How Much do you know about Type 2 Diabetes?

Diabetes Mellitus Type 2 (or DM2) is quickly becoming one of the most prevalent health problems in the United States, affecting more than 21 million Americans.

Are you or someone you know at risk for type 2 diabetes? What do you know about diabetes? Take our quiz to find out!

How Much Do You Know About

Type 2 Diabetes?

1. Type 2 Diabetes is a disorder of the
- Pancreas

- Intestines
- Adrenal glands
- Multiple muscle and organ systems

Multiple organ systems contribute to the development of type 2 diabetes, which is usually brought on by a combination of lifestyle and genetic factors. With type 1 diabetes mellitus (DM1), the pancreas is unable to produce insulin or only produces it in very small amounts. Type 2 diabetes occurs when the body is unable to utilize the insulin produced by the pancreas. This can include the liver, muscle cells, fat cells, and the digestive system.

2. Which type of diabetes is insulin dependent?
- Type 1
- Type 2

Type 1 DM. Type 1 DM (or DM1) occurs when the pancreas produces insufficient or no insulin, and patients need to get insulin though injections in order to process glucose and lower blood sugar levels. With DM2, the body becomes unable to use the insulin that is produced, even in higher-than-normal amounts.

3. Insulin Resistance is the same as Type 2 Diabetes
- True
- False

False. Insulin resistance is a precursor to type 2 diabetes. Also known as prediabetes, insulin resistance occurs when the body's muscle, liver, and fat cells aren't able to utilize insulin as well as they should. This forces the pancreas to produce more insulin than normal in an effort to keep blood sugar levels down.

4. Type 2 Diabetes can be cured through diet and exercise
- True
- False
- Sometimes

Sometimes. Technically, there is no cure for type 2 diabetes. For those whose diabetes is caused by excess weight and lack of exercise, then engaging in and maintaining a healthy lifestyle can put DM2 into remission. The chance for relapse will always be higher than that of someone without DM2.
Individuals whose diabetes is secondary to another health problem are unlikely to go into remission with diet and exercise alone. Regardless of the cause, the longer one has diabetes, the less likely you are to be able to treat without medication or go into remission.

5. What is the blood test used to diagnose diabetes?
- Blood Glucose Test

- Hemoglobin A1C (HgbA1c)
- BMP (Basic Metabolic Panel)

Hemoglobin A1C. Blood glucose tests indicate your body's current blood sugar levels. HgBA1c blood test shows how well controlled your body's glucose and insulin levels have been over the last 3 months. A normal HgBA1c result is between 4% and 5.7%. A result between 5.7% and 6.4% indicates insulin resistance, or prediabetes. A result of 6.5% or higher indicates that the individual has diabetes.
Note: Diagnostic levels for individuals of African, Mediterranean, or Southeast Asian descent will be slightly different.

6. Diabetes can be caused by genetic mutations.
- True
- False

True. Certain genetic conditions, such as cystic fibrosis or hemochromatosis, can result in damage to the pancreas or to organs and muscle tissue that process insulin. There is also a genetic condition called monogenic diabetes that inhibits the pancreas's ability to make insulin.

7. A family history of DM2 puts you at a higher risk of developing it yourself.
- True
- False

True. If any of your immediate family members (parents or siblings) have type 2 diabetes, you are at a higher risk of developing type 2 diabetes as well. Your risk increases the younger your parents were when diagnosed, and if both parents have type 2 diabetes.

8. A family history of DM1 puts you at a higher risk of type 2 diabetes.
- True
- False

True. However, the risk of developing DM1 is higher than DM2.

9. Is high blood pressure a risk factor for DM2?
- Yes
- No

Yes. Elevated blood pressure, or high blood pressure (also known as hypertension) is associated with a higher incidence of type 2 diabetes.

10. Your risk for DM2 increases with age.
- True
- False

True. As you get older, your risk of developing diabetes increases, as does your risk of other common health problems such as heart disease, osteoporosis, and high blood pressure. The risk increases significantly after the age of 45. You can reduce these risks by staying active and reducing added sugars and processed foods in your diet.

11. Type 1 diabetes is more common than Type 2.
- True
- False

False. Type 1 diabetes used to be far more common, but with an ever-increasing sedentary lifestyle and poor dietary choices, 90% of diabetes cases are now type 2.

12. Damage to, or removal of the pancreas can result in diabetes.
- True
- False

True. Your body cannot produce insulin without your pancreas. Pancreatitis, pancreatic cancer, or trauma to the pancreas can all damage the organ's ability to produce insulin.
Removal of the pancreas for any reason will result in insulin-dependent diabetes, which can be further complicated by pre-existing insulin resistance or type 2 diabetes.

13. Long-term use of certain medications can contribute to diabetes.
- True
- False

True. There are several families of medications that can affect your body's ability to produce or process diabetes. These medications include – but are not limited to – anti-seizure medication, statins, steroids, diuretics, antidepressants, and antipsychotic medications.

14. A history of gestational diabetes (GDM) puts you and your child at a higher risk of type 2 diabetes.
- True
- False

True. Even if your GDM resolves after delivery, you and your child will both have a higher risk of developing type 2 diabetes later in life.

15. In women, polycystic ovary syndrome does not increase your risk of DM2.
- True
- False

False. PCOS is a hormonal disorder that can lead to weight gain and insulin resistance. Because of this, women with PCOS are at higher risk of developing type 2 diabetes.

16. Having low HDL (good cholesterol) levels is a risk factor for DM2.
- True
- False

True. HDL cholesterol helps keep your arteries clean and lowers LDL (bad) cholesterol levels. Low HDL levels increase your risk of hypertension and heart disease, both of which are risk factors for type 2 diabetes.

17. Individuals who are overweight or obese are more likely to have type 2 diabetes.
- True
- False

Body weight and – more importantly – body composition is one of the most important factors in your risk of developing type 2 diabetes. This means that someone of who is technically not overweight, but has a high body fat percentage is at a higher risk for diabetes than someone who is overweight with a healthy bodyfat percentage (as is common in athletes).

18. Leading an active lifestyle reduces your risk of type 2 diabetes.
- True
- False

Staying active is one of the best ways to reduce your risk of many health conditions, including type 2 diabetes.

19. Women are more likely to develop type 2 diabetes than men.
- True
- False

Men are diagnosed with type 2 diabetes at a higher rate than women.

20. It is possible to have type 2 diabetes and not know it?
- Yes
- No

YES. The U.S. Center for Disease Control and Prevention estimates that more than 8 million Americans have Type 2 diabetes and are completely unaware of it. If you have any of the aforementioned risk factors, you should get an HgBA1c test annually.