

	Unexpected answer obtained
	Expected Answer obtained
	Error

-Legend

Total	62
Unexpected answers	19
Errors	4

-stats

1

Enter your question ?

what is gestational diabetes

ANS TYPE:

intro

FOCUS:

gestational diabetes

TARGET:

gestational

POS:

[('what', 'WP'), ('is', 'VBZ'), ('gestational', 'JJ'), ('diabetes', 'NNS')]

CHOSEN ANS:

'gestational diabetes is high blood sugar (diabetes) that starts or is first diagnosed during pregnancy.'

2

Enter your question ?

what causes gestational diabetes

ANS TYPE:

causes

FOCUS:

gestational diabetes

TARGET:

gestational

POS:

[('what', 'WP'), ('causes', 'VBZ'), ('gestational', 'JJ'), ('diabetes', 'NNS')]

CHOSEN ANS:

"pregnancy hormones can block insulin from doing its job. when this happens, glucose levels may increase in a pregnant woman's blood.you are at greater risk for gestational diabetes if you:are older than 25 when you are pregnanthave a family history of diabetesgave birth to a baby that weighed more than 9 pounds or had a birth defecthave high blood pressurehave too much amniotic fluidhave had an unexplained miscarriage or stillbirthwere overweight before your pregnancy"

3

Enter your question ?

what are the symptomsof diabetes

ANS TYPE:

symptoms

FOCUS:

diabetes

TARGET:

symptoms

POS:

[('what', 'WDT'),
('are', 'VBP'),
('the', 'DT'),
('symptoms', 'NNS'),
('of', 'IN'),
('diabetes', 'NNS')]

CHOSEN ANS:

'high blood sugar level can cause several symptoms, including:blurry visionexcess thirstfatiguehungerurinating oftenweight lossbecause type 2 diabetes develops slowly, some people with high blood sugar have no symptoms.symptoms of type 1 diabetes develop over a short period. people may be very sick by the time they are diagnosed.after many years, diabetes can lead to other serious problems. these problems are known as diabetes complications and include:eye problems, including trouble seeing (especially at night), light sensitivity, blindness in the futurepainful sores and infections of the leg or foot, which if left untreated, leads to removal of the foot or leg nerves in the body can become damaged, causing pain, tingling, and a loss of feeling, problems digesting food, erectile dysfunctionkidney problems, which can lead to kidney failureweakened immune system, which can lead to more frequent infectionsincreased chance of having a heart attackor stroke"

4

Enter your question ?

what are the symptoms of gestational diabetes

ANS TYPE:

symptoms

FOCUS:

gestational diabetes

TARGET:

symptoms gestational

CHOSEN ANS:

'<p>Usually there are no symptoms, or the symptoms are mild and not life threatening to the pregnant woman. The blood sugar (glucose) level usually returns to normal after delivery.</p><p>Symptoms may include:</p>Blurred visionFatigueFrequent infections, including those of the bladder, vagina, and skinIncreased thirstIncreased urinationNausea and vomitingWeight loss despite increased appetite'

5

Enter your question ?

As a diabetes 2 patient, how do you suggest, I plan my meals

=====

ANS TYPE:

recommendations

FOCUS:

diabetes 2 do

TARGET:

patient suggest i plan meals

POS:

[('as', 'IN'),
('a', 'DT'),
('diabetes', 'VBZ'),
('2', 'CD'),
('patient', 'NN'),
(',', ','),
('how', 'WRB'),
('do', 'VBP'),
('you', 'PRP'),
('suggest', 'VB'),
(',', ','),
('i', 'NN'),
('plan', 'NN'),
('my', 'PRP\$'),
('meals', 'NNS')]

CHOSEN ANS:

' prediabetes is when your blood glucose, also called blood sugar, levels are higher than normal, but not high enough to be called diabetes. having prediabetes is serious because it raises your chance of developing type 2 diabetes. many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes.\n other names for prediabetes include impaired fasting glucose

or impaired glucose tolerance. some people call prediabetes "borderline diabetes."

about 1 in 3 americans has prediabetes, according to recent diabetes statistics from the centers for disease control and prevention. you won't know if you have prediabetes unless you are tested.

if you have prediabetes, you can lower your chance of developing type 2 diabetes. lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.

6

How to treat diabetes insipidus

ANS TYPE:

treatment

FOCUS:

diabetes insipidus

TARGET:

treat

POS:

[('how', 'WRB'),
('to', 'TO'),
('treat', 'VB'),
('diabetes', 'NNS'),
('insipidus', 'VBP')]

CHOSEN ANS:

'the cause of the underlying condition will be treated when possible.central diabetes insipidus may be controlled with vasopressin (desmopressin, ddavp). you take vasopressin as either an injection, a nasal spray, or tablets.if nephrogenic di is caused by medication, stopping the medication may help restore normal kidney function. but with some medications, such as lithium, after many years of use, nephrogenic di can be permanent.hereditary nephrogenic di and lithium-induced nephrogenic di are treated by drinking enough fluids to match urine output. medicines that lower urine output also need to be taken. nephrogenic di is treated with anti-inflammatory medicines and diuretics (water pills).'

7

how to prevent gestational diabetes

ANS TYPE:

symptoms

prevention

FOCUS:

gestational diabetes

TARGET:

prevent gestational

POS:

[('how', 'WRB'),
('to', 'TO'),
('prevent', 'VB'),
('gestational', 'JJ'),
('diabetes', 'NNS')]

CHOSEN ANS:

' gestational diabetes is a type of diabetes that develops during pregnancy. most of the time, gestational diabetes goes away after your baby is born. even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. your child may also be more likely to become obese and develop type 2 diabetes later in life. making healthy choices helps the whole family and may protect your child from becoming obese or developing diabetes.\n here are steps you should take for yourself and your child if you had gestational diabetes:\n get tested for diabetes 6 to 12 weeks after your baby is born. if your blood glucose is still high, you may have type 2 diabetes. if your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes. \n be more active and make healthy food choices to get back to a healthy weight. \n breastfeed your baby. breastfeeding gives your baby the right balance of nutrients and helps you burn calories.\n ask your doctor if you should take the diabetes drug metformin to help prevent type 2 diabetes.1

8

Enter your question ?

Is there any support group for diabetes

ANS TYPE:

support groups

FOCUS:

diabetes

TARGET:

support group

POS:

[('is', 'VBZ'),
('there', 'EX'),
('any', 'DT'),
('support', 'NN'),
('group', 'NN'),
('for', 'IN'),
('diabetes', 'NNS')]

CHOSEN ANS:

'<p>there are many diabetes resources that can help you understand more about type 2 diabetes.you
can also learn ways to manage your condition so you can live well with diabetes.</p>'

9

How to prevent diabetes

ANS TYPE:

symptoms

prevention

FOCUS:

diabetes

TARGET:

prevent

POS:

[('how', 'WRB'), ('to', 'TO'), ('prevent', 'VB'), ('diabetes', 'NNS')]

CHOSEN ANS:

' research such as the diabetes prevention program shows that you can do a lot to reduce your chances of developing type 2 diabetes. here are some things you can change to lower your risk:\n lose weight and keep it off. you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.1 for instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.\n move more. get at least 30 minutes of physical activity 5 days a week. if you have not been active, talk with your health care professional about which activities are best. start slowly to build up to your goal.\n eat healthy foods most of the time. eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. choosing foods with less fat is another way to reduce calories. drink water instead of sweetened beverages.\n \nask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.\n'

10

How can diabetes be prevented

ANS TYPE:

symptoms

prevention

FOCUS:

diabetes prevented

TARGET:

be

POS:

[('how', 'WRB'),

('can', 'MD'),

('diabetes', 'VBZ'),

('be', 'VB'),

('prevented', 'VBN')]

CHOSEN ANS:

' perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. you might be overweight or have a parent, brother, or sister with type 2 diabetes. maybe you had gestational diabetes, which is diabetes that develops during pregnancy. these

are just a few examples of factors that can raise your chances of developing type 2 diabetes. diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. prediabetes also can cause health problems. the good news is that type 2 diabetes can be delayed or even prevented. the longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. you can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week. ask your doctor if you should take the diabetes drug metformin to help prevent or delay type 2 diabetes.1 this content is provided as a service of the national institute of diabetes and digestive and kidney diseases (niddk), part of the national institutes of health. the niddk translates and disseminates research findings through its clearinghouses and education programs to increase knowledge and understanding about health and disease among patients, health professionals, and the public. content produced by the niddk is carefully reviewed by niddk scientists and other experts.

