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50/50 insulin	Premixed insulin that is 50 percent intermediate-acting (NPH) insulin and 50 percent short-acting (regular) insulin
504 Plan	A 504 Plan is a written document that protects a child who has a disability identified under the law and is attending an elementary or secondary educational institution that receives federal funds. The Plan requires that the child receive adequate accommodations, enabling their academic success and access to the learning environment.
70/30 insulin	Premixed insulin that is 70 percent intermediate-acting (NPH) insulin and 30 percent short-acting (regular) insulin.
A1C or HbA1C	<p>A test that measures a person's average blood glucose level over the past 3 months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. Also called hemoglobin A1C or glycosylated hemoglobin, the test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood.</p> <p>Somebody without diabetes has a HbA1c under 6%. The goal for a person living with Type 1 Diabetes is 7% if you are an adult, and it's 7.5% if you are a child.</p>
Adult-onset diabetes (Type 2 diabetes)	Former term for Type 2 diabetes.
Antibodies	Proteins made by the body to protect itself from "foreign" substances such as bacteria or viruses. People get Type 1 diabetes when their bodies make antibodies that destroy the body's own insulin-making beta cells.
Aspart insulin	Rapid-acting insulin. On average, aspart insulin starts to lower blood glucose within 10 to 20 minutes after injection. It has its strongest effect 1 to 3 hours after injection but keeps working for 3 to 5 hours after injection.
Autoimmune disease	Disorder of the body's immune system in which the immune system mistakenly attacks and destroys body tissue that it believes to be foreign.
Autoimmunity	Immune responses of a person against his or her own healthy cells and tissues. Type 1 diabetes develops when an individual's own immune system attacks the insulin producing beta cells in the pancreas.
Autonomic neuropathy	A type of neuropathy affecting the lungs, heart, stomach, intestines, bladder or genitals.
Background retinopathy	A type of damage to the retina of the eye marked by bleeding, fluid accumulation and abnormal dilation of the blood vessels. Background retinopathy is an early stage of diabetic retinopathy. Also called simple or nonproliferative retinopathy.
Basal	Background insulin that is given whether or not a person is eating. This can be administered through a pump (basal rate) or through an injection (basal insulin).
Basal rate	A steady trickle of low levels of longer-acting insulin, such as that used in insulin pumps.
Beta cell	A cell that makes insulin. Beta cells are located in the islets of the pancreas.
Beta cell	Beta cells are found in the pancreatic islets of the pancreas; they store and release insulin. Beta cells also make other hormones, including c-peptide and amylin. Type 1 Diabetes occurs when the immune system destroys the beta cells.
Blood glucose (BG)	<p>Blood sugar, or glucose, is the main sugar found in your blood. It comes from the food you eat, and is your body's main source of energy. Your blood carries glucose to all of your body's cells to use for energy.</p> <p>When you have diabetes, blood glucose levels can fluctuate quickly due to factors such as food, exercise, illness and stress. Regular blood glucose (BG) checks help give you a</p>

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	<p>good picture of your overall blood glucose levels and guide you in making decisions that will keep your BGs as close to a healthy range as possible.</p> <ul style="list-style-type: none"> • Checking Blood Glucose • How Foods Affect Blood Glucose Levels
Blood glucose level	The amount of glucose in a given amount of blood. It is noted in milligrams in a deciliter, or mg/dL.
Blood glucose meter	<p>It is a device used mainly by diabetic patients in order to measure the level of blood glucose regularly.</p> <ul style="list-style-type: none"> • Diabetes Council Comprehensive Review of Blood Glucose Meters • Tracking and Reviewing Glucose Data
Blood glucose monitoring	Checking blood glucose level on a regular basis in order to manage diabetes. A blood glucose meter (or blood glucose test strips that change color when touched by a blood sample) is needed for frequent blood glucose monitoring.
Bolus	Insulin given when a person is about to eat or to bring a blood glucose level down when it is outside of range.
