|  |  |
| --- | --- |
|  | Unexpected answer obtained |
|  | Expected Answer obtained |

|  |  |
| --- | --- |
| Total | 45 |
| Unexpected answers | 14 |
|  |  |

-Legend

1

Enter your question ?

what is gestational diabetes

ANS TYPE:

intro

FOCUS:

gestational diabetes

TARGET:

gestational

CHOSEN ANS:

'<p>Gestational diabetes is high blood sugar (glucose) that starts or is first diagnosed during pregnancy. </p><p>Eating a balanced diet is an important part of any pregnancy. Diet is even more important if you have diabetes. </p><p>This article discusses the diet recommendations for women with gestational diabetes who do NOT take insulin.</p>'

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2

Enter your question ?

what causes gestational diabetes

ANS TYPE:

causes

FOCUS:

gestational diabetes

TARGET:

gestational

CHOSEN ANS:

"<p>Pregnancy hormones can block insulin from doing its job. When this happens, glucose levels may increase in a pregnant woman's blood.</p><p>You are at greater risk for gestational diabetes if you:</p><ul><li>Are older than 25 when you are pregnant</li><li>Have a family history of diabetes</li><li>Gave birth to a baby that weighed more than 9 pounds or had a birth defect</li><li>Have high blood pressure</li><li>Have too much amniotic fluid</li><li>Have had an unexplained miscarriage or stillbirth</li><li>Were overweight before your pregnancy</li></ul>"

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3

Enter your question ?

what are the symptomsof diabetes

ANS TYPE:

symptoms

FOCUS:

diabetes

TARGET:

symptomsof

CHOSEN ANS:

'<p>people with type 2 diabetes often have no symptoms at first. they may not have symptoms for many years.</p><p>early symptoms of diabetes may include:</p><ul><li>bladder, kidney, skin, or other infections that are more frequent or heal slowly</li><li>fatigue</li><li>hunger</li><li>increased thirst</li><li>increased urination</li></ul><p>the first symptom may also be:</p><ul><li>blurred vision</li><li>erectile dysfunction</li><li>pain or numbness in the feet or hands</li></ul>'

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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><ul><li>Blurred vision</li><li>Fatigue</li><li>Frequent infections, including those of the bladder, vagina, and skin</li><li>Increased thirst</li><li>Increased urination</li><li>Nausea and vomiting</li><li>Weight loss despite increased appetite</li></ul>'

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5

Enter your question ?

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

ANS TYPE:

recommendations

FOCUS:

diabetes

TARGET:

patient suggest i plan meals

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><ul><li>Your diet</li><li>Your weight</li><li>How often you exercise</li><li>Your other health risks</li></ul><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.</p><p>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.</p><p>VEGETABLES</p><p>(3 - 5 servings a day)</p><p>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.</p><p>FRUITS</p><p>(2 - 4 servings a day)</p><p>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.</p><p>MILK</p><p>(2 - 3 servings a day)</p><p>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.</p><p>MEAT AND FISH</p><p>(2 - 3 servings a day)</p><p>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.</p><p>FATS, ALCOHOL, AND SWEETS</p><p>In general, you should limit your intake of fatty foods, especially those high in saturated fat, such as hamburgers, cheese, bacon, and butter.</p><p>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.</p><p>Sweets are high in fat and sugar, so keep portion sizes small. Here are some tips to help avoid eating too many sweets:</p><ul><li>Ask for extra spoons and forks and split your dessert with others.</li><li>Eat sweets that are sugar-free.</li><li>Always ask for the small serving size.</li></ul><p>Learn how to read food labels, and consult them when making food decisions.</p>'

6

How to treat diabetes insipidus

ANS TYPE:

treatment

FOCUS:

diabetes insipidus

TARGET:

treat

treat

CHOSEN ANS:

'<p>The cause of the underlying condition will be treated when possible.</p><p>Central diabetes insipidus may be controlled with vasopressin (desmopressin, DDAVP). You take vasopressin as either an injection, a nasal spray, or tablets.</p><p>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.</p><p>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. </p><p>Nephrogenic DI is treated with anti-inflammatory medicines and diuretics (water pills).</p>

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7

how to prevent gestational diabetes

ANS TYPE:

symptoms

prevention

FOCUS:

gestational diabetes

TARGET:

prevent gestational

CHOSEN ANS:

'<p>Beginning prenatal care early and having regular prenatal visits helps improve your health and the health of your baby. Having prenatal screening at 24 - 28 weeks into the pregnancy will help detect gestational diabetes early.</p><p>If you are overweight, decreasing your body mass index (BMI) to a normal range before you get pregnant will decrease your risk of developing gestational diabetes.</p>'

