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PREFACE

The mission of The Johns Hopkins Patient Guide to Diabetes website (<http://hopkinsdiabetesinfo.org>) is to provide a trusted and reliable resource based on the latest evidence that people with diabetes, their caretakers, and those interested in learning more about diabetes can use to live healthier lives.

A number of components were identified as being essential to this website's mission, including:

- **About Diabetes:** Why diabetes happens, different types of diabetes, risk factors, how diabetes is monitored and more
- **Living with Diabetes:** Everyday information on living with diabetes; information on diet, exercise, weight loss, and other ways to stay as healthy as possible
- **Complications:** Complications of diabetes and prevention
- **Treatments:** Different ways to treat different types of diabetes
- **Helpful Tools:** Useful ways of helping cope with diabetes, including downloadable tools
- **Ask the Expert:** Practical information from medical experts
- **Nutrition Blog:** Helpful tips and information about how diet plays a major role in the treatment of diabetes
- **Tech Corner:** Exploring the role of technology in diabetes
- **Videos:** Covering useful topics ranging from Understanding Diabetes to Using an Insulin Pen
- **Patient Stories:** Experiences of real people who live with diabetes
- **Additional Resources:** Helpful resources

There is much medical terminology related to diabetes, which at times can be overwhelming and confusing. We believe that providing a glossary of terms related to diabetes may help people better understand diabetes. The more one understands, the easier it is to manage diabetes.

Thus, this Diabetes Glossary was developed as an integral part of the Johns Hopkins Patient Guide to Diabetes website. Many terms are cross-referenced, and the on-line glossary (<http://hopkinsdiabetesinfo.org/glossary>) continues to expand. We hope readers find this resource helpful.

Yours in Health,

Rita Rastogi Kalyani, MD MHS FACP
Editor-in-Chief

ACKNOWLEDGEMENTS



| *the frannie foundation*

The Johns Hopkins Patient Guide to Diabetes website was made possible through the generous philanthropic support of the The Frannie Foundation, whose mission is to enhance the lives of individuals who have diabetes and other cardiovascular-related diseases. More information about this non-profit organization may be found at www.thefranniefoundation.org.

INTRODUCTION

The Frannie Foundation was established in memory of my mother, Frances Josephine Scebor (Frannie), who passed away on 28 December 2000 from complications of Type II diabetes and related vascular and cardiovascular disease. She was only 52 years old. The Frannie Foundation was developed exclusively for charitable and educational purposes. Providing better access to crucial information is the core mission of the foundation. It has been my personal mission to raise awareness of the challenges my mother experienced while living with diabetes. This energy has inspired The Frannie Foundation to make gifts to create and support the ongoing development of the Johns Hopkins Patient Guide to Diabetes website, which launched in 2016.

This web-based patient guide is a comprehensive, evidence-based, expert-reviewed resource for diabetes patients and their caregivers. A resource with information on broad topics, ranging from living a healthy lifestyle with diabetes to treatments, complications, nutritional blogs and even videos on how to administer insulin. An integral part of the patient guide website is the glossary. The team has included key terms in diabetes care with the goal of making the definitions accurate and clear. By translating medical jargon, which is often confusing, into easy to understand language, this glossary will prove useful in navigating learning materials in order to better comprehend this disease and its complications by both patients and their caregiver(s).

While writing this introduction, on what would have been Frannie's 72nd birthday, I am reminded of the many people this website has helped and will continue to reach worldwide. Through both the Johns Hopkins Patient Guide to Diabetes website and now, this glossary, Dr. Kalyani and her team continue to contribute to Frannie's legacy by breaking down learning barriers and providing the best up-to-date information, tools and resources. I am forever grateful for this shared vision with The Frannie Foundation.