Cannula	A thin tube inserted under the skin (or into the peritoneal cavity for an implantable pump) used to deliver insulin or glucagon.
Carbohydrate counting	A method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in food.
Carbohydrates	Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products. With a type 1 diagnosis, it's important to understand the role of carbohydrates. Carbohydrates or "carbs" are the main type of food that raises blood sugar. Other nutrients in food indirectly affect blood glucose levels and should also be taken into consideration.
Cardiovascular disease	Disease of the heart and blood vessels (arteries, veins and capillaries.)
Cardiovascular disease	High glucose levels can contribute to damage to the blood vessels, increasing the risk of heart attack and stroke.
Cartridge/reservoir	The pump part that stores and eventually delivers the insulin.
Celiac disease	An autoimmune disease that is triggered by ingesting gluten (found in wheat, barley, and rye). The long-term response can lead to damage in the small intestines and malnutrition. A strict gluten-free diet must be followed.
Certified Diabetes Educator (CDE)	A health care professional with expertise in diabetes education who has met eligibility requirements and successfully completed a certification exam.
Closed loop system	A closed loop device consists of a CGM, a program containing a mathematical formula (algorithm) that decides how much insulin (or other hormone) is required that is then automatically delivered by the pump with little, if any, need for human intervention when eating.
Coma	A sleep-like state in which a person is not conscious. May be caused by hyperglycemia (high blood glucose) or hypoglycemia (low blood glucose) in people with diabetes.
Complications	Harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure, and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems.
Continuous glucose monitor (CGM)	A system that measures and checks blood levels of glucose from the interstitial tissue regularly in order to manage diabetes. CGMs have become significantly more accurate,

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	convenient, and useful. The devices have been associated with improved diabetes outcomes (lower A1C, fewer lows) whether you are using injections or an insulin pump. The CGM device has three parts – a sensor, a transmitter, and a receiver. CGMs give you information about your glucose level every five minutes, and can predict which direction your glucose is going. This is very helpful during exercise and before bed. If you go below or above set targets, you can set personalized alarms. In addition, your CGM data can be sent to an app on your phone. This information can be shared with others (parents, partners, and friends). If you give them access, they'll receive alerts when you are low or high, too.
Correction bolus	A dose of rapid-acting insulin (Novolog, Humalog, Apidra, Fiasp) that is given either by injection or insulin pump to lower an above target glucose level back to target.
Data sharing apps	There are now apps and other software programs, such as Glooko , Clarity , and Carelink that allow you to share data from your meter, CGM, or insulin pump with your diabetes team. Research has shown that sharing information with your diabetes care team between visits can lead to better blood glucose control, so getting in the habit of uploading data is a great addition to your diabetes management.
Dawn phenomenon	The term used to describe a rise in glucose levels in the early morning hours (4AM-8AM). This is caused by a normal increase in hormones at this time including cortisol and glucagon.
Diabetes Control and Complications Trial (DCCT)	A study by the National Institute of Diabetes and Digestive and Kidney Diseases, conducted from 1983 to 1993 in people with Type 1 diabetes. The study showed that intensive therapy, compared to conventional therapy, significantly helped prevent or delay diabetes complications. Intensive therapy included multiple daily insulin injections or the use of an insulin pump with multiple blood glucose readings each day. Complications followed in the study included diabetic retinopathy, neuropathy and nephropathy.
Diabetes educator	A health care professional who teaches people who have diabetes how to manage their diabetes. Some diabetes educators are certified diabetes educators (CDEs). Diabetes educators are found in hospitals, physician offices, managed care organizations, home health care and other settings.
Diabetes kit	A kit that contains all of the supplies needed to take care of diabetes away from home. A kit that contains all of the supplies needed to take care of diabetes away from home. See Preparing Your Diabetes Kit
Diabetes mellitus	A condition characterized by hyperglycemia resulting from the body's inability to use blood glucose for energy. In Type 1 diabetes, the pancreas no longer makes insulin and therefore blood glucose cannot enter the cells to be used for energy. In Type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly.
