 diabetes. It helps insulin take glucose from the blood into the cells for energy by making cells more sensitive to insulin. Belongs to the class of medicines called thiazolidinediones. (Brand name: Actos)

### **Podiatrist-** (py-DY-uh-trist)

A doctor who treats people who have foot problems. Podiatrists also help people keep their feet healthy by providing regular foot examinations and treatment.

### **Podiatry-** (puh-DY-uh-tree)

The care and treatment of feet.

**Point System-**

A meal planning system that uses points to rate the caloric content of foods.

**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 Blood Glucose-** (post-PRAN-dee-ul)

The blood glucose level taken 1 to 2 hours after eating.

**Pre-Diabetes-**

A condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing Type 2 diabetes and for heart disease and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.

**Premixed Insulin-**

A commercially produced combination of two different types of insulin. See 50/50 insulin and 70/30 insulin.

**Preprandial Blood Glucose-** (pree-PRAN-dee-ul)

The blood glucose level taken before eating.

**Prevalence-**

The number of people in a given group or population who are reported to have a disease.

**Proinsulin-** (proh-IN-suh-lin)

The substance made first in the pancreas and then broken into several pieces to become insulin.

**Proliferative Retinopathy-** (pro-LIH-fur-ah-tiv REH-tih-NOP-uh-thee)

A condition in which fragile new blood vessels grow along the retina and in the vitreous humor of the eye.

**Prosthesis-** (prahs-THEE-sis)

A man-made substitute for a missing body part such as an arm or a leg.

**Protein-** (PRO-teen)

1. one of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs and dried beans.
2. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.

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

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

## R-

**Rapid-Acting Insulin-**

A type of insulin that starts to lower blood glucose within 5 to 10 minutes after injection and has its strongest effect 30 minutes to 3 hours after injection, depending on the type used.

**Rebound Hyperglycemia-** (HY-per-gly-SEE-mee-ah)

A swing to a high level of glucose in the blood after a low level.

**Recognized Diabetes Education Programs-**

Diabetes self-management education programs that are approved by the American Diabetes Association.

**Regular Insulin-**

Short-acting insulin. On average, regular insulin starts to lower blood glucose within 30 minutes after injection. It has its strongest effect 2 to 5 hours after injection but keeps working 5 to 8 hours after injection.

**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.

**Renal Threshold of Glucose-** (THRESH-hold)

The blood glucose concentration at which the kidneys start to excrete glucose into the urine.

**Repaglinide-** (reh-PAG-lih-nide)

An oral medicine used to treat Type 2 diabetes. It lowers blood glucose by helping the pancreas make more insulin right after meals. Belongs to the class of medicines called meglitinides. (Brand name: Prandin)

**Retina-** (REH-ti-nuh)

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

**Risk Factor-**

Anything that raises the chances of a person developing a disease.

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

An oral medicine used to treat Type 2 diabetes. It helps insulin take glucose from the blood into the cells for energy by making cells more sensitive to insulin.

Belongs to the class of medicines called thiazolidinediones. (Brand name: Avandia)

**S-****Saccharin-** (SAK-ah-rin)

A sweetener with no calories and no nutritional value.

**Self-Management-**

In diabetes, the ongoing process of managing diabetes includes, meal planning, planned physical activity, blood glucose monitoring, taking diabetes medicines, handling episodes of illness and of low and high blood glucose, managing diabetes when traveling and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, dietitians, pharmacists and others.

**Sharps Container-**

A container for disposal of used needles and syringes; often made of hard plastic so that needles cannot poke through.

**Short-Acting Insulin-**

A type of insulin that starts to lower blood glucose within 30 minutes after injection and has its strongest effect 2 to 5 hours after injection.

**Somogyi Effect-** (suh-MOH-jee)

Also called hyperglycemia. When the blood glucose level swings high following hypoglycemia. The somogyi effect may follow an untreated hypoglycemic episode during the night and is caused by the release of stress hormones.

**Stroke-**

Condition caused by damage to blood vessels in the brain; may cause loss of ability to speak or to move parts of the body.

**Subcutaneous Injection-** (sub-kyoo-TAY-nee-us)

Putting fluid into the tissue under the skin with a needle and syringe.

**Sugar-**

1. a class of carbohydrates with a sweet taste, including glucose, fructose and sucrose.
2. a term used to refer to blood glucose

**Sugar Alcohols-**

Sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about 2 calories per gram. This group includes erythritol, hydrogenated starch, hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol and xylitol.

**Sugar Diabetes-**

A term used in the past to refer to for diabetes mellitus.

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

A class of oral medicine for Type 2 diabetes that lowers blood glucose by helping the pancreas to make more insulin and by helping the body better use the insulin it makes.

(Generic names: acetohexamide, chlorpropamide, glimepiride, glipizide, glyburide, tolazamide, tolbutamide)

**Syringe-** (suh-RINJ)

A device used to inject medications or other liquids into body tissues. The syringe for insulin has a hollow plastic tube with a plunger inside a needle on the end.