Sincerely yours,
Amy Rohrbaugh
Founder, Director
The Frannie Foundation



GLOSSARY OF DIABETES

A

A1c	Glycated Hemoglobin (not an acronym). See, "Hemoglobin A1c"
Abdominal obesity	Excess fat around the middle of the body (abdomen) that can be harmful to health.
Acanthosis nigricans	Thickening and darkening of the skin in patchy areas in the skin folds of the armpits, neck, or groin. This is usually a sign of insulin resistance.
Acarbose	An alpha-glucosidase inhibitor medication
ACE	Angiotensin Converting Enzyme
ACE inhibitor	See "Angiotensin Converting Enzyme Inhibitor"
Acetohexamide	A sulfonylurea medication
ACR	Albumin to Creatinine Ratio
Actos	Brand name of Pioglitazone, a thiazolidinedione
Acute	A problem that arises quickly and usually gets better with prompt treatment
ADA	American Diabetes Association
Adhesive capsulitis	A condition of the shoulder associated with diabetes that results in pain and difficulty moving the shoulder
Adipose	Relating to fat tissue.
Adult onset diabetes	An older name for "Type 2 Diabetes" which is less often used as younger, overweight people can develop this disease as well.
Aerobic	Literally means "requiring oxygen (air)", but often used to describe a type of exercise lasting for a longer period of time that uses oxygen (e.g. jogging, swimming, walking, biking).
Albiglutide	A GLP-1 Agonist
Albumin	The most common protein found in the blood. It is used by the body for growth and tissue repair.
Albumin to Creatinine Ratio	Method of choice to test for elevated albumin (protein) in the urine. Albumin in the urine - sometimes also called microalbumin - can be an early sign of diabetic kidney disease.
Albuminuria	A condition in which high than normal levels of albumin are leaked from the kidney into the urine. Albuminuria may be a sign of nephropathy (kidney disease). See "Microalbuminuria"
Allograft	Tissue or organs transplanted from one person to another person.

Alogliptin	A DPP-IV Inhibitor
Alpha cell	A type of cell in the pancreas that makes and releases the hormone glucagon
Alpha glucosidase inhibitors	A class of oral medicines for Type 2 diabetes that blocks the breakdown of carbohydrates (sugars). The result is a slower and lower rise in blood glucose throughout the day, especially immediately after meals.
Altace	Brand name of Ramipril, an ACE Inhibitor;
Altocor	Brand name of Lovastatin, a statin;
Amaryl	Brand name of Glimepiride, a sulfonylurea
Amputation	Removal of a limb by trauma, medical illness, or surgery.
Amylin	A hormone produced by the pancreas. Amylin regulates the timing of glucose release into the bloodstream after eating by slowing the emptying of the stomach.
Amyotrophy	A type of neuropathy resulting in pain, weakness and/or deterioration in the muscles.
Anabolic	A type of reaction in the body that makes new and more complex molecules from simpler ones.
Analogues	A medication that resembles a naturally occurring hormone in the body but can be made in a lab and altered for slightly different functions.
Anemia	A condition in which the number of red blood cells (cells that carry oxygen around the body) is less than normal.
Angina	Chest pain, sometimes spreading to the shoulders, arms or neck, caused by reduced blood flow to the heart. It is a symptom of heart disease.
Angiogram	A special image that can take pictures of blood vessels and monitor the blood flowing through them.
Angiopathy	Any disease of the blood vessels (veins, arteries, capillaries).
Angiotensin converting enzyme inhibitors	Commonly known as "ACE Inhibitors". Medications that treat high blood pressure and/or protein in the urine (albuminuria).
Angiotensin receptor blockers	Commonly known as "ARBs". Medications that treat high blood pressure and/or protein in the urine (albuminuria).
Animal insulin	Insulin taken from the pancreas of animals, usually pigs or cows.
Anti-Platelet Therapy	Medications that make it harder for platelets to stick together, reducing the risk of forming blood clots.
Antibodies	Proteins made by the body to protect itself from "foreign" substances such as bacteria or viruses.

Anticoagulants	Commonly known as "blood thinners". Effective at preventing blood clot formation.
Antihypertensive Medications	Classes of drugs used to treat hypertension (high blood pressure.)
Antimicrobial	An agent that kills bacteria and/or viruses.
Antioxidants	Substances that may protect cells from the damage caused by molecules known as free radicals and prevent or delay cell damage.
Antipsychotic	A drug used to treat psychiatric disorders (ex/ bipolar disorder, etc)
Apidra	Brand name of Glulisine, a rapid-acting insulin.
Apnea	See "Obstructive sleep apnea"
ARBs	See "Angiotensin Receptor Blockers"
Artery	A large blood vessel that carries blood with oxygen from the heart to all parts of the body.
Artificial sweeteners	Also known as "sugar substitutes", these are sweeteners that have little or no calories.
Aspart	A rapid-acting insulin.
Aspartame	An artificial sweetener.
Atacand	Brand name of candesartan, an ARB
Atherosclerosis	A process that involves narrowing of the blood vessels and can lead to heart attack and stroke.
Atkins diet	A type of low carbohydrate, high protein (and often high fat) diet.
Atorvastatin	A type of statin (cholesterol-lowering) medication.
Autoantibody	A type of antibody directed against one's own body organs. See also "Antibodies"
Autoimmune disease	A disorder of the body's immune system in which the immune system mistakenly attacks and destroys its own tissue or organs.
Autonomic	The autonomic nervous system regulates a variety of body process that take place without conscious effort, such as heartbeat, breathing digestion, and control of blood pressure.
Autonomic neuropathy	Damage or dysfunction of the autonomic nerves.
Avandia	Brand name of Rosiglitazone, a thiazolidinedione
Avapro	Brand name of Irbesartan, an ARB