Diabetes Prevention Program (DPP)	A study by the National Institute of Diabetes and Digestive and Kidney Diseases conducted from 1998 to 2001 in people at high risk for Type 2 diabetes. All study participants had impaired glucose tolerance, also called pre-diabetes, and were overweight. The study showed that people who lost 5 to 7 percent of their body weight through a low-fat, low-calorie diet and moderate exercise (usually walking for 30 minutes 5 days a week) reduced their risk of getting Type 2 diabetes by 58 percent. Participants who received treatment with the oral diabetes drug metformin reduced their risk of getting Type 2 diabetes by 31 percent.
Diabetic ketoacidosis (DKA)	An emergency condition in which extremely high blood glucose levels, along with a severe lack of insulin, result in the breakdown of body fat for energy and an

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	accumulation of ketones in the blood and urine. Signs of DKA are nausea and vomiting, stomach pain, fruity breath odor and rapid breathing. Untreated DKA can lead to coma and death.
Diabetic retinopathy	Diabetic eye disease; damage to the small blood vessels in the retina. Loss of vision may result.
Diagnosis	The determination of a disease from its signs and symptoms.
Dialysis	The process of cleaning wastes from the blood artificially. This job is normally done by the kidneys. If the kidneys fail, the blood must be cleaned artificially with special equipment. The two major forms of dialysis are hemodialysis and peritoneal dialysis.
Dietitian	A health care professional who advises people about meal planning, weight control and diabetes management. A registered dietitian (RD) has more training.
Endocrinologist	A doctor who specializes in the management of patients who have problems with their endocrine glands. The pancreas is an endocrine gland.
Eye problems	Also known as Retinopathy. Extra glucose causes damage to the vessels in the back part of the eye (called the retina). Symptoms include blurry vision and poorer daytime and nighttime vision. If left untreated, diabetic retinopathy causes vision loss.
Fat	One of the three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish and some dairy products. Excess calories are stored as body fat, providing the body with a reserve supply of energy and other functions.
Gestational diabetes mellitus (GDM)	A type of diabetes mellitus that develops only during pregnancy and usually disappears upon delivery, but increases the risk that the mother will develop diabetes later. GDM is managed with meal planning, activity, and, in some cases, insulin.
Glargine insulin	Very-long-acting insulin. On average, glargine insulin starts to lower blood glucose levels within 1 hour after injection and keeps working evenly for 24 hours after injection.
Glucagon	Glucagon is a hormone that is used to raise blood sugar in cases of severe hypoglycemia (low blood sugar). It is given by injection beneath the skin and can only be obtained by a prescription. <ul style="list-style-type: none"> • Hypoglycemia • Giving Emergency Glucagon
Glucose	One of the simplest forms of sugar.
Glucose tablets	Chewable tablets made of pure glucose used for treating hypoglycemia.
Honeymoon period	Some people with type 1 diabetes experience a brief remission called the "honeymoon period." During this time their pancreas may still secrete some insulin. Over time, this secretion stops and as this happens, the person will require more insulin from injections. The honeymoon period can last weeks, months, or even up to a year or more.
Hybrid closed loop	A semiautomatic system where delivering insulin for food or correction is done manually (or announced) by the wearer or caregiver; between meals and overnight basal insulin is automatically calculated by the algorithm in the pump and delivered.
Hyperglycemia	High or very high blood glucose is called hyperglycemia. Insulin needs to be given to bring the blood sugar down into range.
