



## Glossary

**A1C test**—a test of blood sugar control over a 2- to 3-month period.

**Balanced blood sugar**—a state in which the blood sugar level is neither too high nor too low; it is within a healthy range.

**Carbohydrates**—1 of 3 main groups of foods in the diet that provide calories and energy. (Protein and fat are the others.) Carbohydrates are mainly sugars (simple carbohydrates) and starches (complex carbohydrates, found in bread, pasta, beans) that the body breaks down into glucose.

**Cholesterol**—a type of fat made in the body that helps the body digest food, produce hormones, and build new cells.

**Diabetes educator**—a person who shows people with diabetes how to test, record, and control blood sugar; how to make good choices about nutrition and physical activity; and how to prevent and treat problems associated with diabetes.

**Diabetic ketoacidosis**—increased ketones in the blood or urine.

**Glucose**—blood sugar.

**HDL**—good cholesterol, the type that works to clear LDL cholesterol from the blood, helping to keep the arteries healthy.

**Hyperglycemia**—high blood sugar.

**Hypoglycemia**—a blood sugar level that is so low that it is potentially dangerous.

**Insulin**—a hormone made by the pancreas. Insulin carries the sugar from your blood into your cells. The right amount of insulin keeps your blood sugar level balanced.

**Ketones**—chemical substances that the body makes when it doesn't have enough insulin in the blood. When ketones build up in the body for a long time, serious illness or coma can result.

**LDL**—bad cholesterol, the type that can damage artery walls and often can not be fully corrected through blood sugar control.

**Liver**—an organ in the body that, among other functions, makes sugar when you haven't eaten.

**Pancreas**—an organ in the body that makes insulin so that the body can use glucose for energy. The pancreas also makes enzymes that help the body digest food.

**Placebo**—a pill without medication.

**Sulfonylurea**—a type of drug that lowers blood sugar levels.

**Triglycerides**—a type of fat in the blood.

**Type 2 diabetes**—a disease of high blood sugar, the most common form of diabetes.