11

[what tests are done for diabetes](#)

[UnicodeDecodeError: 'ascii' codec can't decode byte 0xe2 in position 20: ordinal not in range\(128\)](#)

12

What is diabetes in children

ANS TYPE:

intro

FOCUS:

diabetes

TARGET:

children

POS:

[('what', 'WP'),

('is', 'VBZ'),

('diabetes', 'VBZ'),

('in', 'IN'),

('children', 'NNS']]

CHOSEN ANS:

'until recently, the common type of diabetes in children and teens was type 1. it was called juvenile diabetes. with type 1 diabetes, the pancreas does not make insulin. insulin is a hormone that helps glucose,or sugar, get into your cells to give them energy. without insulin, too much sugar stays in the blood.but now younger people are also getting type 2 diabetes. type 2 diabetes used to be called adult-onset diabetes. but now it is becoming more common in children and teens, due to more obesity. with type 2 diabetes, the body does not make or use insulin well.children have a higher risk of type 2 diabetes if they are obese, have a family history of diabetes, or are not active, and do not eat well. to lower the risk of type 2 diabetes in childrenhave them maintain a healthy weightbe sure they are physically activehave them eat smaller portions of healthy foodslimit time with the tv, computer, and videochildren and teens with type 1 diabetes may need to take insulin. type 2 diabetes may be controlled with diet and exercise. if not, patients will need to take oral diabetes medicines or insulin.'

13

What is juvenile diabetes

=====

ANS TYPE:

intro

FOCUS:

juvenile diabetes

TARGET:

juvenile

POS:

[('what', 'WP'), ('is', 'VBZ'), ('juvenile', 'JJ'), ('diabetes', 'NNS')]

CHOSEN ANS:

'until recently, the common type of diabetes in children and teens was type 1. it was called juvenile diabetes. with type 1 diabetes, the pancreas does not make insulin. insulin is a hormone that helps glucose,or sugar, get into your cells to give them energy. without insulin, too much sugar stays in the blood.but now younger people are also getting type 2 diabetes. type 2 diabetes used to be called adult-onset diabetes. but now it is becoming more common in children and teens, due to more obesity. with type 2 diabetes, the body does not make or use insulin well.children have a higher risk of type 2 diabetes if they are obese, have a family history of diabetes, or are not active, and do not eat well. to lower the risk of type 2 diabetes in childrenhave them maintain a healthy weightbe sure they are

physically active have them eat smaller portions of healthy foods limit time with the tv, computer, and video children and teens with type 1 diabetes may need to take insulin. type 2 diabetes may be controlled with diet and exercise. if not, patients will need to take oral diabetes medicines or insulin.

14

What diet is recommended for pregnant women with diabetes

ANS TYPE:

recommendations

FOCUS:

diabetes

TARGET:

diet pregnant women

POS:

[('what', 'WP'),
('diet', 'NN'),
('is', 'VBZ'),
('recommended', 'VBN'),
('for', 'IN'),
('pregnant', 'JJ'),
('women', 'NNS'),
('with', 'IN'),
('diabetes', 'NNS')]

CHOSEN ANS:

<p>A registered dietitian can help you decide how to balance the carbohydrates, protein, and fat in your diet. Here are some general guidelines:</p><p>The amount of each type of food you eat depends on:</p>Your dietYour weightHow often you exerciseYour other health risks<p>Everyone has individual needs. Work with your doctor, and possibly a dietitian, to develop a meal plan that works for you.</p><p>The Diabetes Food Pyramid, which resembles the old USDA food guide pyramid, splits foods into six groups in a range of serving sizes. In the Diabetes Food Pyramid, food groups are based on carbohydrate and protein content instead of their food type. A person with diabetes should eat more of the foods in the bottom of the pyramid (grains, beans, vegetables) than those on the top (fats and sweets). This diet will help keep your heart and body systems healthy.</p><p>Another method, similar to the new "plate" USDA food guide, encourages larger portions of vegetables (half the plate) and moderate portions of protein (one-quarter of the plate) and starch (one-quarter of the plate).</p><p>GRAINS, BEANS, AND STARCHY VEGETABLES</p><p>(6 or more servings a day)</p><p>Foods like bread, grains, beans, rice, pasta, and starchy vegetables are at

the bottom of the pyramid because they should serve as the foundation of your diet. As a group, these foods are loaded with vitamins, minerals, fiber, and healthy carbohydrates.

It is important, however, to eat foods with plenty of fiber. Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, brown rice, or beans. Use whole-wheat or other whole-grain flours in cooking and baking. Choose low-fat breads, such as bagels, tortillas, English muffins, and pita bread.

VEGETABLES (3 - 5 servings a day)

Choose fresh or frozen vegetables without added sauces, fats, or salt. Opt for more dark green and deep yellow vegetables, such as spinach, broccoli, romaine lettuce, carrots, and peppers.

FRUITS (2 - 4 servings a day)

Choose whole fruits more often than juices. Whole fruits have more fiber. Citrus fruits, such as oranges, grapefruits, and tangerines, are best. Drink fruit juices that do NOT have added sweeteners or syrups.

MILK (2 - 3 servings a day)

Choose low-fat or nonfat milk or yogurt. Yogurt has natural sugar in it, but it can also contain added sugar or artificial sweeteners. Yogurt with artificial sweeteners has fewer calories than yogurt with added sugar.

MEAT AND FISH (2 - 3 servings a day)

Eat fish and poultry more often. Remove the skin from chicken and turkey. Select lean cuts of beef, veal, pork, or wild game. Trim all visible fat from meat. Bake, roast, broil, grill, or boil instead of frying.

FATS, ALCOHOL, AND SWEETS

In general, you should limit your intake of fatty foods, especially those high in saturated fat, such as hamburgers, cheese, bacon, and butter.

If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health care provider about how alcohol will affect your blood sugar, and to determine a safe amount for you.

Sweets are high in fat and sugar, so keep portion sizes small. Here are some tips to help avoid eating too many sweets:

- Ask for extra spoons and forks and split your dessert with others.
- Eat sweets that are sugar-free.
- Always ask for the small serving size.

Learn how to read food labels, and consult them when making food decisions.'