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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>'

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9

How to prevent diabetes

ANS TYPE:

symptoms

prevention

FOCUS:

diabetes

TARGET:

prevent

POS:

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

CHOSEN ANS:

'<p>Keeping an ideal body weight and an active lifestyle may prevent type 2 diabetes.</p><p>Type 1 diabetes cannot be prevented.</p>'

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:

'<p>type 1 diabetes cannot be prevented. there is no screening test for type 1 diabetes in people who have no symptoms.</p>'

11

what tests are done for diabetes

ANS TYPE:

tests

FOCUS:

done diabetes

TARGET:

tests

POS:

[('what', 'WP'),

('tests', 'NNS'),

('are', 'VBP'),

('done', 'VBN'),

('for', 'IN'),

('diabetes', 'NNS')]

CHOSEN ANS:

'<p>A urine analysis may show high blood sugar. But a urine test alone does not diagnose diabetes.</p><p>Your health care provider may suspect that you have diabetes if your blood sugar level is higher than 200 mg/dL. To confirm the diagnosis, one or more of the following tests must be done.</p><p>Blood tests:</p><ul><li>Fasting blood glucose level -- diabetes is diagnosed if it is higher than 126 mg/dL twice. Levels between 100 and 126 mg/dL are called impaired fasting glucose or pre-diabetes. These levels are risk factors for type 2 diabetes.</li><li>Hemoglobin A1c test -- <ul><li>Normal: Less than 5.7%</li><li>Pre-diabetes: 5.7% - 6.4%</li><li>Diabetes: 6.5% or higher</li></ul></li><li>Oral glucose tolerance test -- diabetes is diagnosed if glucose level is higher than 200 mg/dL 2 hoursafter drinking a glucose drink. (This test is used more often for type 2 diabetes.)</li></ul><p>Screening for type 2 diabetes in people who have no symptoms is recommended for:</p><ul><li>Overweight children who have other risk factors for diabetes, starting at age 10 and repeated every 2 years</li><li>Overweight adults (BMI greater than 25) who have other risk factors</li><li>Adults over age 45, repeated every 3 years</li></ul>'

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:

'<p>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.</p><p>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.</p><p>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</p><ul><li>Have them maintain a healthy weight</li><li>Be sure they are physically active</li><li>Have them eat smaller portions of healthy foods</li><li>Limit time with the TV, computer, and video</li></ul><p>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.</p>’

13

What is juvenile diabetes

ANS TYPE:

intro

FOCUS:

diabetes

TARGET:

children

POS:

[('what', 'WP'),

('is', 'VBZ'),

('diabetes', 'VBZ'),

('in', 'IN'),

('children', 'NNS')]

CHOSEN ANS:

'<p>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.</p><p>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.</p><p>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</p><ul><li>Have them maintain a healthy weight</li><li>Be sure they are physically active</li><li>Have them eat smaller portions of healthy foods</li><li>Limit time with the TV, computer, and video</li></ul><p>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.</p>'

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><ul><li>Your diet</li><li>Your weight</li><li>How often you exercise</li><li>Your other health risks</li></ul><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.</p><p>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.</p><p>VEGETABLES</p><p>(3 - 5 servings a day)</p><p>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.</p><p>FRUITS</p><p>(2 - 4 servings a day)</p><p>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.</p><p>MILK</p><p>(2 - 3 servings a day)</p><p>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.</p><p>MEAT AND FISH</p><p>(2 - 3 servings a day)</p><p>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.</p><p>FATS, ALCOHOL, AND SWEETS</p><p>In general, you should limit your intake of fatty foods, especially those high in saturated fat, such as hamburgers, cheese, bacon, and butter.</p><p>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.</p><p>Sweets are high in fat and sugar, so keep portion sizes small. Here are some tips to help avoid eating too many sweets:</p><ul><li>Ask for extra spoons and forks and split your dessert with others.</li><li>Eat sweets that are sugar-free.</li><li>Always ask for the small serving size.</li></ul><p>Learn how to read food labels, and consult them when making food decisions.</p>'

15

What can be a diet for pregnant women with diabetes

ANS TYPE:

intro

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:

<p>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.</p><p>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.</p> <p>if you already have diabetes before you get pregnant, you need to monitor and control your blood sugar levels during pregnancy.</p><p>most women get a test to check for diabetes during their second trimester of pregnancy. women at higher risk may get a test earlier.</p><p>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.</p> <p>nih: national institute of diabetes and digestive and kidney diseases</p>\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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:

'<p>type 2 diabetes is a lifelong (chronic) disease in which thereis ahigh level of sugar (glucose) in the blood. type 2 diabetes is the most common form of diabetes.</p>'

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 thereisahigh level of sugar (glucose) in the blood.</p>'

20

How to prevent type 1 diabetes

ANS TYPE:

treatment

FOCUS:

1 diabetes

TARGET:

treat type

POS:

[('how', 'WRB'),

('to', 'TO'),

('treat', '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, youmay need tohave 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><ul><li>how to recognize and treat low blood sugar (hypoglycemia)</li><li>how to recognize and treat high blood sugar (hyperglycemia)</li><li>diabetes meal planning</li><li>how to give insulin</li><li>how to check blood glucose and urine ketones</li><li>how to adjust insulin and food when you exercise</li><li>how to handle sick days</li><li>where to buy diabetes supplies and how to store them</li></ul><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.sometypesof 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.</p><p>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.</p><p>people with diabetes need to know how to adjust the amount of insulin they are taking:</p><ul><li>when they exercise</li><li>when they are sick</li><li>when they will be eating more or less food and calories</li><li>when they are traveling</li></ul><p> diet and exercise</p><p>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. </p><p>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.</p><p>regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.</p><p>talk toyour 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.</p><p>managing your blood sugar</p><p>checking your blood sugar levelyourself 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.</p><p>to check your blood sugar level, you use adevice 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.</p><p>keep a record of your blood sugar for yourself and your doctor or nurse. the numberswill 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.</p><p>low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.</p><p>foot care</p><p>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.</p><p>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.</p><p>to prevent problems with your feet:</p><ul><li>stop smoking if you smoke.</li><li>improve control of your blood sugar.</li><li>get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.</li><li>check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.</li><li>make sure you wear the right kind of shoes. ask your health care provider what is right for you.</li></ul><p>preventing complications</p><p>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>"

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, youmay need tohave 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><ul><li>how to recognize and treat low blood sugar (hypoglycemia)</li><li>how to recognize and treat high blood sugar (hyperglycemia)</li><li>diabetes meal planning</li><li>how to give insulin</li><li>how to check blood glucose and urine ketones</li><li>how to adjust insulin and food when you exercise</li><li>how to handle sick days</li><li>where to buy diabetes supplies and how to store them</li></ul><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.sometypesof 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.</p><p>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.</p><p>people with diabetes need to know how to adjust the amount of insulin they are taking:</p><ul><li>when they exercise</li><li>when they are sick</li><li>when they will be eating more or less food and calories</li><li>when they are traveling</li></ul><p> diet and exercise</p><p>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. </p><p>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.</p><p>regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.</p><p>talk toyour 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.</p><p>managing your blood sugar</p><p>checking your blood sugar levelyourself 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.</p><p>to check your blood sugar level, you use adevice 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.</p><p>keep a record of your blood sugar for yourself and your doctor or nurse. the numberswill 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.</p><p>low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.</p><p>foot care</p><p>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.</p><p>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.</p><p>to prevent problems with your feet:</p><ul><li>stop smoking if you smoke.</li><li>improve control of your blood sugar.</li><li>get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.</li><li>check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.</li><li>make sure you wear the right kind of shoes. ask your health care provider what is right for you.</li></ul><p>preventing complications</p><p>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, youmay need tohave 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><ul><li>how to recognize and treat low blood sugar (hypoglycemia)</li><li>how to recognize and treat high blood sugar (hyperglycemia)</li><li>diabetes meal planning</li><li>how to give insulin</li><li>how to check blood glucose and urine ketones</li><li>how to adjust insulin and food when you exercise</li><li>how to handle sick days</li><li>where to buy diabetes supplies and how to store them</li></ul><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.sometypesof 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.</p><p>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.</p><p>people with diabetes need to know how to adjust the amount of insulin they are taking:</p><ul><li>when they exercise</li><li>when they are sick</li><li>when they will be eating more or less food and calories</li><li>when they are traveling</li></ul><p> diet and exercise</p><p>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. </p><p>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.</p><p>regular exercise helps control the amount of sugar in the blood. it also helps burn extra calories and fat to reach a healthy weight.</p><p>talk toyour 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.</p><p>managing your blood sugar</p><p>checking your blood sugar levelyourself 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.</p><p>to check your blood sugar level, you use adevice 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.</p><p>keep a record of your blood sugar for yourself and your doctor or nurse. the numberswill 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.</p><p>low blood sugar is called hypoglycemia. blood sugar levels below 70 mg/dl are too low and can harm you.</p><p>foot care</p><p>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.</p><p>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.</p><p>to prevent problems with your feet:</p><ul><li>stop smoking if you smoke.</li><li>improve control of your blood sugar.</li><li>get a foot exam by your health care provider at least twice a year and learn whether you have nerve damage.</li><li>check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems.</li><li>make sure you wear the right kind of shoes. ask your health care provider what is right for you.</li></ul><p>preventing complications</p><p>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>"

