**Common terms**

**Hemoglobin A1c**
A lab test that measures one’s average blood glucose level over the previous 3 months.

**Beta cell**
The cells (located in the pancreas) that make insulin.

**Blood glucose/blood sugar level (BG/BS)**
The level of glucose/sugar in one’s blood. Blood glucose levels are measured in milligrams per deciliter, or mg/dL.

**Blood glucose meter (glucometer, meter)**
The machine people with diabetes use to check blood glucose levels.

**Body mass index (BMI)**
A measurement that determines body fat amount by comparing height to weight.

**Carbohydrate**
The macronutrient in food that provides energy and causes blood glucose levels to rise.

**Carbohydrate counting**
One method of meal planning that people with diabetes may follow.

**Hyperglycemia**
When blood glucose levels are elevated above normal limits.

**Hypoglycemia**
When blood glucose levels fall below normal limits. A blood glucose reading less than 70 mg/dL is considered hypoglycemic.

**Insulin**
The hormone made by the beta cells in the pancreas. Insulin allows the body to use glucose for energy.

**Ketone**
A chemical produced when the body breaks down fat for energy instead of carbohydrate. Ketones are formed when there is a shortage of insulin.

**Lancet**
The needle used to poke the skin to generate a sample of blood for blood glucose monitoring.

**Nephrologist**
A doctor who specializes in caring for the kidneys.
Neurologist
A physician who specializes in neurology.

Pancreas
The organ that makes insulin.

Podiatrist
A doctor who specializes in foot care.

Sugar alcohols
Artificial sweeteners that may cause a small rise in blood glucose levels.