Chapter 4: Preventing and managing complications of diabetes

Test your knowledge

1. Which of the following statements about diabetes and cardiovascular risk is correct?
2. Diabetes is not associated with increased risk for cardiovascular disease.
3. Hyperglycaemia, but not hypoglycaemia, is associated with increased risk of cardiovascular disease.
4. **Hyperglycaemia and hypoglycaemia are both associated with increased risk of cardiovascular disease. (correct)**
5. The most common modifiable risk factor for cardiovascular disease in people with diabetes is dyslipidaemia.
6. Approximately 25% of deaths of people with diabetes are attributable to cardiovascular disease.
7. Which of the following is considered a macrovascular complication of diabetes?
8. Retinopathy
9. Peripheral neuropathy
10. Kidney disease
11. **Cardiovascular disease (correct)**
12. Foot ulceration
13. Which of the following blood pressure measurements indicates a need for hypertension treatment if detected on more than two occasions?
14. **125/87 mmHg (correct)**
15. 112/65 mmHg
16. 128/79 mmHg
17. 105/75 mmHg
18. 80/60 mmHg
19. How often should an individual with diabetes and no known eye disease have their eyes screened?
20. Every 3 months
21. Every 6 months
22. **Every 1–2 years (correct)**
23. Every 5 years
24. Only when symptoms arise
25. How often should an individual with low risk of ulceration have a routine foot screening?
26. Every 3 months
27. Every 6 months
28. **Every year (correct)**
29. Every 2 years
30. Only when symptomatic

SUMMARY RESULTS

Score: X/5

In this chapter, we discussed the major complications associated with diabetes, how often people with diabetes should be screened for these, and how to manage individuals diagnosed with a complication of diabetes.

1. CORRECT/INCORRECT

Diabetes is associated with a significantly greater risk of cardiovascular disease; both hyper- and hypoglycaemia have been linked to increased risk of cardiovascular disease. Diabetes and cardiovascular disease have many shared risk factors including dyslipidaemia. However, hypertension is the most common modifiable risk factor for cardiovascular disease. Approximately half of deaths of individuals with diabetes are attributable to cardiovascular disease.

1. CORRECT/INCORRECT

Cardiovascular disease is considered a macrovascular complication of diabetes. Retinopathy, peripheral neuropathy and nephropathy are microvascular complications, and foot ulcerations are associated with peripheral neuropathy.

1. CORRECT/INCORRECT

Hypertension is defined as a systolic blood pressure ≥130 mmHg or a diastolic blood pressure ≥80 mmHg.

1. CORRECT/INCORRECT

People with diabetes should have an eye screening for retinopathy at least every 1–2 years. People with existing retinopathy may need to be screened more often.

1. CORRECT/INCORRECT

People with diabetes should undergo annual foot screening, with more regular screening for people at high risk of ulceration.