

Term	Meaning
A1C	A test that measures a person's average blood sugar (blood glucose) level over the past two to three months
Adult-onset diabetes	Former term for type 2 diabetes
Atherosclerosis	Clogging, narrowing, and hardening of the body's large arteries and medium sized blood vessels. Atherosclerosis can lead to stroke, heart attack, eye problems, and kidney problems
Beta cell	A cell that makes the hormone, insulin. Beta cells are located the pancreas.
Blood glucose	Also known as blood sugar, this is the main sugar found in your blood. It's the main source of energy and comes from the food you eat.
Blood sugar (blood glucose) level	The amount of blood sugar at a specific time. It is measured in the milligrams per deciliter, or mg/dl
Blood glucose meter	A small, portable machine used by people with diabetes to check their blood sugar levels
Blood glucose monitoring	Checking blood sugar level on a regular basis in order to manage diabetes
Blood pressure	The force of blood exerted on the inside walls of blood vessels
Body mass index (BMI)	A measure used to evaluate body weight relative to a person's height. BMI is used to find out if a person is underweight, normal weight, overweight or obese
Carbohydrate	One of the three main nutrients in food- along with fat and protein. Foods that provide carbohydrate include starches, vegetables, fruits, dairy products, and sugars
Carbohydrate counting	A method of meal planning for people with diabetes. It is based on counting the number of grams of carbohydratea in food
Cardiologist	A provider who treats people who have heart problems, which are more common in people with diabetes
Cardiovascular disease	Disease of the heart and blood vessels (arteries, veins, and capillaries)
Cerebrovascular disease	Damage to blood vessels in the brain. Vessels can burst and bleed or become clogged with fatty deposits. Brain cells die or are damaged when blood flow is interrupted, as in the case of a stroke.

Certified diabetes care and education specialist (CDCES)	A health care professional with expertise in diabetes education. They have met eligibility requirements and successfully completed a certification exam.
Cholesterol	A type of fat produced by the liver and found in the blood. It is also found in some foods. When you have problems with your cholesterol, it can affect the blood flow through your blood vessels.
Chronic	Describes something that is long-lasting
Complications	Harmful effects of an illness. For diabetes, these include damage to the eyes, heart, blood vessels, nerves system, teeth and gums, feet, skin or kidneys. Studies show that managing blood sugar (blood glucose), blood pressure, and cholesterol can help prevent or delay these effects.
Diabetes educator	A health care professional who teaches people who have diabetes how to manage their diabetes. Some diabetes educators are certified diabetes care and education specialists CDCESs
Diabetes	Condition where the body's blood sugar (blood glucose) levels are higher than normal (hyperglycemia). This occurs because the body is unable to use or store blood sugar for energy.
Diabetic ketoacidosis	An emergency condition in which blood sugar (blood glucose) levels are too high and insulin is too low. This causes the breakdown of body fat for energy and an accumulation of chemicals (ketones) in the blood and pee (urine).
Diabetic retinopathy	A type of diabetic eye disease. Damage to the small blood vessels in the eye occur and can lead to loss of vision.
Diabetologist	A provider who specializes in treating people with diabetes
Diagnosis	The determination of a disease from its signs and symptoms
Dietitian	A health care professional who advises people about meal planning, weight control, and diabetes management. A registered dietitian nutritionist (RDN) has more training
Dilated eye exam (Dilated)	A test done by an eye care specialist in which the pupil (the back center) of the eye is temporarily enlarged with eye drops. This allows the specialist to see the inside of the eye more easily.

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Endocrinologist	A provider who specializes in treating people who have endocrine gland problems, such as diabetes.
Fasting blood glucose test	A check of a person's blood sugar (blood glucose) level after the person has not eaten for 8 to 12 hours (usually overnight). A fasting blood sugar test in a lab is one of the tests used to diagnose prediabetes and diabetes.
Fat	One of the three main nutrients in food- along with carbohydrates and protein.
Gastroparesis	A form of nerve damage affecting the stomach which affects how food moves through the stomach.
Gestational diabetes	A type of diabetes that develops only during pregnancy and usually disappears upon delivery. Gestational diabetes increases the risk that the mother will develop diabetes later.
Glucose tablets	Chewable tablets made of pure glucose. These are used for treating low blood sugar (hypoglycemia).
Glycosuria	The presence of glucose in pee (urine)
HDL cholesterol	Sometimes called "good" cholesterol
Hyperglycemia	High blood sugar (Blood glucose)
Hyperlipidemia	Higher than normal fat and cholesterol levels in the blood
Hypertension	A condition present when blood flows through the blood vessels with a force greater than normal. Also called high blood pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems and death
Hypoglycemia	Low blood sugar (blood glucose) occurs when one's blood sugar is lower than their target, usually less than 70mg/dl. Signs include hunger, nervousness, shakiness, sweating, dizziness or light-headedness, sleepiness and confusion. Hypoglycemia is treated by eating or drinking a carbohydrate-rich food such as glucose tablet or juice
Insulin	A hormone that helps the body use glucose for energy
Insulin Pen	A device for injecting insulin that holds replaceable cartridges of insulin.