Hypoglycemia	Hypoglycemia (or a low) is when blood glucose levels fall below 70 mg/dl. Signs include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. Hypoglycemia is treated by consuming a carbohydrate-rich food such as a glucose tablet or juice. It may also be treated with an injection of glucagon, if the person

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	<p>is unconscious or unable to swallow. If left untreated, hypoglycemia may lead to unconsciousness. Also called an insulin reaction.</p> <p>This must be treated immediately using the Rule of 15.</p> <ul style="list-style-type: none"> • Causes of Highs and Lows • Treating Hypoglycemia/Rule of 15
Hypoglycemia unawareness	A state in which a person does not feel or recognize the symptoms of hypoglycemia. People who have frequent episodes of hypoglycemia may no longer experience the warning signs of it.
Immune system	The body's system for protecting itself from viruses and bacteria or any "foreign" substances.
Immune system	The immune system in our body helps to fight infection. When it's working properly, the immune system can tell the difference between invaders, like viruses and bacteria, and the body's own cells.
Infusion set	An infusion set connects the cannula to the insulin pump.
Inhaled insulin	An experimental treatment for taking insulin using a portable device that allows a person to breathe in insulin.
Injection	Inserting liquid medication or nutrients into the body with a syringe. A person with diabetes may use short needles or pinch the skin and inject at an angle to avoid an intramuscular injection of insulin.
Injection site rotation	Changing the places on the body where insulin is injected. Rotation prevents the formation of lipodystrophies.
Injection sites	Places on the body where insulin is usually injected.
Insulin	A hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, it is taken by injection or through use of an insulin pump.
Insulin dependent diabetes mellitus (IDDM)	Former term for Type 1 diabetes.
Insulin on board (IOB)	The amount of insulin still active in your body from any previously delivered bolus.
Insulin pen	A device for injecting insulin that looks like a fountain pen and holds replaceable cartridges of insulin. Also available in disposable form.
Insulin pump	An insulin-delivering device about the size of a deck of cards that can be worn on a belt or kept in a pocket. An insulin pump connects to narrow, flexible plastic tubing that ends with a needle inserted just under the skin. Users set the pump to give a steady trickle or basal amount of insulin continuously throughout the day. Pumps release bolus doses of insulin (several units at a time) at meals and at times when blood glucose is too high, based on programming done by the user.
Insulin reaction	When the level of glucose in the blood is too low (at or below 70 mg/dL). Also known as hypoglycemia.
Insulin resistance	The body's inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood.
Insulin sensitivity factor or correction factor	A ratio that many people with Type 1 Diabetes use to calculate how much insulin to give to lower an elevated glucose back to target. For example, if a person has an insulin sensitivity factor of 50, they would give 1 unit of insulin to lower their glucose by 50 points.
Insulin to carb ratio	A ratio of the number of grams of carbohydrate that is covered by 1 unit of short-acting insulin. (Ex: 1:5 means one unit of insulin is needed for every 5 grams of carbohydrates to bring blood glucose back to its starting point).

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Insulin to carb ratio	A ratio that many people with Type 1 Diabetes use to calculate how much insulin to give at meal time. The ratio is the number of grams of carbohydrate that one unit of insulin covers. For example, insulin to carb ratio of 1:15 means that the person takes 1 unit of insulin for every 15 grams of carbohydrate they eat.
Intermediate acting insulin	A type of insulin that starts to lower blood glucose within 1 to 2 hours after injection and has its strongest effect 6 to 12 hours after injection, depending on the type used. See lente insulin and NPH insulin.
Islet transplantation	Moving the islets from a donor pancreas into a person whose pancreas has stopped producing insulin. Beta cells in the islets make the insulin that the body needs for using blood glucose.
Islets	Groups of cells located in the pancreas that make hormones that help the body break down and use food. For example, alpha cells make glucagon and beta cells make insulin. Also called islets of Langerhans.
Islets of Langerhans	The regions of the pancreas that contain groups of cells that make hormones important for the regulation of glucose metabolism. Alpha cells make glucagon, beta cells make insulin and amylin, delta cells make somatostatin, PP cells make pancreatic polypeptide and epsilon cells make ghrelin.