15

What can be a diet for pregnant women with diabetes

=====

ANS TYPE:

recommendations

FOCUS:

diabetes

TARGET:

be diet pregnant women

POS:

[('what', 'WP'),

('can', 'MD'),

('be', 'VB'),
('a', 'DT'),
('diet', 'JJ'),
('for', 'IN'),
('pregnant', 'JJ'),
('women', 'NNS'),
('with', 'IN'),
('diabetes', 'NNS')]

CHOSEN ANS:

"the best way to improve your diet is by eating a variety of healthy foods. you should learn how to read food labels, and consult them when making food decisions. talk to your doctor or dietitian if you are a vegetarian or on some other special diet.in general, your diet should be: moderate in fat and proteinprovide controlled levels of carbohydrates through foods including fruits, vegetables, and complex carbohydrates (such as bread, cereal, pasta, and rice)lower in foods that have a lot of sugar, such as soft drinks, fruit juices, and pastriesyou will be asked to eat three small- to moderate- sized meals and one or more snacks each day. do not skip meals and snacks. keep the amount and types of food (carbohydrates, fats, and proteins) the same from day to day.carbohydratescarbohydrates should make up less than half of the calories you eat.most carbohydrates are found in starchy or sugary foods, such as bread, rice, pasta, cereal, potatoes, peas, corn, fruit, fruit juice, milk, yogurt, cookies, candy, soda, and other sweets.high-fiber, whole-grain carbohydrates are healthier choices.vegetables (such as carrots, broccoli, and spinach) add much more to your health than to your blood sugar. enjoy lots of them.carbohydrates in food are measured in grams. you can learn to count the carbohydrates in the foods that you like and that you eat.grains, beans, and startchy vegetableseat 6 or more servings a day: one serving equals 1 slice bread, 1 ounce ready-to-eat cereal, 1/2 cup cooked rice or pasta, or 1 english muffin.foods like bread, grains, beans, rice, pasta, and starchy vegetables are loaded with vitamins, minerals, fiber, and healthy carbohydrates.choosecarbohydrate sources with plenty of fiber. eat whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, brown rice, or beans. use whole-wheat or other whole-grain flours in cooking and baking.eat more low-fat breads, such as tortillas, english muffins, and pita bread.vegetableseat 3 - 5 servings a day: one serving equals 1 cup leafy, green vegetables; 1 cup cooked or chopped raw leafy vegetables; 3/4 cup vegetable juice; or 1/2 cup of chopped vegetables, cooked or raw.choose fresh or frozen vegetables without added sauces, fats, or salt. you should opt for more dark green and deep yellow vegetables, such as spinach, broccoli, romaine, carrots, and peppers.fruitseat 2 - 4 servings a day: one serving equals 1 medium whole fruit (such as a banana, apple, or orange); 1/2 cup chopped, frozen, cooked, or canned fruit; or 3/4 cup fruit juice.choose whole fruits more often than juices. they have more fiber. citrus fruits, such as oranges, grapefruits, and tangerines, are best. opt for fruit juices without added sweeteners or syrups.choose fresh fruits and juices, which retain more of their nutritional value than frozen or canned varieties.milk and dairyeat 4 servings a day: one serving equals 1 cup milk or yogurt, 1 1/2 oz. natural cheese, or 2 oz. processed cheese.choose low-fat or nonfat milk or yogurt. yogurt has natural sugar in it, but avoid

yogurt with added sugar or artificial sweeteners. dairy products are a great source of protein, calcium, and phosphorus (to keep calories and cholesterol in check, though, choose low-fat dairy products). protein (meat, fish, dry beans, eggs, and nuts) eat 2 - 3 servings a day: one serving equals 2-3 oz. cooked meat, poultry, or fish; 1/2 cup cooked beans; 1 egg; or 2 tablespoons peanut butter choose fish and poultry more often. remove the skin from chicken and turkey. select lean cuts of beef, veal, pork or wild game. trim all visible fat from meat. bake, roast, broil, grill, or boil instead of frying. foods from this group are excellent sources of b vitamins, protein, iron, and zinc. sweets are high in fat and sugar, so keep portion sizes small. eat sweets that are sugar-free. ask for extra spoons and forks and split your dessert with others. fats go easy on butter, margarine, salad dressing, cooking oil, and desserts. but don't cut fats and oils from your diet entirely. they provide long-term energy for growth and are essential for brain development. in general, you should limit your intake of fatty foods, especially those high in saturated fat such as hamburger, cheese, bacon, and butter. other lifestyle changes your doctor may also suggest a safe exercise plan. walking is usually the easiest type of exercise, but swimming or other low-impact exercises can work just as well. exercise is an important way to keep blood sugar in control."

16

Enter your question ?

Type 2 diabetes meal plan

ANS TYPE:

intro

FOCUS:

2 diabetes meal

TARGET:

type meal plan

POS:

```
[('type', 'NN'),  
 ('2', 'CD'),  
 ('diabetes', 'NNS'),  
 ('meal', 'JJ'),  
 ('plan', 'NN')]
```

CHOSEN ANS:

'<p>When you have type 2 diabetes, taking time to plan your meals goes a long way toward controlling your blood sugar and weight.</p>'

17

What is type 2 diabetes

=====

ANS TYPE:

intro

FOCUS:

2 diabetes

TARGET:

type

POS:

[('what', 'WP'),

('is', 'VBZ'),

('type', 'JJ'),

('2', 'CD'),

('diabetes', 'NNS')]

CHOSEN ANS:

' experts recommend routine testing for type 2 diabetes if you are age 45 or older are a woman who had gestational diabetes1 \nmedicare covers the cost of diabetes tests for people with certain risk factors for diabetes. if you have medicare, find out if you qualify for coverage. if you have different insurance, ask your insurance company if it covers diabetes tests. \nthough type 2 diabetes most often develops in adults, children also can develop type 2 diabetes. experts recommend testing children between the ages of 10 and 18 who are overweight or obese and have at least two other risk factors for developing diabetes.1 a mother who had diabetes while pregnant with them'

18

How to prevent diabetes insipidus

ANS TYPE:

symptoms

prevention

function

FOCUS:

diabetes insipidus

TARGET:

prevent

POS:

[('how', 'WRB'),
('to', 'TO'),
('prevent', 'VB'),
('diabetes', 'NNS'),
('insipidus', 'VBP')]

CHOSEN ANS:

'<p>there is no known way to prevent congenital nephrogenic diabetes insipidus.</p><p>treating the disorders that can lead to the acquired form of the condition may prevent it from developing in some cases. medications should only be used under the supervision of the health care provider.</p>'

19

What is type 1 diabetes

ANS TYPE:

intro

FOCUS:

1 diabetes

TARGET:

type

POS:

[('what', 'WP'),
(('is', 'VBZ'),
(('type', 'JJ'),
(('1', 'CD'),
(('diabetes', 'NNS'))]

CHOSEN ANS:

'<p>type 1 diabetes is a lifelong (chronic) disease in which there is a high level of sugar (glucose) in the blood.</p>'

20

How to prevent type 1 diabetes

symptoms

prevention

FOCUS:

1 diabetes

TARGET:

prevent type

POS:

[('how', 'WRB'),
(('to', 'TO'),
(('prevent', 'VB'),
(('type', 'NN'),
(('1', 'CD'),
(('diabetes', 'NNS'))]

CHOSEN ANS:

' research such as the diabetes prevention program shows that you can do a lot to reduce your chances of developing type 2 diabetes. here are some things you can change to lower your risk:\n lose weight and keep it off. you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.1 for instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.\n move more. get at least 30 minutes of physical activity 5 days a week. if you have not been active, talk with your health care professional about which activities are best. start slowly to build up to your goal.\n

eat healthy foods most of the time. eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. choosing foods with less fat is another way to reduce calories. drink water instead of sweetened beverages.\n \nask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.\n'

21

How to cure type 1 diabetes

ANS TYPE:

treatment

FOCUS:

1 diabetes

TARGET:

cure type

POS:

[('how', 'WRB'),
('to', 'TO'),
('cure', 'VB'),
('type', 'JJ'),
('1', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

"<p>because type 1 diabetes can start quickly and the symptoms can be severe, people who have just been diagnosed may need to stay in the hospital.</p><p>if you have just been diagnosed with type 1 diabetes, you may need to have a checkup each week until you have good control over your blood sugar. your health care provider will review the results of your home blood sugar monitoring and urine testing. your provider will also look at your diary of meals, snacks, and insulin injections. it may take a few weeks to match the insulin doses to your meal and activity schedule.</p><p>as the disease gets more stable, you will have fewer follow-up visits. visiting your health care provider is very important so you can monitor any long-term problems from diabetes.</p><p>you are the most important person in managing your diabetes. you should know the basic steps to diabetes management:</p>how to recognize and treat low blood sugar (hypoglycemia)how to recognize and treat high blood sugar

(hyperglycemia)

