



TAKE OUR DIABETES QUIZ!

1. WHAT ARE THE TWO TYPES OF DIABETES?

- a. High and Low
- b. Old and Young
- c. Type 1 and type 2

2. WHAT IS INSULIN?

- a. A new boy band
- b. A hormone that helps you grow taller
- c. A hormone that allows food to turn into energy and enter the cells

3. WHAT PART OF THE BODY DOESN'T MAKE INSULIN IN A PERSON WITH TYPE 1 DIABETES?

- a. Pancreas
- b. Liver
- c. Thyroid

4. CAN YOU CATCH DIABETES FROM A PERSON WHO HAS DIABETES?

- a. Yes
- b. No

5. WHAT IS A GLUCOSE METER?

- a. A unit of measurement
- b. A device that measures blood pressure
- c. A device that measures blood sugar

6. WHAT HAPPENS IF SOMEONE WHO HAS T1D TESTS HIS BLOOD AND LEARNS THAT HIS BLOOD SUGAR IS TOO LOW?

- a. He has to take more insulin
- b. He has to eat or drink something with simple sugar
- c. He has to go to the hospital

7. IS THERE A CURE FOR T1D?

- a. Yes
- b. No

8. HOW CAN YOU HELP?

- a. Ask your family and friends for donations
- b. Register online and send emails to everyone you know, letting them know why this cause is important to you
- c. Find out more about T1D at www.jdrf.org
- d. All of the above

ANSWER KEY

1C. There are 2 main types of diabetes. Type 1 (T1D) is an autoimmune disease where the pancreas suddenly stops making insulin. T1D requires daily injections of insulin through shots or an insulin pump. Type 2 is a metabolic disease where a person cannot use insulin properly or does not make enough. Type 2 can sometimes be controlled with diet and exercise. 2C. Insulin is a hormone made in your pancreas. When you eat, your food is turned into glucose in your body where it enters the blood stream and floats around until your cells need energy. Insulin is the key that unlocks the cells and allows glucose to give you energy. 3A. Your pancreas is the organ responsible for making insulin. It is shaped like a crescent and is right behind your stomach. 4B. No! Diabetes isn't contagious. You cannot catch it. People with T1D are safe to play with and to be friends with. They can do everything you can do, just with a little more work. 5C. A meter (or glucometer) is a machine that measures blood sugar. A person with T1D has to prick his finger and place a drop of blood on the machine. The meter then gives a blood glucose reading. Normal blood sugar ranges from 80-120. 6B. If a person's blood sugar is too low, he has the risk of passing out. To avoid that, he must eat or drink a food that is high in sugar, like orange juice or gummies, to bring it up and to feel healthy again. 7B. No, there is no cure for T1D. People with T1D face a lifetime of shots, finger pricks, and health complications. JDRF is working with researchers to find a cure and to provide better treatments for those living with this disease. 8D. All of the above. Thank you for being a kid helping other kids. Don't forget to spread the word!