23

How to test for type 1 diabetes

ANS TYPE:

tests

FOCUS:

1 diabetes

TARGET:

test type

POS:

[('how', 'WRB'),

('to', 'TO'),

('test', 'VB'),

('for', 'IN'),

('type', 'NN'),

('1', 'CD'),

('diabetes', 'NNS')]

CHOSEN ANS:

'<p>diabetes is diagnosed with the following blood tests:</p><ul><li>fasting blood glucose level -- diabetes is diagnosed if it is higher than 126 mg/dl two times</li><li>random (nonfasting) blood glucose level -- you may have diabetes if it is higher than 200 mg/dl, and you have symptoms such as increased thirst, urination, and fatigue (this must be confirmed with a fasting test)</li><li>oral glucose tolerance test -- diabetes is diagnosed if the glucose level is higher than 200 mg/dl 2 hours after drinking a special sugar drink</li><li>hemoglobin a1c test -- 6.5% or higher </li></ul><p>ketone testing is also sometimes used. the ketone test is done using a urine sample or blood sample. ketone testing may be done:</p><ul><li>when the blood sugar is higher than 240 mg/dl</li><li>during an illness such as pneumonia, heart attack, or stroke</li><li>when nausea or vomiting occur</li><li>during pregnancy</li></ul><p>the following tests or exams will help you and your doctor monitor your diabetes and prevent problems caused by diabetes:</p><ul><li>check the skin and bones on your feet and legs.</li><li>check to see if your feet are getting numb.</li><li>have your blood pressure checked at least every year (blood pressure goal should be 140/80 mm/hg or lower).</li><li>have youra1c test (hemoglobin a1c) done every 6 months if your diabetes is well controlled; otherwise, every 3 months.</li><li>have your cholesterol and triglyceride levels checked yearly (aim for ldl cholesterol levels below 70-100 mg/dl).</li><li>get yearly tests to make sure your kidneys are working well (microalbuminuria and serum creatinine).</li><li>visit your eye doctor at least once a year, or more often if you have signs of diabetic eye disease.</li><li>see the dentist every 6 months for a thorough dental cleaning and exam. make sure your dentist and hygienist know that you have diabetes.</li></ul>'

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:

'<p><em>high blood sugar</em></p><p>these symptoms may be the first signs of type 1 diabetes, or they may occur when blood sugar is high:</p><ul><li>being very thirsty</li><li>feeling hungry</li><li>feeling tired all the time </li><li>having blurry eyesight</li><li>feeling numbnessor feeling tingling in your feet</li><li>losing weight without trying</li><li>urinating more often</li></ul><p>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):</p><ul><li>deep, rapid breathing</li><li>dry skin and mouth</li><li>flushed face</li><li>fruity breath odor</li><li>nausea or vomiting, inability to keep down fluids</li><li>stomach pain</li></ul><p><em>low blood sugar</em></p><p>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:</p><ul><li>headache</li><li>hunger</li><li>nervousness</li><li>rapid heartbeat (palpitations)</li><li>shaking</li><li>sweating</li><li>weakness</li></ul>'

25

ANS TYPE:

treatment

function

FOCUS:

diabetes inspidus

TARGET:

treat

POS:

[('how', 'WRB'),

('to', 'TO'),

('treat', 'VB'),

('diabetes', 'NNS'),

('inspidus', 'VBP')]

CHOSEN ANS:

'<p>the goal of treatment at first is to lower your high blood glucose levels. long-term goals are to prevent problems from diabetes.</p><p>the most important way totreat and managetype 2 diabetes isactivity and nutrition.</p><p>learn these skills</p><p>learning diabetes management skills will help you live well with diabetes. these skills help prevent healthproblems and the need for medical care. skills include:</p><ul><li>how to test and record your blood glucose</li><li>what to eat and when</li><li>how to take medications, if needed</li><li>how to recognize and treat low and high blood sugar</li><li>how to handle sick days</li><li>where to buy diabetes supplies and how to store them </li></ul><p>it may take several months to learn these skills. keep learning about diabetes, its complications, and how to control and live with the disease. stay up-to-date on new research and treatments.</p><p>managing your blood sugar</p><p>checking your blood sugar levelsyourself 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.</p><p>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. this gives you 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.</p><p>yourhealth care provider or diabetes educator will help set up a testing schedule for you. your doctor will help you seta target range for your blood sugar numbers. keep these factors in mind:</p><ul><li>most people with type 2 diabetes only need to check their blood sugar once or twice a day.</li><li>if your blood sugar level isunder control, you may only need to checkit a few times a week.</li><li>you may test yourself when you wake up, before meals, and at bedtime.</li><li>you may need to test more often when you are sick or under stress. </li></ul><p>keep a record of your blood sugar for yourself and your health care provider. based on your numbers, changes may need to be made to your meals, activity or medicines to keep your blood sugar level in the right range. </p><p>diet and weight control</p><p>work closely with your doctor, nurse, and dietitian to learn how much fat, protein, and carbohydrates you need in your diet. your meal plans should fit your lifestyle and habits and should include foods that you like.</p><p>managing your weight and having a well-balanced diet are important. some people with type 2 diabetes can stop taking medicines after losing weight. this does not mean that their diabetes is cured. they still have diabetes.</p><p>very obese patients whose diabetes is not well managed with diet and medicine may consider weight loss (bariatric) surgery.</p><p>regular physical activity</p><p>regularactivity is important for everyone. it is even more importantwhen you have diabetes. reasons why exercise is good for your health:</p><ul><li>lowers your blood sugar level without medicine</li><li>burns extra calories and fat to help manage your weight</li><li>improves blood flow and blood pressure</li><li>increases your energy level</li><li>improves your ability to handle stress</li></ul><p>talk to your health care provider before starting any exercise program. people with type 2 diabetes may need to take special steps before, during, and after physical activity or exercise.</p><p>medications to treat diabetes</p><p>if diet and exercise do not help keep your blood sugar at normal or near-normal levels, your doctor may prescribe medication. since these drugs help lower your blood sugar levels in different ways, your doctor may have you take more than one drug.</p><p>some of the most common types of medication are listed below. they are taken by mouth or injection.</p><ul><li>alpha-glucosidase inhibitors </li><li>biguanides</li><li>dpp iv inhibitors</li><li>injectable medicines </li><li>meglitinides </li><li>sulfonylureas </li><li>thiazolidinediones </li></ul><p>you may need to take insulin if your blood sugar cannot be controlled with any of the above medicines. 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>preventing complications</p><p>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><p>foot care</p><p>people with diabetes are more likely than those without diabetesto have foot problems. diabetes damages thenerves.this can make you less able to feel pressure on the foot. you many not notice a foot injury until you get a severe infection.</p><p>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.</p><p>to prevent problems with your feet:</p><ul><li>stop smoking if you smoke.</li><li>improve control of your blood sugar.</li><li>get a foot exam by your health care provider at least twice a year and learnif you have nerve damage.</li><li>check and care for your feet every day. this is very important when you already have nerve or blood vessel damage or foot problems. </li><li>make sure you wear the right kind of shoes. ask your health care provider what is right for you.</li></ul>'

26

How to prevent diabetes insipidus

ANS TYPE:

symptoms

prevention

function

FOCUS:

diabetes inspidus

TARGET:

prevent

POS:

[('how', 'WRB'),

('to', 'TO'),

('prevent', 'VB'),

('diabetes', 'NNS'),

('inspidus', '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:

function

FOCUS:

diabetes

TARGET:

insipidus nephrogenic

POS:

[('what', 'WP'),

('is', 'VBZ'),

('diabetes', 'VBZ'),

('insipidus', 'JJ'),

('nephrogenic', 'JJ')]

CHOSEN ANS:

'<p>your main focus is on keeping your blood sugar (glucose) level in your target range.to help manage your blood sugar, follow a meal plan that has:</p><ul><li>food from all the food groups</li><li>fewer calories</li><li>about the same amount of carbohydratesat each meal and snack</li><li>healthy fats</li></ul><p>along with healthy eating, you can keep your blood sugar in target range by maintaining a healthy weight. persons with type 2 diabetes are often overweight. losing just 10 pounds can help you manage your diabetes better. eating healthy foods and staying active (for example, 30 minutes of walking per day) can help you meet and maintain your weight loss goal. </p><p>how carbohydrates affect blood sugar</p><p>carbohydrates in food give your body energy. you need to eat carbohydrates to maintain your energy. but carbohydrates also raise your blood sugar higher and faster than other kinds of food.</p><p>the main kinds of carbohydrates are starches, sugars, and fiber. learn which foods have carbohydrates. this will help with meal planning so that you can keep your blood sugar in your target range.</p><p>meal planning for children with type 2 diabetes</p><p>meal plans should consider the amount of calories children need to grow. in general, three small meals and three snacks a day can help meet calorie needs. many children with type 2 diabetes are overweight. the goal should be a healthy weight by eating healthy foods and getting more activity (60 minutes each day).</p><p>work with a registered dietitian to design a meal plan for your child. a registered dietitian is an expert in food and nutrition.</p><p>the following tips can help your child stay on track:</p><ul><li>no food is off-limits. knowing how different foods affect your childs blood sugar helps you and your child keep it in target range.</li><li>help your child learn how much food is a healthy amount. this is called portion control.</li><li>have your family gradually switch from drinking soda and other sugary drinks, such as sports drinks and juices, to plain water or low-fat milk. </li></ul><p>planning meals</p><p>everyone has individual needs. work with your doctor, registered dietitian, or diabetes educator to develop a meal plan that works for you.</p><p>when shopping, read food labels to make better food choices.</p><p>a good way to make sure you get all the nutrients you need during meals is to use the plate method. this is a visual food guide that helps you choose the best types and right amounts of food to eat. it encourages larger portions of non-starchy vegetables (half the plate) and moderate portions of protein (one quarter of the plate) and starch (one quarter of the plate). you can find more information about the plate method at the american diabetes association website: http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate.</p><p>eat a variety of foods</p><p>eating a wide variety of foods helps you stay healthy. try to include foods from all the food groups at each meal. </p><p>vegetables (2 to 3 cups a day)</p><p>choose fresh or frozen vegetables without added sauces, fats, or salt. non-starchy vegetables include dark green and deep yellow vegetables, such as spinach, broccoli, romaine lettuce, cabbage, chard, and bell peppers. starchy vegetables include corn, green peas, lima beans, potatoes, and taro.</p><p>fruits (1 to 2 cups a day)</p><p>choose fresh, frozen, canned (without added sugar), or dried fruits. try apples, bananas, berries, cherries, fruit cocktail, grapes, melon, oranges, peaches, pears, papaya, pineapple, raisins. drink juices that are 100% fruit with no added sweeteners or syrups.</p><p>grains (3 to 4 ounces a day)</p><p>there are two types of grains:</p><ul><li>whole grains are unprocessed and have the entire grain kernel. examples are whole-wheat flour, oatmeal, whole cornmeal, amaranth, barley, brown and wild rice, buckwheat, and quinoa.</li><li>refined grains have been processed (milled) to remove the bran and germ. examples are white flour, de-germed cornmeal, white bread, and white rice.</li></ul><p>grains have starch, a type of carbohydrate. carbohydrates raise your blood sugar level. so, for healthy eating, make sure half of the grains you eat each day are whole grains. whole grains have lots of fiber. fiber in the diet keeps your blood sugar level from rising too fast. </p><p>protein foods (5 to 6 ounces a day)</p><p>protein foods include meat, poultry, seafood, eggs, beans and peas, nuts, seeds, and processed soy foods.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.</p><p>dairy (3 cups a day)</p><p>choose low-fat or nonfat dairy products. be aware that milk, yogurt, and other dairy foods have natural sugar even when they do not contain added sugar. take this into account when planning meals to stay in your blood sugar target range. <br><br>oils/fats (no more than 7 teaspoons a day)</p><p>oils are not considered a food group. but they have nutrients that help your body stay healthy. oils are different from fats in that oils remain liquid at room temperature. fats remain solid at room temperature.</p><p>limit your intake of fatty foods, especially those high in saturated fat, such as hamburgers, deep-fried foods, bacon, and butter. </p><p>instead, choose foods that are high in polyunsaturated or monounsaturated fats. these include fish, nuts, and vegetable oils.</p><p>oils can raise your blood sugar, but not as fast as starch. oils are also high in calories. try to use no more than the recommended daily limit of 7 teaspoons.</p><p>what about alcohol and sweets?</p><p>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.</p><p>sweets are high in fat and sugar. keep portion sizes small. </p><p>here are tips to help avoid eating too many sweets:</p><ul><li>ask for extra spoons and forks and split your dessert with others.</li><li>eat sweets that are sugar-free.</li><li>always ask for the smallest serving size or childrens size.</li></ul>'

