

DIABETES AWARE



Information Sheet 3 – Your Diabetes Glossary

BP	blood pressure
Carer	parent, friends, relatives, partner, child and anyone unpaid who supports you with your diabetes.
Cholesterol levels	a blood test can measure your blood fat
Fundoscopy	pupils of the eye are dilated with drops and a healthcare professional will check them for vessel changes.
HbA1C	measures blood glucose control over the previous 3 months (your long-term blood glucose control). The range to aim for should be 7% or below.
Hypoglycaemia	(hypos): low blood glucose levels - below 4mmol/l.
Ketones	dangerous chemicals, which can be produced in the blood if the blood glucose level is very high.
Ophthalmologist	doctor with specialist training in the diagnosis and treatment of diseases that affect the eyes.
Optometrist	person trained to perform eye examinations and test for eye problems. They do not treat eye disorders - see ophthalmologist.
Podiatrist/chiroprapist	person with expert knowledge in foot care
Sharps	needles/syringes, lancets
UKPDS	United Kingdom Prospective Diabetes Study. A 20-year clinical research trial research study of Type 2 diabetes - showed that complications can be reduced significantly by appropriate treatment. September 1999.

Further information

Local Support Group Diabetes Aware Telephone 01794 515786 or 511266

National service frameworks

For copies of the National Service Framework for Diabetes: Standards (NSF) for England, contact: the Dept of Health, PO Box 777, London SE1 6XH or www.doh.gov.uk/nsf/diabetes.

Diabetes and Diabetes UK

Diabetes UK Catalogue describes their full range of books and leaflets. For copies of this and other Diabetes UK leaflets, please contact:

Diabetes UK Distribution PO Box 1057, Bedford, MK42 7XQ Telephone 0800 585 088

If you would like further information on any aspect of diabetes contact:

Diabetes UK Careline 10 Parkway, London NW1 7AA Telephone 020 7424 1030 (a translation service is available) Text phone 020 7424 1031 (for people hard of hearing and deaf) Email: careline@diabetes.org.uk Monday – Friday, 9.00am – 5.00pm