Juvenile diabetes	Former term for insulin-dependent diabetes mellitus (IDDM), or Type 1 diabetes.
Ketone	A chemical produced when there is a shortage of insulin in the blood and the body breaks down body fat for energy. High levels of ketones can lead to diabetic ketoacidosis and coma. Sometimes referred to as ketone bodies.
Ketosis	A ketone buildup in the body that may lead to diabetic ketoacidosis. Signs of ketosis are nausea, vomiting, and stomach pain.
Kidney disease	Also known as Nephropathy. When glucose levels are high, the kidneys have to work extra hard to filter waste from the blood. High glucose levels can damage the kidneys and the nerves leading to them.
Lancet	A spring-loaded device used to prick the skin with a small needle to obtain a drop of blood for blood glucose monitoring.
Lente insulin	Intermediate-acting insulin. On average, lente insulin starts to lower blood glucose levels within 1 to 2 hours after injection. It has its strongest effect 8 to 12 hours after injection but keeps working for 18 to 24 hours after injection. Also called L insulin.
Lipoatrophy	Loss of fat under the skin resulting in small dents. Lipoatrophy may be caused by repeated injections of insulin in the same spot.
Lipodystrophy	Defect in the breaking down or building up of fat below the surface of the skin, resulting in lumps or small dents in the skin surface. (See lipohypertrophy or lipoatrophy.) Lipodystrophy may be caused by repeated injections of insulin in the same spot.
Lipohypertrophy	This is a fatty lump under the skin. When giving injections, it is important to rotate injection sites to reduce the risk of lipohypertrophy (fatty lumps under the skin). It is caused by receiving multiple injections in the same area of skin over an extended period of time. These lumps can be slightly painful and may affect the absorption of insulin. See Rotating Injection Sites
Lispro insulin	Rapid-acting insulin. On average, lispro insulin starts to lower blood glucose within 5 minutes after injection. It has its strongest effect 30 minutes to 1 hour after injection but keeps working for 3 hours after injection.
Liver	An organ in the body that changes food into energy, removes alcohol and poisons from the blood, and makes bile, a substance that breaks down fats and helps rid the body of

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	wastes.
Long-acting insulin	<p>A type of insulin that starts to lower blood glucose within 4 to 6 hours after injection and has its strongest effect 10 to 18 hours after injection.</p> <p>See ultralente insulin.</p>
Maturity onset diabetes of the young (MODY)	A type of Type 2 diabetes that accounts for 1 to 5 percent of people with diabetes. Of the six forms identified, each is caused by a defect in a single gene.
Medical Alert	<p>Wearing a medical alert is important if you take insulin. It will alert people that you have diabetes if you are ever unconscious or unable to communicate. You can have other medical conditions or drug allergies engraved on the medical alert too.</p> <p>Medical alerts come in all shapes and sizes, so find one that you will wear all the time. You can choose from bracelets, necklaces, charms, and even dog tags. Your diagnosis of "on insulin," as well as any drug allergies, are most important to have on the medical alert.</p> <p>The decision to have phone #s and names engraved is a personal choice. The size of the medical alert you select will also limit how much information can be engraved.</p> <p>See Wearing a Medical Alert</p>
Metformin	An oral medicine used to treat Type 2 diabetes. It lowers blood glucose by reducing the amount of glucose produced by the liver and helping the body respond better to the insulin made in the pancreas. Is also an ingredient in Glucovance. Belongs to the class of medicines called biguanides. (Brand names: Glucophage, Glucophage XR).
Mg/dL	Milligrams per deciliter, a unit of measure that shows the concentration of a substance in a specific amount of fluid. In the United States, blood glucose test results are reported as mg/dL. Medical journals and other countries use millimoles per liter (mmol/L). To convert to mg/dL from mmol/L, multiply mmol/L by 18. Example: 10 mmol/L x 18 = 180 mg/dL.