B

Bariatric surgery	Surgical procedures performed on the stomach and/or intestines to help lose weight.
Basal insulin	Long-acting insulin that requires injection only 1-2 times per day.
Benazepril	An ACE Inhibitor
Benicar	Brand name of Olmesartan, an ARB
Beta blockers	Medications that reduce blood pressure and slow heart rate. This are often used in patients with high blood pressure, heart failure, or arrhythmia.
Beta cells	Cells in the islets of the pancreas that produce insulin.
Bisphosphonates	Medications that prevent the body from breaking down bones and are often used to treat osteoporosis.
Bladder	An organ that stores urine. Problems with the bladder can causes the need to urinate more frequently or incontinence.
Blood Glucose	Glucose (sugar) in the bloodstream.
Blood glucose level	The amount of glucose in a given amount of blood. It is noted in milligrams in a deciliter, or mg/dL. See "Glucose"
Blood glucose meter	Also known as a "glucometer", a small, portable machine used by people with diabetes to check their blood glucose levels at home.
Blood pressure	The pressure in the blood vessels produced by the heart and which moves blood around the body. Elevated blood pressure is known as "hypertension".
Blood urea nitrogen	A waste product in the blood from the breakdown of protein. Kidneys filter blood to remove urea. As kidney function worsens, the BUN levels increase.
Blood vessels	Conduits that carry blood to and from all parts of the body. The three main types of blood vessels are arteries, veins and capillaries.
BMI	Body Mass Index
Body mass index	A measure used to evaluate a person's body weight relative to their height. BMI is used to find out if a person is underweight, normal weight, overweight or obese.
Bolus insulin	"Short-acting" or "rapid-acting" insulin that is typically taken to correct a hyperglycemia (high blood glucose) or is taken before a meal or snack to prevent hyperglycemia. These insulins typically last for only a few hours in the body.
Bone mineral density test	See" DXA"
BP	Blood Pressure

Brittle diabetes	A term used to describe diabetes that is especially difficult to manage. Usually, the glucose levels are widely variable with both extreme highs and lows.
Bun	Blood Urea Nitrogen
Bunion	A bump on the toe, caused by swelling and inflammation, often from shoes that rub against the feet. This spot can become red, sore and infected.
Bydureon	Brand name of Exenatide extended release, a GLP-1 agonist
Byetta	Brand name of Exenatide, a GLP-1 agonist

C

C-peptide	A protein released at the same time as insulin is produced by the body. This protein lasts longer in the bloodstream than insulin and can be tested to know about how much insulin the body is producing.
CAD	Coronary Artery Disease
Calcium	A mineral that is a large part of bone, but also helps the cells of the body work normally.
Callus	An area of skin, usually on the foot, that has become thick and hard from rubbing or pressure.
Calorie	Typically used as a shortened version of "kilocalorie", this is a measurement of energy. A typical adult needs to consume anywhere from 1800-2500 calories from food/drink every day but this can depend on an individual's needs
Canagliflozin	An SGLT2 inhibitor medication.
Candesartan	An ARB
Capillary	The smallest of the body's blood vessels. Oxygen and nutrients travel into the cells and waste products out of the cells through the walls of these capillaries.
Capoten	Brand name of Captopril, an ACE Inhibitor
Capsaicin	A chemical found in hot peppers that can be used in ointments to relieve pain.
Captopril	An ACE Inhibitor
Carbohydrate	A molecule made of up simple sugars. Carbohydrates are broken down into sugar by the body and are a major source of energy. These are found in many foods in varying amounts. Examples of foods with high carbohydrate content include many bread and pasta products.
Carbohydrate counting	A meal planning method commonly used by people with diabetes to plan food and meal choices.
Carbs	See "Carbohydrates"
Cardiologist	A doctor who treats heart conditions, including high blood pressure, heart failure, and arrhythmia.
Cardiovascular disease	Disease of the heart and blood vessels (arteries, veins and capillaries) that can include and/or lead to heart attack, peripheral vascular disease, and stroke.

