

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

Diabetes is a serious disease. Following your diabetes treatment plan takes round-the-clock commitment. But your efforts are worthwhile. Careful diabetes care can reduce your risk of serious—even life-threatening—complications. Answer True or False to the questions below.

1. The odds of developing diabetes, along with serious complications, increase with age.  
T F
2. Older adults seek emergency care for blood-sugar crises twice as often as the general diabetes population.  
T F
3. Even when people with diabetes know the risks, they still have trouble controlling their blood sugar levels.  
T F
4. In people with type 2 diabetes, either the body doesn't produce enough of the hormone insulin or cells can't use it properly.  
T F
5. Smoking does not increase the risk of diabetes complications.  
T F
6. High blood sugar can weaken the immune system, which makes routine vaccines important.  
T F
7. Sudden bouts of low blood sugar—hypoglycemia—can cause confusion, delayed reaction, visual disturbances, or loss of consciousness, which can make driving dangerous.  
T F
8. Alcohol can cause low blood sugar, so it should be used only in moderation and always with a meal.  
T F
9. Exercise has no effect on diabetes.  
T F
10. Diabetes does not raise the risk for eye disease and vision loss.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_