

# Diabetes Cheat Sheet

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*Make*

## Types 1 Diabetes

Caused by the autoimmune destruction of beta-cells in pancreas

Patient cannot produce insulin on their own

Discovered in younger patients usually

Prone to diabetic ketoacidosis (DKA)

## Pre-diabetes

Increased risk for DM

Treatment: lifestyle changes and metformin

Annual monitoring required & Tx of CVD risks are needed

## Symptoms

### Hyperglycemia

Polyuria  
Polyphagia  
Polydipsia  
Blurred vision  
Fatigue

### Hypoglycemia

Shakiness  
Irritability  
Hunger  
Headache, Dizziness  
Confusion, blurred vision  
Weak/Sleepy  
Sweating (diaphoresis)  
Rapid Heartbeat

## Diagnosis Criteria

Pre-Diabetes

A1C (%) = 5.7-6.4

## Diabetes

Polyuria, polydipsia,  
polyphagia

A1C greater than or  
equal to 6.5

## Type II diabetes

Caused by insulin resistance and insufficient insulin secretion, increase hepatic glucose production

Linked to obesity, inactivity, & family history

Most common type

Prone to nonketotic hyperosmolar state (NKHS)

## Gestational diabetes

Diabetes that develops during pregnancy

BG goals are more stringent

If mom is uncontrolled, can cause baby to be macrosomia (large) + risk of hypoglycemia at birth and T2DM

Treatment: lifestyle modifications then insulin

## Drugs that affect blood glucose

### Cause Hyperglycemia

Beta blockers  
Fluoroquinolones  
Steroids (systemic only)  
Statins  
diuretics  
Immunosuppressants  
(cyclosporine/ tacrolimus)  
Protease inhibitors  
2nd generation  
anti-psychotics

### Cause Hypoglycemia

Linezolid  
Lorcaserin (Belviq)  
Octreotide (hyper- too)  
Pentamidine  
Quinine  
Beta blockers  
Fluoroquinolones

## Lifestyle Modifications

1. Reduce weight, blood pressure, and cholesterol  
DASH Diet  
Cholesterol control: any patient with diabetes and ASCVD or ASCVD risk >20% should receive a high intensity statin  
Blood pressure control: a goal of BP of <130/80 mmHg is appropriate for patients with diabetes and ASCVD
2. Smoking cessation
3. Goal is to lose 1 lb a week for safe weight loss and moderate exercise 150 minutes a week
4. Annual eye and foot exam yearly  
daily foot exams by patient
5. Vaccines (Flu, Pneumovax 23, Hep-B)

## References:

American Diabetes Association Standards of Medical Care 2021  
Lexicomp

# Diabetes Cheat Sheet

**RD Boyd**



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## **Table of Contents Diabetes Cheat Sheet**

1. Understanding the eBook Diabetes Cheat Sheet
  - The Rise of Digital Reading Diabetes Cheat Sheet
  - Advantages of eBooks Over Traditional Books
2. Identifying Diabetes Cheat Sheet
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Diabetes Cheat Sheet
  - User-Friendly Interface
4. Exploring eBook Recommendations from Diabetes Cheat Sheet
  - Personalized Recommendations
  - Diabetes Cheat Sheet User Reviews and Ratings
  - Diabetes Cheat Sheet and Bestseller Lists
5. Accessing Diabetes Cheat Sheet Free and Paid eBooks
  - Diabetes Cheat Sheet Public Domain eBooks
  - Diabetes Cheat Sheet eBook Subscription Services
  - Diabetes Cheat Sheet Budget-Friendly Options

6. Navigating Diabetes Cheat Sheet eBook Formats
  - ePub, PDF, MOBI, and More
  - Diabetes Cheat Sheet Compatibility with Devices
  - Diabetes Cheat Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Diabetes Cheat Sheet
  - Highlighting and Note-Taking Diabetes Cheat Sheet
  - Interactive Elements Diabetes Cheat Sheet
8. Staying Engaged with Diabetes Cheat Sheet
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Diabetes Cheat Sheet
9. Balancing eBooks and Physical Books Diabetes Cheat Sheet
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Diabetes Cheat Sheet
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Diabetes Cheat Sheet
  - Setting Reading Goals Diabetes Cheat Sheet
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Diabetes Cheat Sheet
  - Fact-Checking eBook Content of Diabetes Cheat Sheet
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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web  $m \times c \times \Delta t$  equation 1 where  $m$  is the total mass of the solution solute plus solvent  $c$  is the specific heat of the solution and  $\Delta t$  is the observed temperature change the specific heat of the solution is generally assumed to be the same as that of

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web the heat of reaction  $\Delta H_{\text{soln}}$  is written after the products in units of  $\text{kJ mol rxn}$  for example sodium hydroxide dissolves exothermically releasing 44.2 kilojoules per mole dissolved this process is represented as  $\text{NaOH (s)} \rightarrow \text{NaOH (aq)}$   $\Delta H_{\text{soln}} = 44.2 \text{ kJ mol rxn}$

write equations to similarly represent the dissolving process for

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web hand warmers are usually placed inside the gloves to keep your hands warm the heat keeping your hands warm is formed as a result of an exothermic reaction which occurs in a small packet hand warmers have 5 main ingredients in them salt carbon polypropylene vermiculite water and iron

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web background the hand warmers are filled with sodium acetate click the metal disc and you will notice the liquid changes state and becomes a solid in the process heat is released the sodium acetate is a supersaturated solution

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web the goal of my experiment and research is to evaluate the various number of compounds to be used as hand warmers and locate the ones that can raise the temperature to 20 degrees celsius in 100 g water and costs as little as possible

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web in this lab you are challenged to use chemistry to determine which ionic compound makes the best hand warmer in this experiment you will collect data that will allow you to calculate the heat of solution  $\Delta H_{\text{soln}}$  or the amount of energy released or absorbed in kJ/mol of the substance being dissolved

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web mar 4 2014 contains water the hand warmer is struck in a manner that ruptures the inner pouch releasing the ionic salt into the water of the outer pouch the salt dissolves and the water warms this type of hand warmer tends to produce a more vigorous heat than the dry powder type of hand warmer but does not produce heat for quite as long

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web feb 2 2017 this is a video outlining a flinn lab on designing a hand warmer it was created by alex brinley charis conwell and siena joy for our ap chemistry class

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web hand warmers provide a unique and fun way to study the chemistry of crystal formation and heat generation by pressing a button in a pouch which contains a supercooled solution you start a rapid exothermic heat producing crystallization in this science fair project you will determine how the starting temperature affects hand warmer chemistry

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