Mixed dose	A combination of two types of insulin in one injection. Usually a rapid- or short-acting insulin is combined with a longer acting insulin (such as NPH insulin) to provide both short-term and long-term control of blood glucose levels.
mmol/L	Millimoles per liter, a unit of measure that shows the concentration of a substance in a specific amount of fluid. In most of the world, except for the United States, blood glucose test results are reported as mmol/L. In the United States, milligrams per deciliter (mg/dL) are used. To convert to mmol/L from mg/dL, divide mg/dL by 18. Example: 180 mg/dL x 18 = 10 mmol/L.
Monogenic diabetes	<p>Sometimes diabetes is caused by a defect in a single gene. These types of diabetes are called monogenetic diabetes.</p> <p>The two main forms of monogenic diabetes are:</p> <ul style="list-style-type: none"> • Maturity-onset diabetes of the young (MODY) that may first occur in children or adolescents, but may not be detected until adulthood; and, • Neonatal diabetes that occurs in newborns and infants <p>Some monogenic forms of diabetes can be treated with oral diabetes medications, while other forms require insulin injections.</p>

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Multiple daily injections (MDI)	Multiple Daily Injections. An insulin regimen that includes one or two injections per day of a long-acting basal insulin (Lantus, Basaglar, Levemir, Tresiba, Toujeo) and multiple injections of rapid-acting insulin (Novolog, Humalog, Apidra, Fiasp, Admelog) with meals/snacks and to treat episodes of hyperglycemia.
Nephropathy	<p>Nephropathy is a complication of diabetes that affects the kidneys (renal glands) and is also called diabetic kidney (renal) disease.</p> <p>Hyperglycemia and hypertension can bring about nephropathy that can damage the kidneys' glomeruli. When the kidneys are damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove waste and extra fluids from the bloodstream.</p> <p>It is the chronic loss of kidney function which can lead to kidney failure and the need for dialysis or kidney transplantation.</p>
Nerve problems	<p>Also known as Neuropathy.</p> <p>High glucose levels can cause nerve damage in the legs, feet, arms and hands. Symptoms include pain, numbness and weakness. In severe cases, poor circulation or infections can occur and lead to amputation of a limb.</p>
Neuropathy	<p>Neuropathy is a disease of the nervous system that can result from complications in diabetes. The three major forms in people with diabetes are peripheral neuropathy, autonomic neuropathy, and mononeuropathy. The most common form is peripheral neuropathy, which affects mainly the legs and feet.</p> <p>High glucose levels can cause nerve damage in the legs, feet, arms and hands. Symptoms include pain, numbness and weakness. It is also known as diabetic nerve pain. In severe cases, poor circulation or infections can occur and can lead to amputation of a limb.</p>
Non-insulin dependent diabetes mellitus (NIDDM)	Former term for Type 2 diabetes.
NPH insulin	Intermediate-acting insulin; NPH stands for Neutral Protamine Hagedorn. On average, NPH insulin starts to lower blood glucose within 1 to 2 hours after injection. It has its strongest effect 6 to 10 hours after injection but keeps working until about 10 hours after injection. Also called N insulin
Nutritionist	A person with training in nutrition; may or may not have specialized training and qualifications. See dietitian.
Occlusion	An occlusion (or a block) occurs when a clot or clog prevents the flow of insulin or glucagon through the infusion set or cannula.
Pancreas	An organ in the body that secretes digestion enzymes and insulin. It is one of the glands that makes up the endocrine system in the human body.
Pediatric endocrinologist	A doctor who treats children who have endocrine gland problems such as diabetes.
Postprandial blood glucose	The blood glucose level taken 1 to 2 hours after eating.
Post-prandial/pre-prandial	Post and pre-prandial refer to the time periods after and before a meal, respectively.
Pre-diabetes	A condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing Type 2 diabetes and for heart disease and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.
Premixed insulin	A commercially produced combination of two different types of insulin. See 50/50 insulin

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	and 70/30 insulin.