- diabetes meal planning
- how to give insulin
- how to check blood glucose and urine ketones
- how to adjust insulin and food when you exercise
- how to handle sick days
- where to buy diabetes supplies and how to store them

insulin

insulin lowers blood sugar by allowing it to leave the bloodstream and enter cells. everyone with type 1 diabetes must take insulin every day.

insulin must be injected under the skin using a syringe, insulin pen or pump. it cannot be taken by mouth because the acid in the stomach destroys insulin.

insulin types differ in how fast they start to work and how long they last. the health care provider will choose the best type of insulin for you and will tell you at what time of day to use it. some types of insulin may be mixed together in an injection to get the best blood glucose control. other types of insulin should never be mixed. you may need insulin shots from one to four times a day.

your health care provider or diabetes nurse educator will teach you how to give insulin injections. at first, a child's injections may be given by a parent or other adult. by age 14, most children can give their own injections.

people with diabetes need to know how to adjust the amount of insulin they are taking:

- when they exercise
- when they are sick
- when they will be eating more or less food and calories
- when they are traveling

diet and exercise

by testing their blood sugar level, people with type 1 diabetes learn which foods and activities raise or lower their sugar level most. this helps them adjust their insulin doses to specific meals or activities to prevent blood sugar from becoming too high or low.

the american diabetes association and the american dietetic association have information for planning healthy, balanced meals. it can help to talk with a registered dietitian or nutrition counselor.

regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.

talk to your health care provider before starting any exercise program. people with type 1 diabetes must take special steps before, during, and after physical activity or exercise.

managing your blood sugar

checking your blood sugar level yourself and writing down the results tells you how well you are managing your diabetes. talk to your doctor and diabetes educator about how often to check.

to check your blood sugar level, you use a device called a glucose meter. usually, you prick your finger with a small needle called a lancet to get a tiny drop of blood. you place the blood on a test strip and put the strip into the meter. the meter gives you a reading that tells you the level of your blood sugar.

keep a record of your blood sugar for yourself and your doctor or nurse. the numbers will help if you have problems managing your diabetes. you and your doctor should set a target goal for your blood sugar level at different times during the day. you should also plan what to do when your blood sugar is too low or high.

low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.

foot care

people with diabetes are more likely than those without diabetes to have foot problems. diabetes damages the nerves. this can make you less able to feel pressure on the foot. you may not notice a foot injury until you get a severe infection.

diabetes can also damage blood vessels. small sores or breaks in the skin may become deeper skin sores (ulcers). the affected limb may need to be amputated if these skin ulcers do not heal or become larger, deeper, or infected.

to prevent problems with your feet:

- stop smoking if you smoke.
- improve control of your blood sugar.
- get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.
- check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.
- make sure you wear the right kind of shoes. ask your health care provider what is right for you.

preventing complications

your doctor may prescribe medicines or other treatments to reduce your chance

of developing eye disease, kidney disease, and other conditions that are common in people with diabetes. these conditions are called complications of diabetes.</p>"

22 How to heal type 1 diabetes

ANS TYPE:

treatment

FOCUS:

1 diabetes

TARGET:

tp heal type

POS:

[('how', 'WRB'),
('tp', 'JJ'),
('heal', 'NN'),
('type', 'NN'),
('1', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

"<p>because type 1 diabetes can start quickly and the symptoms can be severe, people who have just been diagnosed may need to stay in the hospital.</p><p>if you have just been diagnosed with type 1 diabetes, you may need to have a checkup each week until you have good control over your blood sugar. your health care provider will review the results of your home blood sugar monitoring and urine testing. your provider will also look at your diary of meals, snacks, and insulin injections. it may take a few weeks to match the insulin doses to your meal and activity schedule.</p><p>as the disease gets more stable, you will have fewer follow-up visits. visiting your health care provider is very important so you can monitor any long-term problems from diabetes.</p><p>you are the most important person in managing your diabetes. you should know the basic steps to diabetes management:</p>how to recognize and treat low blood sugar (hypoglycemia)how to recognize and treat high blood sugar (hyperglycemia)diabetes meal planninghow to give insulinhow to check blood glucose and urine ketoneshow to adjust insulin and food when you exercisehow to handle sick dayswhere to buy diabetes supplies and how to store them<p>insulin</p><p>insulin lowers blood sugar by allowing it to leave the bloodstream and enter cells. everyone with type 1 diabetes must take insulin every day.</p><p>insulin must be injected under the skin using a syringe, insulin pen or pump. it cannot be taken by mouth because the acid in the stomach destroys insulin.</p><p>insulin types differ in how fast they start to work and how long they

last. the health care provider will choose the best type of insulin for you and will tell you at what time of day to use it. some types of insulin may be mixed together in an injection to get the best blood glucose control. other types of insulin should never be mixed. you may need insulin shots from one to four times a day.

your health care provider or diabetes nurse educator will teach you how to give insulin injections. at first, a child's injections may be given by a parent or other adult. by age 14, most children can give their own injections.

people with diabetes need to know how to adjust the amount of insulin they are taking:

- when they exercise
- when they are sick
- when they will be eating more or less food and calories
- when they are traveling

diet and exercise

by testing their blood sugar level, people with type 1 diabetes learn which foods and activities raise or lower their sugar level most. this helps them adjust their insulin doses to specific meals or activities to prevent blood sugar from becoming too high or low.

the american diabetes association and the american dietetic association have information for planning healthy, balanced meals. it can help to talk with a registered dietitian or nutrition counselor.

regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.

talk to your health care provider before starting any exercise program. people with type 1 diabetes must take special steps before, during, and after physical activity or exercise.

managing your blood sugar

checking your blood sugar level yourself and writing down the results tells you how well you are managing your diabetes. talk to your doctor and diabetes educator about how often to check.

to check your blood sugar level, you use a device called a glucose meter. usually, you prick your finger with a small needle called a lancet to get a tiny drop of blood. you place the blood on a test strip and put the strip into the meter. the meter gives you a reading that tells you the level of your blood sugar.

keep a record of your blood sugar for yourself and your doctor or nurse. the numbers will help if you have problems managing your diabetes. you and your doctor should set a target goal for your blood sugar level at different times during the day. you should also plan what to do when your blood sugar is too low or high.

low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.

foot care

people with diabetes are more likely than those without diabetes to have foot problems. diabetes damages the nerves. this can make you less able to feel pressure on the foot. you may not notice a foot injury until you get a severe infection.

diabetes can also damage blood vessels. small sores or breaks in the skin may become deeper skin sores (ulcers). the affected limb may need to be amputated if these skin ulcers do not heal or become larger, deeper, or infected.

to prevent problems with your feet:

- stop smoking if you smoke.
- improve control of your blood sugar.
- get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.
- check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.
- make sure you wear the right kind of shoes. ask your health care provider what is right for you.

preventing complications

your doctor may prescribe medicines or other treatments to reduce your chance of developing eye disease, kidney disease, and other conditions that are common in people with diabetes. these conditions are called complications of diabetes.

