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Chapter 2. Diabetes Mellitus

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. Diabetes mellitus (DM) is classified as a chronic ____ disorder.
   A. Hypertensive
   B. Integumentary
   C. Cardiovascular
   D. Endocrine

Answer: _____

2. Which is an underlying cause of diabetes mellitus (DM)? Select all that apply.
   A. HIV
   B. An autoimmune response (type 1)
   C. Gestational
   D. Insulin resistance (type 2)

Answer: _____

3. According to U.S. statistics, in 2018 how many people were affected by diabetes mellitus (DM)?
   A. 34.1 million
   B. 40 million
   C. 36 million
   D. 35.2 million

Answer: _____

4. Which chronic illness does diabetes not contribute to?
   A. Kidney failure

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B. HIV
C. Cardiovascular disease
D. Blindness

Answer: _____

5. What is the primary energy source for cell metabolism?
A. Endocrine
B. Glycogen
C. Glucose
D. Sucrose

Answer: _____

6. Where does endocrine regulation of glucose occur?
A. Insulin in the liver
B. Glycogen in the liver
C. Islets of Langerhans cells in the small intestine
D. Islets of Langerhans cells in the pancreas

Answer: _____

7. What is the major source of glucose from foods?
A. Insulin
B. Glycogen
C. Disaccharides
D. Monosaccharides

Answer: _____

8. Glycogen breakdown is triggered by what levels?
A. Low blood glucose levels
B. High blood glucose levels
C. High carbohydrate (CH) levels
D. Low carbohydrate (CH) levels

Answer: _____

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9. During times of prolonged fasting, what process is initiated?
   A. Gluconeogenesis
   B. Glycogen
   C. Ketones
   D. Glycolysis

Answer: _____

10. What is the word for an increased feeling of thirst?
   A. Gluconeogenesis
   B. Polydipsia
   C. Hyponatremia
   D. Polyuria

Answer: _____

11. What are the three symptoms of increased ketone levels in the blood? Select all that apply.
   A. Fruity odor in the breath
   B. Body odor
   C. Urine odor
   D. Weight gain

Answer: _____

12. In diabetic ketoacidosis (DK) the blood glucose level is greater than which of the following?
   A. 250 mg/dL
   B. 300 mg/dL
   C. 200 mg/dL
   D. 220 mg/dL

Answer: _____

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13. Which of the following is not a contributing factor to type 2 diabetes mellitus (DM)?
    A. Age
    B. Sedentary lifestyle
    C. Increased caloric intake
    D. Gestational diabetes

Answer: _____

14. Hypoglycemia is defined as which of the following?
    A. Blood glucose less than 50 mg/dL
    B. Blood glucose less than 70 mg/dL
    C. Blood glucose more than 70 mg/dL
    D. Blood glucose more than 50 mg/dL

Answer: _____

15. What is known as a common negative reaction to the challenges of self-management of a chronic disease?
    A. Diabetes distress
    B. Dyspnea
    C. Depression
    D. Hyperglycemia

Answer: _____

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