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:

'<p>you can help prevent type 2 diabetes by keeping a healthy body weight and an active lifestyle.</p>'

29

When to contact a medical professional for gestational diabetes

ANS TYPE:

treatment

FOCUS:

gestational diabetes

TARGET:

contact professional gestational

POS:

[('when', 'WRB'),

('to', 'TO'),

('contact', 'VB'),

('a', 'DT'),

('professional', 'JJ'),

('for', 'IN'),

('gestational', 'JJ'),

('diabetes', 'NNS')]

CHOSEN ANS:

"<p>the goals of treatment are to keep blood sugar (glucose) levels within normal limits during the pregnancy, and to make sure that the growing baby is healthy.</p><p>watching your baby</p><p>your health care provider should closely check both you and your baby throughout the pregnancy. fetal monitoring will check the size and health of the fetus.</p><p>a nonstress test is a very simple, painless test for you and your baby. </p><ul><li>a machine that hears and displays your baby's heartbeat (electronic fetal monitor) is placed on your abdomen. </li><li>your health care provider can compare the pattern of your baby's heartbeat to movements and find out whether the baby is doing well. </li></ul><p>diet and exercise</p><p>the best way to improve your diet is by eating a variety of healthy foods. you should learn how to read food labels, and check them when making food decisions. talk to your doctor or dietitian if you are a vegetarian or on some other special diet.</p><p>in general, when you have gestational diabetes your diet should: </p><ul><li>be moderate in fat and protein</li><li>provide your carbohydrates through foods that include fruits, vegetables, and complex carbohydrates (such as bread, cereal, pasta, and rice) </li><li>be low in foods that contain a lot of sugar, such as soft drinks, fruit juices, and pastries</li></ul><p>if managing your diet does not control blood sugar (glucose) levels, you may be prescribed diabetes medicine by mouth or insulin therapy. </p><p>most women who develop gestational diabetes will not need diabetes medicines or insulin, but some will.</p>"

30

When to contact a medical professional if I have diabetes

ANS TYPE:

treatment

FOCUS:

gestational diabetes

TARGET:

contact professional gestational

POS:

[('when', 'WRB'),

('to', 'TO'),

('contact', 'VB'),

('a', 'DT'),

('professional', 'JJ'),

('for', 'IN'),

('gestational', 'JJ'),

('diabetes', 'NNS')]

CHOSEN ANS:

"<p>the goals of treatment are to keep blood sugar (glucose) levels within normal limits during the pregnancy, and to make sure that the growing baby is healthy.</p><p>watching your baby</p><p>your health care provider should closely check both you and your baby throughout the pregnancy. fetal monitoring will check the size and health of the fetus.</p><p>a nonstress test is a very simple, painless test for you and your baby. </p><ul><li>a machine that hears and displays your baby's heartbeat (electronic fetal monitor) is placed on your abdomen. </li><li>your health care provider can compare the pattern of your baby's heartbeat to movements and find out whether the baby is doing well. </li></ul><p>diet and exercise</p><p>the best way to improve your diet is by eating a variety of healthy foods. you should learn how to read food labels, and check them when making food decisions. talk to your doctor or dietitian if you are a vegetarian or on some other special diet.</p><p>in general, when you have gestational diabetes your diet should: </p><ul><li>be moderate in fat and protein</li><li>provide your carbohydrates through foods that include fruits, vegetables, and complex carbohydrates (such as bread, cereal, pasta, and rice) </li><li>be low in foods that contain a lot of sugar, such as soft drinks, fruit juices, and pastries</li></ul><p>if managing your diet does not control blood sugar (glucose) levels, you may be prescribed diabetes medicine by mouth or insulin therapy. </p><p>most women who develop gestational diabetes will not need diabetes medicines or insulin, but some will.</p>"

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Enter your question ?