24

What are the symptoms of type 1 diabetes

ANS TYPE:

symptoms

FOCUS:

1 diabetes

TARGET:

symptoms type

POS:

[('what', 'WDT'),
('are', 'VBP'),
('the', 'DT'),
('symptoms', 'NNS'),
('of', 'IN'),
('type', 'NN'),
('1', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

'high blood sugar these symptoms may be the first signs of type 1 diabetes, or they may occur when blood sugar is high: being very thirsty feeling hungry feeling tired all the time having blurry eyesight feeling numbness or feeling tingling in your feet losing weight without trying urinating more often for other people, these serious warning symptoms may be the first signs of type 1 diabetes, or they may happen when blood sugar is very high (diabetic ketoacidosis): deep, rapid breathing dry skin and mouth flushed face fruity breath odor nausea or vomiting, inability to keep down fluids stomach pain low blood sugar low blood sugar (hypoglycemia) can develop quickly in people with diabetes who are taking insulin. symptoms usually appear when blood sugar level falls below 70 mg/dl. watch for: headache hunger nervousness rapid heartbeat (palpitations) shaking sweating weakness'

25. how to treat diabetes insipidus

=====

ANS TYPE:

treatment

FOCUS:

diabetes insipidus

TARGET:

treat

POS:

[('how', 'WRB'),
('to', 'TO'),
('treat', 'VB'),
('diabetes', 'NNS'),
('insipidus', 'VBP')]

CHOSEN ANS:

'the cause of the underlying condition will be treated when possible.central diabetes insipidus may be controlled with vasopressin (desmopressin, ddavp). you take vasopressin as either an injection, a nasal spray, or tablets.if nephrogenic di is caused by medication, stopping the medication may help restore normal kidney function. but with some medications, such as lithium, after many years of use, nephrogenic di can be permanent.hereditary nephrogenic di and lithium-induced nephrogenic di are treated by drinking enough fluids to match urine output. medicines that lower urine output also need to be taken. nephrogenic di is treated with anti-inflammatory medicines and diuretics (water pills).'

26

How to prevent diabetes insipidus

ANS TYPE:

symptoms

prevention

function

FOCUS:

diabetes insipidus

TARGET:

prevent

POS:

[('how', 'WRB'),
('to', 'TO'),
('prevent', 'VB'),
('diabetes', 'NNS'),
('insipidus', 'VBP')]

CHOSEN ANS:

'<p>there is no known way to prevent congenital nephrogenic diabetes insipidus.</p><p>treating the disorders that can lead to the acquired form of the condition may prevent it from developing in some cases. medications should only be used under the supervision of the health care provider.</p>'

27

What is diabetes insipidus nephrogenic

=====

ANS TYPE:

intro

FOCUS:

diabetes

TARGET:

insipidus nephrogenic

POS:

[('what', 'WP'),
('is', 'VBZ'),
('diabetes', 'VBZ'),
('insipidus', 'JJ'),
('nephrogenic', 'JJ')]

CHOSEN ANS:

'nephrogenic diabetes insipidus is a disorder in which a defect in the small tubes (tubules) in the kidneys causes a person to pass a large amount of urine. the tubules normally allow water to be removed from the kidney and returned into the blood, without leaking into the urine.see also: diabetes insipidus - central'

28

How to prevent type 2 diabetes

=====

ANS TYPE:

symptoms

prevention

FOCUS:

2 diabetes

TARGET:

prevent type

POS:

[('how', 'WRB'),
('to', 'TO'),
('prevent', 'VB'),
('type', 'NN'),
('2', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

' research such as the diabetes prevention program shows that you can do a lot to reduce your chances of developing type 2 diabetes. here are some things you can change to lower your risk:\nlose weight and keep it off. you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.1 for instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.\nmove more. get at least 30 minutes of physical activity 5 days a week. if you have not been active, talk with your health care professional about which activities are best. start slowly to build up to your goal.\neat healthy foods most of the time. eat smaller portions to reduce the amount of calories you eat each

day and help you lose weight. choosing foods with less fat is another way to reduce calories. drink water instead of sweetened beverages.\n \nask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.\n'

29

When to contact a medical professional for gestational diabetes

ANS TYPE:

when to contact a medical professional

FOCUS:

gestational diabetes

TARGET:

POS:

[('when', 'WRB'),
('to', 'TO'),
('contact', 'VB'),
('a', 'DT'),
('medical', 'JJ'),
('professional', 'NN'),
('for', 'IN'),
('gestational', 'JJ'),
('diabetes', 'NNS')]

CHOSEN ANS:

'call your health care provider if you are pregnant and you have symptoms of diabetes.'

30

When to contact a medical professional for diabetes

=====

ANS TYPE:

when to contact a medical professional

FOCUS:

diabetes

TARGET:

POS:

[('when', 'WRB'),
('to', 'TO'),
('contact', 'VB'),
('a', 'DT'),
('medical', 'JJ'),
('professional', 'NN'),
('for', 'IN'),
('diabetes', 'NNS')]

CHOSEN ANS:

'call your health care provider if you develop symptoms of central diabetes insipidus.if you have central diabetes insipidus, contact your health care provider if frequent urination or extreme thirst return.'

31

Enter your question ?

what diet do you recommend for gestational diabetes

=====

ANS TYPE:

recommendations

FOCUS:

gestational diabetes

TARGET:

recommend gestational

POS:

[('what', 'WP'),
('diet', 'VBZ'),
('do', 'VBP'),
('you', 'PRP'),
('recommend', 'VB'),
('for', 'IN'),
('gestational', 'JJ'),
('diabetes', 'NNS')]

CHOSEN ANS:

' gestational diabetes is a type of diabetes that develops during pregnancy. most of the time, gestational diabetes goes away after your baby is born. even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. your child may also be more likely to become obese and develop type 2 diabetes later in life. making healthy choices helps the whole family and may protect your child from becoming obese or developing diabetes.\n here are steps you should take for yourself and your child if you had gestational diabetes:\n get tested for diabetes 6 to 12 weeks after your baby is born. if your blood glucose is still high, you may have type 2 diabetes. if your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes. \n be more active and make healthy food choices to get back to a healthy weight. \n breastfeed your baby. breastfeeding gives your baby the right balance of nutrients and helps you burn calories.\n ask your doctor if you should take the diabetes drug metformin to help prevent type 2 diabetes.1'

32

Enter your question ?

when to contact a medical professional for type 1 diabetes

ANS TYPE:

when to contact a medical professional

FOCUS:

1 diabetes

TARGET:

POS:

[('when', 'WRB'),
('to', 'TO'),
('contact', 'VB'),
('a', 'DT'),
('medical', 'JJ'),
('professional', 'NN'),
('for', 'IN'),
('type', 'NN'),
('1', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

'call 911 if you have: chest pain or pressure, shortness of breath, or other signs of anginaloss of consciousnessseizurescall your health care provider or go to the emergency room if you have symptoms of diabetic ketoacidosis. also call your doctor if you have: blood sugar levels that are higher than the goals you and your doctor have setnumbness, tingling, or pain in your feet or legsproblems with your eyesightsores or infections on your feetsymptoms that your blood sugar is getting too low (feeling weak or tired, trembling, sweating, feeling irritable, having trouble thinking clearly, fast heartbeat, double or blurry vision, feeling uneasy)symptoms that your blood sugar is too high (being very thirsty, having blurry vision, having dry skin, feeling weak or tired, needing to urinate a lot)you are having blood sugar readings below 70 mg/dlyou can treat early signs of hypoglycemia at home by eating sugar or candy, or by taking glucose tablets. if signs of hypoglycemia continue or your blood glucose level stays below 60 mg/dl, go to the hospital emergency room. '

33

Enter your question ?

when to contact a medical professional for diabetes

ANS TYPE:

when to contact a medical professional

FOCUS:

diabetes

TARGET:

POS:

[('when', 'WRB'),
('to', 'TO'),
('contact', 'VB'),
('a', 'DT'),
('medical', 'JJ'),
('professional', 'NN'),
('for', 'IN'),
('diabetes', 'NNS')]

CHOSEN ANS:

'call your health care provider if you develop symptoms of central diabetes insipidus. if you have central diabetes insipidus, contact your health care provider if frequent urination or extreme thirst return. '

34

Enter your question ?

I have gestational diabetes, when should I meet with a medical pro

'call your health care provider if you are pregnant and you have symptoms of diabetes. '

35

Enter your question ?

i am pregnant and I suspect I have diabetes, should I call a medical professional

'call your health care provider if you have symptoms of this disorder. '

36

Enter your question ?

I am a teen with diabetes, can you help me

'gestational diabetes is high blood sugar (diabetes) that starts or is first diagnosed during pregnancy. '

37

Enter your question ?

