

# What do you know about diabetes?

The more you know about diabetes, the better chance you have to control it. Test your knowledge with our quiz.

1. When it comes to controlling my diabetes, what I eat doesn't really matter?

True

False

2. In order to control your blood sugar, you should exercise 20 to 30 minutes a day.

True

False

3. I should have my eyes checked by a doctor every three years.

True

False

4. Carbohydrates are found in red meat, fish and poultry.

True

False

5. People with diabetes are at a higher risk for certain illnesses, like the flu or pneumonia.

True

False

## Answers

- 1. False.** If you have diabetes, controlling the type and the amount of food you eat is very important to maintaining your best health.
- 2. True.** Ask your doctor before starting any exercise program. He or she can recommend activities best suited to your health needs.
- 3. False.** If you have diabetes, you should have your eyes examined by a doctor at least once a year.
- 4. False.** Carbohydrates are found in breads, sweets, potatoes, fruit and corn.
- 5. True.** Talk to your doctor about getting annual flu and pneumonia shots to keep up your Good health all year through.

To learn more about MedStar Good Samaritan Hospital's Diabetes program, visit **[MedStarGoodSam.org/Diabetes](http://MedStarGoodSam.org/Diabetes)** or call **443-444-4100**.



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