

Diabetes

How much do you know about diabetes? Is your knowledge based on facts? In this lesson, you will learn six common myths about diabetes. You will also review health-themed vocabulary and do some research on your own.

Pre-Reading

A. Warm-Up Questions

1. What different types of diabetes are there?
2. Do you know anyone who has diabetes?
How do diabetics manage their disease?
3. Is diabetes preventable? Is there a cure?
4. Where is your pancreas? What is its role in the body?

B. Vocabulary Preview

Match up as many words and meanings as you can.

Check this exercise again after seeing the words in context on page 2.

- | | |
|------------------------|---|
| _____ 1. pancreas | a) to get in the way, to disrupt |
| _____ 2. insulin | b) a lack of regular movement and exercise |
| _____ 3. gestational | c) able to pass on (an illness or disease), communicable |
| _____ 4. genetic | d) substances (sugar or starch) found in food that give the body energy |
| _____ 5. interfere | e) related to pregnancy |
| _____ 6. inactivity | f) the hormone that moves glucose out of the bloodstream |
| _____ 7. contagious | g) the act of releasing fluid waste from the body |
| _____ 8. monitor | h) to watch closely for changes |
| _____ 9. carbohydrates | i) related to inherited genes from family members |
| _____ 10. urination | j) the organ that produces insulin and other digestive substances |



Reading

What do you know about diabetes? Read these common myths and look up any words you aren't familiar with.

6 Myths about Diabetes

1. *Diabetes is caused by eating too much sugar.*

Type 1 diabetes occurs when cells in the **pancreas** stop making a hormone called **insulin**. Insulin moves glucose (sugar) into the cells and out of the bloodstream. Health experts do not know the cause of type 1 diabetes. High sugar intake can cause weight gain, which is a risk factor for type 2 diabetes and **gestational** diabetes, though it is not the direct cause.

2. *Diabetics are born with the disease.*

It is rare for newborns to be diagnosed with diabetes, though infants of diabetic mothers often have a high birth weight. Type 1 diabetes typically develops in children and teens, but it can also develop in adults. Type 2 diabetes has **genetic** links as well as links to lifestyle and diet. The average age of diagnosis for type 2 diabetes in the US is 54.

3. *Only overweight people develop diabetes.*

Being overweight is one major risk factor for type 2 diabetes because fat **interferes** with the body's ability to use insulin. **Inactivity**, smoking, high blood pressure, and genetics are other risk factors.

4. *Diabetes is **contagious**.*

You cannot catch diabetes from other people like you can catch the cold or flu. Diabetes is a non-communicable disease. While medical researchers believe there is a genetic link, this does not mean you will develop diabetes if it's in your family. Even with identical twins, it is more common for only one of them to develop diabetes than both of them.

5. *Diabetics can't eat any sugar.*

People with diabetes have to carefully **monitor** their carbohydrate intake. **Carbohydrates** raise blood sugar levels. This does not mean they cannot eat any sugar at all. Diabetics have to watch their sugar intake, take their medication, and exercise regularly.

6. *Diabetes has no symptoms.*

While it is possible for diabetes to go unnoticed, there are some common symptoms, including extreme fatigue, frequent **urination**, and increased thirst. People with these symptoms should consult their doctor. Uncontrolled diabetes can cause serious damage and even death.

Note:

The word **diabetic** [day|ə|'bɛ|tlk] can be used as a *noun* (a person who has diabetes) or an *adjective* (having or related to diabetes).

Fact: The number of people with diabetes has quadrupled since 1980.

—WHO Global Report on Diabetes, 2016

Comprehension

Read the statements below.

If the statement is true based on the reading, write T beside the sentence.

If it is false, write F and correct the information in your notebook.

- _____ 1. The pancreas is a hormone that moves sugar out of the bloodstream.
- _____ 2. Smoking is a risk factor for developing type 2 diabetes.
- _____ 3. Diabetes is a silent killer that has no common symptoms.
- _____ 4. Children who are in close contact with diabetics are at a high risk of catching it.
- _____ 5. Diabetics need to carefully monitor their sugar intake.

Vocabulary Review

Complete the sentences by using one of the words from the word list.

Some of the words will not be used.

1. A woman who has _____ diabetes
has a greater risk of having a large baby.
2. Like cancer, diabetes has _____ links.
3. Don't let your diabetes _____ with your fitness routine.
4. It is important to _____ your blood sugar on a daily basis.
5. Pasta, rice, bread, and fruit are also sources of _____ .

Word List:

- genetic
- gestational
- inactivity
- monitor
- interfere
- carbohydrates
- insulin

Did You Know?

Type 1 diabetes is an autoimmune disease.

Autoimmune Disease

This is a disease in which the immune system (the body's natural defense against infection) makes a mistake and attacks normal cells.

Type 1 Diabetes

The body's immune system destroys the insulin-producing cells in the pancreas.

Knowledge Stretch

A. Research

Do some research on your own. Add at least one fact for each type of diabetes. Leave at least one fact field empty until you have a pair or group discussion.

Type of Diabetes	Fact #1	Fact #2	Fact #3

B. Share

Now share your findings with another student or group. For each type of diabetes, add at least one fact that you learned from another student.

C. Fact-Check

For homework, do some more research. Check if the facts you learned from your classmates are true (not based on myths). Try to find the same facts from at least three reliable sources.

Writing

Use what you learned in this lesson and through your research to create your own list. Try to use vocabulary that you learned in this lesson.

4 Ways to Reduce Your Risk of Type 2 Diabetes

Ex. *Maintain a healthy body weight.*

1.

2.

3.

4.