I am a teenager with diabetes, can you help me

'gestational diabetes is high blood sugar (diabetes) that starts or is first diagnosed during pregnancy. '

38

Enter your question ?

My child has diabetes, can you help me

'diabetes is a disease in which your blood glucose, or blood sugar, levels are too high. when you are pregnant, too much glucose is not good for your baby. about seven out of every 100 pregnant women in the united states get gestational diabetes. gestational diabetes is diabetes that happens for the first time when a woman is pregnant. it goes away after you have your baby, but it does increase your risk for having diabetes later. if you already have diabetes before you get pregnant, you need to monitor and control your blood sugar levels during pregnancy. most women get a test to check for diabetes during their second trimester of pregnancy. women at higher risk may get a test earlier. either type of diabetes during pregnancy raises the risk of problems for the baby and the mother. to help lower the risks, you should follow your meal plan, exercise, test your blood sugar, and, if needed, take your medicine. nih: national institute of diabetes and digestive and kidney diseases '

39

Enter your question ?

My baby has diabetes, what is happening exactly?

'gestational diabetes is high blood sugar (diabetes) that starts or is first diagnosed during pregnancy. '

40

Enter your question ?

What is your outlook on gestational diabetes

"most women with gestational diabetes are able to control their blood sugar and avoid harm to themselves or their baby. pregnant women with gestational diabetes tend to have larger babies at birth. this can increase the chance of problems at the time of delivery, including: birth injury (trauma) because of the baby's large sizedelivery by c-sectionyour baby is more likely to have periods of low blood sugar (hypoglycemia) during the first few days of life. mothers with gestational diabetes have an increased risk for high blood pressure during pregnancy. there is a slightly increased risk of the baby dying when the mother has untreated gestational diabetes. controlling blood sugar levels reduces this risk. high blood sugar (glucose) levels often go back to normal after delivery. however, women with gestational diabetes should be watched closely after giving birth and at regular

doctor's appointments to screen for signs of diabetes. many women with gestational diabetes develop diabetes within 5 - 10 years after delivery. "

41

Enter your question ?

What is your perspective on gestational diabetes

'gestational diabetes is high blood sugar (diabetes) that starts or is first diagnosed during pregnancy. '

42

What is your prognosis on gestational diabetes

"most women with gestational diabetes are able to control their blood sugar and avoid harm to themselves or their baby. pregnant women with gestational diabetes tend to have larger babies at birth. this can increase the chance of problems at the time of delivery, including:

- birth injury (trauma) because of the baby's large size
- delivery by c-section

your baby is more likely to have periods of low blood sugar (hypoglycemia) during the first few days of life. mothers with gestational diabetes have an increased risk for high blood pressure during pregnancy. there is a slightly increased risk of the baby dying when the mother has untreated gestational diabetes. controlling blood sugar levels reduces this risk. high blood sugar (glucose) levels often go back to normal after delivery. however, women with gestational diabetes should be watched closely after giving birth and at regular doctor's appointments to screen for signs of diabetes. many women with gestational diabetes develop diabetes within 5 - 10 years after delivery. "

43

Enter your question ?

what could be the possible complications of diabetes insipidus

"if your body's thirst control is normal and you drink enough fluids, there are no significant effects on body fluid or salt balance. not drinking enough fluids can lead to dehydration and electrolyte imbalance. if di is treated with vasopressin and your body's thirst control is not normal, drinking more fluids than your body needs can cause dangerous electrolyte imbalance. "

44

what could be the possible complications of diabetes insipidus nephrogenic

"if your body's thirst control is normal and you drink enough fluids, there are no significant effects on body fluid or salt balance. not drinking enough fluids can lead to dehydration and electrolyte imbalance. if di is treated with vasopressin and your body's thirst control is not normal, drinking more fluids than your body needs can cause dangerous electrolyte imbalance. "

45

Enter your question ?

what could be the possible complications of diabetes nephrogenic insipidus

'dilation of the ureters and bladderhigh blood sodium (hypernatremia)severe dehydrationshock'

46

Enter your question ?

can diabetes lead to a heart attack

ANS TYPE:

intro

FOCUS:

diabetes

TARGET:

lead heart attack

POS:

[('can', 'MD'),
('diabetes', 'VBZ'),
('lead', 'VB'),
('to', 'TO'),
('a', 'DT'),
('heart', 'NN'),
('attack', 'NN')]

CHOSEN ANS:

'if you have diabetes, your blood glucose, or blood sugar, levels are too high. over time, this can cause problems with other body functions, such as your kidneys, nerves, feet, and eyes. having diabetes can also put you at a higher risk for heart disease and bone and joint disorders. other long-term complications of diabetes include skin problems, digestive problems, sexual dysfunction, and problems with your teeth and gums. very high or very low blood sugar levels can also lead to emergencies in people with diabetes. the cause can be an underlying infection, certain medicines, or even the medicines you take to control your diabetes. if you feel nauseated, sluggish or shaky, seek emergency care. nih: national institute of diabetes and digestive and kidney diseases '

47 (same as 46)

Enter your question ?

can diabetes lead to a heart attack

ANS TYPE:

intro

FOCUS:

diabetes

TARGET:

lead heart attack

POS:

[('can', 'MD'),
('diabetes', 'VBZ'),
('lead', 'VB'),
('to', 'TO'),
('a', 'DT'),
('heart', 'NN'),
('attack', 'NN')]

CHOSEN ANS:

'if you have diabetes, your blood glucose, or blood sugar, levels are too high. over time, this can cause problems with other body functions, such as your kidneys, nerves, feet, and eyes. having diabetes can also put you at a higher risk for heart disease and bone and joint disorders. other long-term complications of diabetes include skin problems, digestive problems, sexual dysfunction, and problems with your teeth and gums. very high or very low blood sugar levels can also lead to emergencies in people with diabetes. the cause can be an underlying infection, certain medicines, or even the medicines you take to control your diabetes. if you feel nauseated, sluggish or shaky, seek emergency care. nih: national institute of diabetes and digestive and kidney diseases '

48

Enter your question ?

Which type of diabetes is common among children

ANS TYPE:

intro

FOCUS:

diabetes

TARGET:

type common children

POS:

[('which', 'WDT'),
('type', 'NN'),
('of', 'IN'),
('diabetes', 'NNS'),
('is', 'VBZ'),
('common', 'JJ'),
('among', 'IN'),
('children', 'NNS')]

CHOSEN ANS:

'until recently, the common type of diabetes in children and teens was type 1. it was called juvenile diabetes. with type 1 diabetes, the pancreas does not make insulin. insulin is a hormone that helps glucose, or sugar, get into your cells to give them energy. without insulin, too much sugar stays in the blood. but now younger people are also getting type 2 diabetes. type 2 diabetes used to be called adult-onset diabetes. but now it is becoming more common in children and teens, due to more obesity. with type 2 diabetes, the body does not make or use insulin well. children have a higher risk of type 2 diabetes if they are obese, have a family history of diabetes, or are not active, and do not eat well. to lower the risk of type 2 diabetes in children have them maintain a healthy weightbe sure they are physically activehave them eat smaller portions of healthy foodslimit time with the tv, computer, and videochildren and teens with type 1 diabetes may need to take insulin. type 2 diabetes may be controlled with diet and exercise. if not, patients will need to take oral diabetes medicines or insulin. '

49

Enter your question ?

I have diabetes and I am pregnant should I do an oral glucose test

ANS TYPE:

tests

FOCUS:

diabetes am do

TARGET:

i i pregnant i oral glucose test

POS:

```
[('i', 'NNS'),  
 ('have', 'VBP'),  
 ('diabetes', 'NNS'),  
 ('and', 'CC'),  
 ('i', 'VB'),  
 ('am', 'VBP'),  
 ('pregnant', 'JJ'),  
 ('should', 'MD'),  
 ('i', 'VB'),  
 ('do', 'VBP'),  
 ('an', 'DT'),  
 ('oral', 'JJ'),  
 ('glucose', 'JJ'),  
 ('test', 'NN')]
```

CHOSEN ANS:

[UnicodeDecodeError: 'ascii' codec can't decode byte 0xe2 in position](#)

50

Enter your question ?

