

Worksheet: Diabetes

amputation

cataract

blindness

gum

alcohol

ABOUT DIABETES

Type 1 diabetes - Type 1 diabetes mostly affects children whose bodies are unable to make **insulin**. Only 10-15% of people with diabetes have this type.

Type 2 diabetes - Type 2 diabetes is the most common form of the disease. It usually affects adults. It results from poor insulin production or from insulin resistance.

Gestational diabetes - Four percent of pregnant women are diagnosed with gestational diabetes. This disease operates essentially the same as other types. Blood sugar usually returns to normal after birth, but the patient has a greater risk of later developing type 2 diabetes.

Causes - 1.6 million cases of diabetes are diagnosed each year. There are certain risk factors for developing type 2 diabetes. These include genetics, race, a high **BMI**, high blood pressure, and a diet high in fat or **alcohol**.

Complications - Diabetes reduces blood flow around the body. Thus it can cause problems in many parts of the body, including the eyes, kidneys, nervous system, sexual function, teeth, and gums. It can result in heart attacks, strokes, cataracts, glaucoma, blindness, and even amputations.

Treatment - It is crucial to manage diabetes effectively. Treatment plans are tailored to each patient, to help keep **glucose** levels within a target range. Diabetes management generally includes lifestyle changes, such as increased exercise, and insulin medication.

Get ready!

1 Before you read the passage, talk about these questions.

- What are the different types of diabetes?
- What are some risk factors and complications of diabetes?

Reading

2 Read the informational pamphlet about diabetes. Then, choose the correct answers.

- Who is affected by gestational diabetes?
 - unborn children
 - older adults
 - young children
 - expecting mothers
- Which of the following is NOT a cause of diabetes?
 - high alcohol use
 - genetic factors
 - gum disease
 - a high level of body fat
- What is an example of proper diabetes management?
 - increasing alcohol consumption
 - getting more exercise
 - increasing BMI
 - amputating a limb

Vocabulary

3 Match the words (1-6) with the definitions (A-F).

- | | |
|--------------|----------------|
| 1 — glaucoma | 4 — alcohol |
| 2 — glucose | 5 — insulin |
| 3 — cataract | 6 — amputation |

- A a natural form of sugar created in the body
 B when a person's limbs, fingers, or toes are removed during surgery
 C the chemical substance in drinks, such as wine and beer, that causes people to get drunk
 D a disease in which a high level of pressure in the eye causes a person to go blind
 E a substance produced by the body that regulates the levels of sugar in the blood
 F a medical condition in which the lens of the eye becomes white

4 Fill in the blanks with the correct words and phrases: *gestational diabetes, blindness, gum, type 2 diabetes, type, 1, diabetes, BMI*.

- My young son was diagnosed with _____.
- Diabetes can lead to _____ disease in the mouth.
- Diabetes can cause total _____ in one or both eyes.
- My father developed _____ as he advanced in age.
- Having a high _____ is a leading risk factor for developing diabetes.
- My wife developed _____ while she was pregnant.

5 Listen and read the informational pamphlet about diabetes again. How should diabetes be treated?

Listening

6 Listen to a conversation between a doctor and a patient. Mark the following statements as true (T) or false (F).

- The man will need insulin injections.
- The man can eat a small amount of candy.
- The man needs to exercise more.

7 Listen again and complete the conversation.

Patient: Yes, my father had it.
Doctor: I see. You should be pretty familiar with the treatment process then.
Patient: A little. My dad had to take a lot of 1 _____. Will I need to do that?
Doctor: Not necessarily. 2 _____ a lifestyle plan and see how that works.
Patient: Okay. We were always buying dad 3 _____ - _____. Is that what I have to eat now?
Doctor: Actually, no. Small amounts of sweets and chocolate can be part of a healthy 4 _____, just like for everyone else.
Patient: That's good. 5 _____ do a lot of extra exercise to keep my weight down?
Doctor: 6 _____.

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

We'll start with ...
 Will I have to ...
 You really need the ...

Student A: You are a doctor. Talk to Student B about:

- a diabetes treatment plan
- a risk factor for diabetes
- what foods the patient can eat

Student B: You are a patient. Talk to Student A about a diabetes treatment plan.

Writing

9 Use the conversation from Task 8 and the pamphlet to write a diabetes treatment plan. Include sections on risk factors, diet, and exercise.