what diet do you recommend for gestational diabetes

"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: <ul><li>moderate in fat and protein</li><li>provide controlled levels of carbohydrates through foods including fruits, vegetables, and complex carbohydrates (such as bread, cereal, pasta, and rice)</li><li>lower in foods that have a lot of sugar, such as soft drinks, fruit juices, and pastries</li></ul>you 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. carbohydrates <ul><li>carbohydrates should make up less than half of the calories you eat.</li><li>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.</li><li>high-fiber, whole-grain carbohydrates are healthier choices.</li><li>vegetables (such as carrots, broccoli, and spinach) add much more to your health than to your blood sugar. enjoy lots of them.</li><li>carbohydrates in food are measured in grams. you can learn to count the carbohydrates in the foods that you like and that you eat.</li></ul>grains, beans, and startchy vegetables <ul><li>eat 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.</li><li>foods like bread, grains, beans, rice, pasta, and starchy vegetables are loaded with vitamins, minerals, fiber, and healthy carbohydrates.</li><li>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.</li><li>eat more low-fat breads, such as tortillas, english muffins, and pita bread.</li></ul>vegetables <ul><li>eat 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.</li><li>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.</li></ul>fruits <ul><li>eat 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.</li><li>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.</li><li>choose fresh fruits and juices, which retain more of their nutritional value than frozen or canned varieties.</li></ul>milk and dairy <ul><li>eat 4 servings a day: one serving equals 1 cup milk or yogurt, 1 1/2 oz. natural cheese, or 2 oz. processed cheese.</li><li>choose low-fat or nonfat milk or yogurt. yogurt has natural sugar in it, but avoid yogurt with added sugar or artificial sweeteners.</li><li>dairy products are a great source of protein, calcium, and phosphorus (to keep calories and cholesterol in check, though, choose low-fat dairy products).</li></ul>protein (meat, fish, dry beans, eggs, and nuts) <ul><li>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</li><li>choose fish and poultry more often. remove the skin from chicken and turkey. select lean cuts of beef, veal, pork or wild game.</li><li>trim all visible fat from meat. bake, roast, broil, grill, or boil instead of frying.</li><li>foods from this group are excellent sources of b vitamins, protein, iron, and zinc.</li></ul>sweets <ul><li>sweets are high in fat and sugar, so keep portion sizes small.</li><li>eat sweets that are sugar-free.</li><li>ask for extra spoons and forks and split your dessert with others.</li></ul>fats <ul><li>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.</li><li>in general, you should limit your intake of fatty foods, especially those high in saturated fat such as hamburger, cheese, bacon, and butter.</li></ul>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. "

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: <ul><li>chest pain or pressure, shortness of breath, or other signs of angina</li><li>loss of consciousness</li><li>seizures</li></ul>call your health care provider or go to the emergency room if you have symptoms of diabetic ketoacidosis. also call your doctor if you have: <ul><li>blood sugar levels that are higher than the goals you and your doctor have set</li><li>numbness, tingling, or pain in your feet or legs</li><li>problems with your eyesight</li><li>sores or infections on your feet</li><li>symptoms 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)</li><li>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)</li><li>you are having blood sugar readings below 70 mg/dl</li></ul>you 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: <ul><li>birth injury (trauma) because of the baby's large size</li><li>delivery by c-section</li></ul>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. "

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: <ul><li>birth injury (trauma) because of the baby's large size</li><li>delivery by c-section</li></ul>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

'<ul><li>dilation of the ureters and bladder</li><li>high blood sodium (hypernatremia)</li><li>severe dehydration</li><li>shock</li></ul>'

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

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 <ul><li>have them maintain a healthy weight</li><li>be sure they are physically active</li><li>have them eat smaller portions of healthy foods</li><li>limit time with the tv, computer, and video</li></ul>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. '

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:

'a urine analysis may show high blood sugar. but a urine test alone does not diagnose diabetes. your health care provider may suspect that you have diabetes if your blood sugar level is higher than 200 mg/dl. to confirm the diagnosis, one or more of the following tests must be done. blood tests: <ul><li>fasting blood glucose level -- diabetes is diagnosed if it is higher than 126 mg/dl twice. levels between 100 and 126 mg/dl are called impaired fasting glucose or pre-diabetes. these levels are risk factors for type 2 diabetes.</li><li>hemoglobin a1c test -- <ul><li>normal: less than 5.7%</li><li>pre-diabetes: 5.7% - 6.4%</li><li>diabetes: 6.5% or higher</li></ul></li><li>oral glucose tolerance test -- diabetes is diagnosed if glucose level is higher than 200 mg/dl 2 hoursafter drinking a glucose drink. (this test is used more often for type 2 diabetes.)</li></ul>screening for type 2 diabetes in people who have no symptoms is recommended for: <ul><li>overweight children who have other risk factors for diabetes, starting at age 10 and repeated every 2 years</li><li>overweight adults (bmi greater than 25) who have other risk factors</li><li>adults over age 45, repeated every 3 years</li></ul>'

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. '