

Patient's Diabetes Knowledge Questionnaire

| | Questions | Yes | No | Don't Know |
|----|--|-----|----|------------|
| 1 | Eating too much sugar and other sweet foods is a cause of diabetes. | | | |
| 2 | The usual cause of diabetes is lack of effective insulin in the body. | | | |
| 3 | Diabetes is caused by failure of the kidneys to keep sugar out of the urine. | | | |
| 4 | Kidneys produce insulin. | | | |
| 5 | In untreated diabetes, the amount of sugar in the blood usually increases. | | | |
| 6 | If I am diabetic, my children have a higher chance of being diabetic. | | | |
| 7 | Diabetes can be cured. | | | |
| 8 | A fasting blood sugar level of 210 is too high. | | | |
| 9 | The best way to check my diabetes is by testing my urine. | | | |
| 10 | Regular exercise will increase the need for insulin or other diabetic medication. | | | |
| 11 | There are two main types of diabetes: Type 1 (insulin-dependent) and Type 2 (non-insulin dependent). | | | |
| 12 | An insulin reaction is caused by too much food. | | | |
| 13 | Medication is more important than diet and exercise to control my diabetes. | | | |
| 14 | Diabetes often causes poor circulation. | | | |
| 15 | Cuts and abrasions on diabetes heal more slowly. | | | |
| 16 | Diabetics should take extra care when cutting their toenails. | | | |
| 17 | A person with diabetes should cleanse a cut with iodine and alcohol. | | | |
| 18 | The way I prepare my food is as important as the foods I eat. | | | |
| 19 | Diabetes can damage my kidneys. | | | |
| 20 | Diabetes can cause loss of feeling in my hands, fingers and feet. | | | |
| 21 | Shaking and sweating are signs of high blood sugar. | | | |
| 22 | Frequent urination and thirst are signs of low blood sugar. | | | |
| 23 | Tight elastic hose or socks are not bad for diabetics. | | | |
| 24 | A diabetic diet consists mostly of special foods. | | | |

Source: Starr County