Pre-prandial blood glucose	The blood glucose level taken before eating.
Protein	One of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.
Rapid-acting insulin	A type of insulin that starts to lower blood glucose within 5 to 10 minutes after injection and has its strongest effect 30 minutes to 3 hours after injection, depending on the type used. See aspart insulin and lispro insulin
Receiver	The part of the CGM that retrieves the glucose data. It organizes the data in a graph; it also displays the data as a number, usually with a directional arrow indicating the direction the glucose is heading.
Regular insulin	Short-acting insulin. On average, regular insulin starts to lower blood glucose within 30 minutes after injection. It has its strongest effect 2 to 5 hours after injection but keeps working 5 to 8 hours after injection. Also called R insulin.
Retinopathy	Retinopathy is a complication of diabetes that affects the eyes; it can also be called diabetic eye disease. Retinopathy is a disease of the retina that can lead to vision impairment and loss. It is caused by damage to the blood vessels of the light-sensitive tissues at the back of the eye (retina). There are different stages of retinopathy.
Rule of 15	<p>The "Rule of 15" is commonly used as a guideline for treating hypoglycemia (low blood sugar.) If your blood glucose is under 70mg/dl, consume 15 grams of carbohydrate.</p> <p>Wait about 15 minutes, and then recheck your blood glucose level. If your blood glucose is still low, consume another 15 grams of carbohydrate and recheck 15 minutes later to make sure blood sugar levels have risen.</p> <ul style="list-style-type: none"> • Causes of Highs and Lows • Rule of 15
Sensor	The part of a CGM inserted under the skin that measures the interstitial (fluid in tissue) glucose.
Sharps container	A receptacle to place used syringes, lancets, or other needles in order to dispose of these sharp objects safely. These receptacles are often made of hard plastic so that needles cannot poke through.
Short-acting insulin	<p>A type of insulin that starts to lower blood glucose within 30 minutes after injection and has its strongest effect 2 to 5 hours after injection.</p> <p>See regular insulin.</p>
Sliding scale	A set of instructions for adjusting insulin on the basis of blood glucose test results, meals, or activity levels.
Stacking	Taking additional insulin to bring down a stubborn and frustrating high blood sugar, overriding initial correction bolus instructions. One needs to exercise caution as this may lead to hypoglycemia.
Syringe	A device used to inject medications or other liquids into body tissues. The syringe for insulin has a hollow plastic tube with a plunger inside and a needle on the end.
Target range	This is the range of glucose levels that you want to achieve. The target range will vary according to age, activity or individual.
TEDDY research studies	The Environmental Determinants of Diabetes in the Young, or TEDDY, is an

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	<p>international study to discover the causes of Type 1 diabetes.</p> <p>See TEDDY</p>
TrailNet	<p>The largest international network of Type 1 diabetes researchers in the world with a mission to find a way to prevent Type 1 diabetes. They offer screening to relatives of people with Type 1 diabetes to detect the disease in its earliest stage. They are learning about how Type 1 diabetes develops and testing new ways to maintain insulin production before and after diagnosis.</p>
Transmitter	<p>The part of a CGM that sends the data to the receiver (separate device) or smartphone.</p>
Type 1 diabetes	<p>A condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults.</p>
Type 2 diabetes	<p>A condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.</p>
Ultralente insulin	<p>Long-acting insulin. On average, ultralente insulin starts to lower blood glucose within 4 to 6 hours after injection. It has its strongest effect 10 to 18 hours after injection but keeps working 24 to 28 hours after injection. Also called U insulin.</p>
Unit of insulin	<p>The basic measure of insulin. U-100 insulin means 100 units of insulin per milliliter (mL) or cubic centimeter (cc) of solution. Most insulin made today in the United States is U-100.</p>
Very long acting insulin	<p>A type of insulin that starts to lower blood glucose within 1 hour after injection and keeps working evenly for 24 hours after injection.</p>