I get very thirsty, but I also urinate often, the urine is almost all water, do I have diabetes

ANS TYPE:

causes

FOCUS:

diabetes

TARGET:

i thirsty i urinate urine water i

POS:

[('i', 'JJ'),
('get', 'VBP'),
('very', 'RB'),
('thirsty', 'JJ'),
(',', ','),
('but', 'CC'),
('i', 'NN'),
('also', 'RB'),
('urinate', 'JJ'),
('often', 'RB'),
(',', ','),
('the', 'DT'),
('urine', 'NN'),
('is', 'VBZ'),
('almost', 'RB'),
('all', 'DT'),
('water', 'NN'),
(',', ','),
('do', 'VBP'),
('i', 'NNS'),
('have', 'VBP'),
('diabetes', 'NNS')]

CHOSEN ANS:

'central diabetes insipidus occurs when the body has a lower than normal amount of antidiuretic hormone (adh). adh is also called vasopressin. adh is produced in a part of the brain called the hypothalamus. it is then stored and released from the pituitary gland. this is a small gland at the base of the brain. adh controls the amount of water excreted in urine. without adh, the kidneys do not work properly to keep enough water in the body. the result is a rapid loss of water from the body in the form of dilute urine. this results in the need to drink large amounts of water due to extreme thirst and to make up for excessive water loss in the urine (as much as 4 gallons a day). the reduced level of adh may be caused by damage to the hypothalamus or pituitary gland. this damage may be due to surgery, infection, inflammation, tumor, or injury to the brain. sometimes the cause is unknown. in rare cases, central diabetes insipidus is caused by a genetic problem. '

51 – 53 From

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

51

How can I reduce my chances of developing type 2 diabetes?

=====

ANS TYPE: symptoms

treatment

recommendations

FOCUS: 2 diabetes

TARGET: i reduce chances type

POS:

[('how', 'WRB'),
(('can', 'MD'),
(('i', 'VB'),
(('reduce', 'VB'),
(('my', 'PRP\$'),
(('chances', 'NNS'),
(('of', 'IN'),
(('developing', 'VBG'),
(('type', 'JJ'),
(('2', 'CD'),
(('diabetes', 'NNS'))]

CHOSEN ANS: ' perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. you might be overweight or have a parent, brother, or sister with type 2 diabetes. maybe you had gestational diabetes, which is diabetes that develops during pregnancy. these are just a few examples of factors that can raise your chances of developing type 2 diabetes.\n diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. prediabetes also can cause health problems. the good news is that type 2 diabetes can be delayed or even prevented. the longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. you can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week. ask your doctor if you should take the diabetes drug metformin to help prevent or delay type 2 diabetes.1\n\n\r\n this content is provided as a service of the national institute of diabetes and digestive and kidney diseases\n(niddk), part of the national institutes of health. the niddk translates and disseminates research findings\nthrough its clearinghouses and education programs to increase knowledge and

understanding about health and disease among patients, health professionals, and the public. content produced by the niddk is carefully reviewed by niddk scientists and other experts.

52

How can I lower my chances of developing type 2 diabetes?

ANS TYPE: symptoms

treatment

recommendations

FOCUS: 2 diabetes

TARGET: i chances type

POS:

[('how', 'WRB'),
(('can', 'MD'),
(('i', 'VB'),
(('lower', 'JJR'),
(('my', 'PRP\$'),
(('chances', 'NNS'),
(('of', 'IN'),
(('developing', 'VBG'),
(('type', 'JJ'),
(('2', 'CD'),
(('diabetes', 'NNS'))]

CHOSEN ANS: ' perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. you might be overweight or have a parent, brother, or sister with type 2 diabetes. maybe you had gestational diabetes, which is diabetes that develops during pregnancy. these are just a few examples of factors that can raise your chances of developing type 2 diabetes.\n diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. prediabetes also can cause health problems. the good news is that type 2 diabetes can be delayed or even prevented. the longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. you can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week. ask your doctor if you should take the diabetes drug metformin to help prevent or delay type 2 diabetes.1\n\n\n this content is provided as a service of the national institute of diabetes and digestive and kidney diseases\n(niddk), part of the national institutes of health. the niddk translates and disseminates research findings\nthrough its clearinghouses and education programs to increase knowledge and understanding about health and\ndisease among patients, health professionals, and the public. content produced by the niddk is carefully\nreviewed by niddk scientists and other experts.\n\n '

53

What should I do if I do not wish to develop type 2 diabetes

ANS TYPE: symptoms

treatment

recommendations

FOCUS: 2 diabetes

TARGET: i i not wish develop type

POS:

[('what', 'WP'),
('should', 'MD'),
('i', 'VB'),

('do', 'VBP'),
(if, 'IN'),
(i, 'VB'),
(do, 'VBP'),
(not, 'RB'),
(wish, 'VB'),
(to, 'TO'),
(develop, 'VB'),
(type, 'JJ'),
(2, 'CD'),
(diabetes, 'NNS')]

CHOSEN ANS: ' research such as the diabetes prevention program shows that you can do a lot to reduce your chances of developing type 2 diabetes. here are some things you can change to lower your risk:\n lose weight and keep it off. you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.1 for instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.\n move more. get at least 30 minutes of physical activity 5 days a week. if you have not been active, talk with your health care professional about which activities are best. start slowly to build up to your goal.\n eat healthy foods most of the time. eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. choosing foods with less fat is another way to reduce calories. drink water instead of sweetened beverages.\n \nask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.\n'

54

Among children and teens, which diabetes is the most common

=====

ANS TYPE:

treatment

FOCUS:

diabetes

TARGET:

children teens common

POS:

[('among', 'IN'),
(children, 'NNS'),
(and, 'CC'),
(teens, 'NNS'),

(';', ';'),

('which', 'WDT'),

('diabetes', 'VBZ'),

('is', 'VBZ'),

('the', 'DT'),

('most', 'RBS'),

('common', 'JJ')]

CHOSEN ANS:

"because type 1 diabetes can start quickly and the symptoms can be severe, people who have just been diagnosed may need to stay in the hospital. if you have just been diagnosed with type 1 diabetes, you may need to have a checkup each week until you have good control over your blood sugar. your health care provider will review the results of your home blood sugar monitoring and urine testing. your provider will also look at your diary of meals, snacks, and insulin injections. it may take a few weeks to match the insulin doses to your meal and activity schedule. as the disease gets more stable, you will have fewer follow-up visits. visiting your health care provider is very important so you can monitor any long-term problems from diabetes. you are the most important person in managing your diabetes. you should know the basic steps to diabetes management: how to recognize and treat low blood sugar (hypoglycemia) how to recognize and treat high blood sugar (hyperglycemia) diabetes meal planning how to give insulin how to check blood glucose and urine ketones how to adjust insulin and food when you exercise how to handle sick days where to buy diabetes supplies and how to store them insulin insulin lowers blood sugar by allowing it to leave the bloodstream and enter cells. everyone with type 1 diabetes must take insulin every day. insulin must be injected under the skin using a syringe, insulin pen or pump. it cannot be taken by mouth because the acid in the stomach destroys insulin. insulin types differ in how fast they start to work and how long they last. the health care provider will choose the best type of insulin for you and will tell you at what time of day to use it. some types of insulin may be mixed together in an injection to get the best blood glucose control. other types of insulin should never be mixed. you may need insulin shots from one to four times a day. your health care provider or diabetes nurse educator will teach you how to give insulin injections. at first, a child's injections may be given by a parent or other adult. by age 14, most children can give their own injections. people with diabetes need to know how to adjust the amount of insulin they are taking: when they exercise when they are sick when they will be eating more or less food and calories when they are traveling diet and exercise by testing their blood sugar level, people with type 1 diabetes learn which foods and activities raise or lower their sugar level most. this helps them adjust their insulin doses to specific meals or activities to prevent blood sugar from becoming too high or low. the american diabetes association and the american dietetic association have information for planning healthy, balanced meals. it can help to talk with a registered dietitian or nutrition counselor. regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight. talk to your health care provider before starting any exercise program. people with type 1 diabetes must take special steps before, during, and after physical activity or exercise. managing your blood sugar checking your blood sugar level yourself and writing down the results tells you how well you are managing your diabetes. talk to your doctor and diabetes educator about how often to check. to check your blood sugar level, you use a device called a glucose meter. usually, you prick your finger with a small needle called a lancet to get a tiny drop of blood. you place the blood on a test strip and put the strip into the meter.