Insulin Pump	An device that delivers insulin to the body. It is usually about the size of a deck of cards and can be worn on a belt or kept in a pocket.
Insulin Resistance	The body's inability to respond to and use the insulin it makes.
Ketone	A chemical made when there is a shortage of insulin in the blood and the body breaks down body fat for energy.
Kidney Failure	A long-term condition in which the body retains fluid. This causes harmful wastes to build up because the kidneys no longer work properly. A person with kidney failure needs dialysis or a kidney transplant
Kidneys	The two organs that filter waste from the blood, which exit the body through the pee (urine).
Lancet	A spring-loaded device used to prick the skin with a small needle. This is used to get a drop of blood for blood glucose monitoring.
LDL Cholesterol	Sometimes called "bad" cholesterol
Lipid	A term for fat in the body
Lipid Profile	A blood test that measures total cholesterol, LDL, HDL, VLDL, and triglycerides
Liver	An organ in the body that changes food into energy and removes alcohol and poisons from the blood. The liver also makes makes bile, a substance that breaks down fats and helps rid the body of wastes.
Macrovascular disease	Disease of the large blood vessels, such as those found in the heart
Metabolic syndrome	The tendency of several conditions to occur together including obesity, insulin resistance, diabetes or prediabetes, high blood pressure and high lipids
Metabolism	The term for the way cells chemically change food so that it can be used to store or use energy and make the proteins, fats and sugars needed by the body
Myocardial Infarction	A heart attack. This is an interruption in the blood supply to the heart because of narrowed or blocked blood vessels
Nephrologist	A provider who treats people who have kidney problems

Nephropathy	Disease of the kidneys. High blood sugar and high blood pressure can damage the kidneys. Damaged kidneys can no longer remove waste and extra fluids from the blood
Neuropathy	Diabetic nerve disease.
Nutritionist	A person with training in nutrition, may or may not have specialized training and qualifications
Obesity	A condition in which a greater than normal amount of fat is in the body- more severe than overweight; having a body mass index of 30 or more
Oral Glucose tolerance test	A test to diagnose prediabetes and diabetes
Oral hypoglycemia agents	Medicines taken by mouth by people with type 2 diabetes to manage blood sugar (blood glucose levels)
Overweight	An above normal body weight - typically having a body mass index of 25 to 29.9
Pancreas	An organ that makes insulin and enzymes for digestion
Peripheral neuropathy	Nerve damage that affects the feet, legs, or hands
Peripheral artery disease (PAD)	A disease of the large blood vessels that can affect blood flow to the arms or legs
peripheral vascular disease (PVD)	Disease where blocked blood vessels disrupt the flow of blood
Polydipsia	Excessive Thirst, may be a sign of diabetes
Polyphagia	Excessive hunger, may be a sign of diabetes
Polyuria	Excessive peeing (urination) may be a sign of diabetes
Postprandial blood glucose	A person's blood sugar (blood glucose) level one or two hours after eating
Prediabetes	A condition in which blood sugar (blood glucose) levels are higher than normal but not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk of developing type 2 diabetes and for heart disease and having a stroke.
Protein	One of the three main nutrients in food. Food that provides protein include, meat. Poultry, fish, cheese, milk, dairy products, eggs and dried beans

Proteinuria	Protein in the pee (urine). This usually means that the kidneys are not working well.
Renal	Having to do with kidneys
Retinopathy	Eye disease that is caused by damage to the small blood vessels in the retina. Loss of vision may occur.
Risk Factor	Anything that raises the chances of a person developing a disease
Self-management	In diabetes, the ongoing process of a person managing their diabetes. This includes meal planning, physical activity, and blood sugar (blood glucose) monitoring, and may also include taking diabetic medication
Starch	Another name for carbohydrates, one of the three main nutrients in food
Stroke	Condition caused by damage to blood vessels in the brain. A stroke may cause loss of ability to speak or to move parts of the body
Sucrose	A two-part sugar made of glucose and fructose. Known as table sugar or white sugar, it is found naturally in sugar cane and beets
Sugar	A class of carbohydrates with a sweet taste, including glucose, fructose, and sucrose
Sugar Alcohols	Sweeteners that produce a smaller rise in blood sugar (blood glucose) than other carbohydrates
Team Management	A diabetes treatment approach in which a team of health care professionals provides medical care. This team may include a provider, a dietitian, nurse, diabetes educator or others.
Triglyceride	A storage form of fat in the body. High triglyceride levels may occur when diabetes is out of control.
Type 1 diabetes	A condition characterized by high blood sugar (blood glucose) levels caused by a lack of insulin
Type 2 diabetes	A condition characterized by high blood sugar (blood glucose) levels caused by a lack of insulin or the body's inability to use insulin well. Type 2 diabetes develops most often in middle aged and older adults but can appear in young people, too.