the meter gives you a reading that tells you the level of your blood sugar. keep a record of your blood sugar for yourself and your doctor or nurse. the numbers will help if you have problems managing your diabetes. you and your doctor should set a target goal for your blood sugar level at different times during the day. you should also plan what to do when your blood sugar is too low or high. low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you. foot care people with diabetes are more likely than those without diabetes to have foot problems. diabetes damages the nerves. this can make you less able to feel pressure on the foot. you may not notice a foot injury until you get a severe infection. diabetes can also damage blood vessels. small sores or breaks in the skin may become deeper skin sores (ulcers). the affected limb may need to be amputated if these skin ulcers do not heal or become larger, deeper, or infected. to prevent problems with your feet: stop smoking if you smoke. improve control of your blood sugar. get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage. check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems. make sure you wear the right kind of shoes. ask your health care provider what is right for you. preventing complications your doctor may prescribe medicines or other treatments to reduce your chance of developing eye disease, kidney disease, and other conditions that are common in people with diabetes. these conditions are called complications of diabetes."

55-56 From

<https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes>

55

what are Risk Factors for Type 2 Diabetes

=====

ANS TYPE:

intro

FOCUS:

2 diabetes

TARGET:

risk factors type

POS:

[('what', 'WDT'),

('are', 'VBP'),

('risk', 'JJ'),

('factors', 'NNS'),

('for', 'IN'),

('type', 'NN'),

('2', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

' experts recommend routine testing for type 2 diabetes if you are age 45 or older are a woman who had gestational diabetes1 \nmedicare covers the cost of diabetes tests for people with certain risk factors for diabetes. if you have medicare, find out if you qualify for coverage. if you have different insurance, ask your insurance company if it covers diabetes tests. \nthough type 2 diabetes most often develops in adults, children also can develop type 2 diabetes. experts recommend testing children between the ages of 10 and 18 who are overweight or obese and have at least two other risk factors for developing diabetes.1 a mother who had diabetes while pregnant with them'

56

=====

ANS TYPE:

symptoms

prevention

recommendations

FOCUS:

2 diabetes

TARGET:

i prevent type

POS:

[('what', 'WP'),
('can', 'MD'),
('i', 'VB'),
('do', 'VBP'),
('to', 'TO'),
('prevent', 'VB'),
('type', 'NN'),
('2', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

' research such as the diabetes prevention program shows that you can do a lot to reduce your chances of developing type 2 diabetes. here are some things you can change to lower your risk:\n lose weight and keep it off. you may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.1 for instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.\n move more. get at least 30 minutes of physical activity 5 days a week. if you have not been active, talk with your health care professional about which activities are best. start slowly to build up to your goal.\n eat healthy foods most of the time. eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. choosing foods with less fat is another way to reduce calories. drink water instead of sweetened beverages.\n \nask your health care professional about what other changes you can make to prevent or delay type 2 diabetes.\n'

57-60

From <https://www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis>

57

Who should be tested for diabetes?

UnicodeDecodeError: 'ascii' codec can't decode byte 0xe2

58

What tests are used to diagnose diabetes and prediabetes

UnicodeDecodeError: 'ascii' codec can't decode byte 0xe2

59

Fasting plasma glucose (FPG) test

ANS TYPE:

tests

FOCUS:

TARGET:

plasma glucose fpg test

POS:

[('fasting', 'VBG'),

('plasma', 'NN'),
('glucose', 'NN'),
('(', '('),
('fpg', 'NN'),
(')', ')'),
('test', 'NN')]

CHOSEN ANS:

"

60

FPG for gestational diabetes

=====

ANS TYPE:

intro

FOCUS:

gestational diabetes

TARGET:

fpg gestational

POS:

[('fpg', 'NN'), ('for', 'IN'), ('gestational', 'JJ'), ('diabetes', 'NNS')]

CHOSEN ANS:

'gestational diabetes is high blood sugar (diabetes) that starts or is first diagnosed during pregnancy.'

61-62

From <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

61

What should I do if my health care professional told me I have prediabetes?

=====

ANS TYPE:

treatment

recommendations

FOCUS:

diabetes do have

TARGET:

i health care professional i prediabetes

POS:

[('what', 'WP'),
('should', 'MD'),
('i', 'VB'),
('do', 'VBP'),
('if', 'IN'),
('my', 'PRP\$'),
('health', 'NN'),
('care', 'NN'),
('professional', 'JJ'),
('told', 'VBD'),
('me', 'PRP'),
('i', 'NN'),
('have', 'VBP'),
('prediabetes', 'NNS')]

CHOSEN ANS:

' prediabetes is when your blood glucose, also called blood sugar, levels are higher than normal, but not high enough to be called diabetes. having prediabetes is serious because it raises your chance of developing type 2 diabetes. many of the same factors that raise your chance of developing type 2 diabetes put you at risk for prediabetes.\n other names for prediabetes include impaired fasting glucose or impaired glucose tolerance. some people call prediabetes â\x80œborderline diabetes.â\x80\x9d\n about 1 in 3 americans has prediabetes, according to recent diabetes statistics from the centers for disease control and prevention. you wonâ\x80\x99t know if you have prediabetes unless you are tested.

\nif you have prediabetes, you can lower your chance of developing type 2 diabetes. lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.\n'

62

If I had gestational diabetes when I was pregnant, how can I lower my chances of developing type 2 diabetes?

ANS TYPE:

symptoms

treatment

recommendations

FOCUS:

i gestational diabetes 2

TARGET:

gestational i pregnant i chances type diabetes

POS:

[('if', 'IN'),
('i', 'VBN'),
('had', 'VBD'),
('gestational', 'JJ'),
('diabetes', 'NNS'),
('when', 'WRB'),
('i', 'NN'),
('was', 'VBD'),
('pregnant', 'JJ'),
(',', ','),
('how', 'WRB'),
('can', 'MD'),
('i', 'VB'),
('lower', 'JJR'),

('my', 'PRP\$'),
('chances', 'NNS'),
('of', 'IN'),
('developing', 'VBG'),
('type', 'JJ'),
('2', 'CD'),
('diabetes', 'NNS')]

CHOSEN ANS:

' gestational diabetes is a type of diabetes that develops during pregnancy. most of the time, gestational diabetes goes away after your baby is born. even if your gestational diabetes goes away, you still have a greater chance of developing type 2 diabetes within 5 to 10 years. your child may also be more likely to become obese and develop type 2 diabetes later in life. making healthy choices helps the whole family and may protect your child from becoming obese or developing diabetes.\n here are steps you should take for yourself and your child if you had gestational diabetes:\n get tested for diabetes 6 to 12 weeks after your baby is born. if your blood glucose is still high, you may have type 2 diabetes. if your blood glucose is normal, you should get tested every 3 years to see if you have developed type 2 diabetes. \n be more active and make healthy food choices to get back to a healthy weight. \n breastfeed your baby. breastfeeding gives your baby the right balance of nutrients and helps you burn calories.\n ask your doctor if you should take the diabetes drug metformin to help prevent type 2 diabetes.1'

--