Cardiovascular system	The heart and blood vessels. It is the means by which blood is pumped from the heart and circulated throughout the body. As it circulates, the blood carries oxygen to all of the body's tissues. It also removes waste products.
CAT Scan	Computerized Axial Tomography. See "CT Scan"
Cataracts	Clouding of the lens in the eye (a part of the front of the eye that sharpens images). Cataracts can lead to poor vision.
Catheter	A flexible tube inserted through a narrow opening into a body cavity, particularly the bladder, for removing fluid.
CDE	Certified Diabetes Educator
Celiac Disease	An autoimmune disease in which the body's own immune system overreacts to gluten in food. Eating gluten is likely to cause damage to the small intestine in people with celiac disease. Gluten is a protein found in wheat, rye, and barley.
Cerebrovascular disease	Damage to blood vessels in the brain which can include or lead to stroke.
Certified Diabetes Educator	A health professional who specializes in teaching people with diabetes how to optimally self-manage their diabetes. This might include assisting people with diabetes to modify lifestyle and adopt healthy self-care behaviors, training people with diabetes and caregivers to use diabetes devices, such as blood glucose meters, insulin pens and pumps, and continuous glucose monitors, teaching problem-solving strategies and skills to help people live healthy, active lifestyles, providing nutrition education, and working with other health care providers to help manage care.
Cesarean section	A surgery used to deliver a baby when it cannot be done naturally.
CF	Cystic Fibrosis
Charcot foot	A condition in which the small bones of the foot become misaligned, leading to foot deformity.
CHF	Congestive Heart Failure
Chlorpropamide	A sulfonylureas medication
Cholesterol	A molecule that is needed by all cells of the body but can lead to higher risk of heart disease and stroke if levels are too high.
Chronic	An issue that occurs over a long period of time.
Circulation	The flow of blood through the body's blood vessels and heart.
CKD	Chronic Kidney Disease
Claudication	Pain in the legs caused by too little blood flow, usually during exercise.

Clinical trials	Carefully controlled studies that are conducted to test the effectiveness and safety of new drugs, medical products or techniques. All drugs in the U.S. undergo multiple phases of study before being approved for general use.
Clopidogrel	An anticoagulant medication.
Cognition	The act of thinking, perceiving, and understanding.
Coma	A sleep-like state in which a person is not conscious. May be caused by hyperglycemia (high blood glucose) or hypoglycemia (low blood glucose) in people with diabetes.
Combination therapy	The use of different medicines together (e.g. two different oral hypoglycemic agents or an oral hypoglycemic agent plus insulin) to manage blood glucose levels.
Comorbidities	Comorbidities are two or more diseases existing at the same time in the body.
Complementary and Integrative Medicine	The popular term for health and wellness therapies that have typically not been part of conventional medical practices. Complementary means treatments that are used along with conventional medicine.
Complex carbs	Complex carbs (carbohydrates) consist of three or more sugars and they are fiber rich. These are broken down more slowly than simple carbohydrates and can cause less hyperglycemia than simple carbohydrates.
Complications	Harmful effects of a disease, such as damage to the eyes, heart, blood vessels, nervous system, feet and skin, or kidneys in persons with diabetes.
Congenital	Present from birth. This does not necessarily mean it's genetic, but it could be.
Congestive heart failure	Loss of the heart's pumping power, which causes fluids to collect in the body, especially in the feet and sometimes lungs.
Continuous glucose monitors	Devices which use a catheter inserted just below the skin to monitor blood glucose frequently throughout the day. These are connected to a monitor that displays the glucose reading.
Continuous Subcutaneous Insulin Infusion	See "Insulin pump"
Coronary artery disease	Heart disease caused by narrowing of the arteries that supply blood to the heart. If the blood supply is completely cut off, the result is a heart attack.
Correction factor	See "Insulin Sensitivity Factor"
Correctional insulin	Insulin dosing that is meant to "correct" or lower high blood glucose before meals.
Coumadin	Brand name of warfarin, an anticoagulant.

Cozaar	Brand name of Losartan, an ARB
Creatinine	A waste product derived from the activity of the muscles. Normally, kidneys can remove this substance from the blood. A build-up of creatinine in the blood signals that the kidneys are losing their ability to function normally.
Crestor	Brand name of Rosuvastatin, a statin (cholesterol-lowering medicine).
CSII	Continuous Subcutaneous Insulin Infusion
CT Scan	Computerized Tomography' (CT) (or Computerized Axial Tomography (CAT) scan); An X-ray procedure that combines many X-ray images with the aid of a computer to generate much more detailed images of the inside of the body.
CVA	Cerebrovascular Accident
CVD	Cardiovascular Disease
Cyclamate	An artificial sweetener about 30-50 times sweeter than sugar. It is banned in the USA, although initial studies suggesting toxicity are controversial.
Cystic fibrosis	A genetic disease that causes frequent lung infections and can damage the lungs, as well as other complications such as pancreatitis. This disease also leads to a higher risk of diabetes.

D

Dapagliflozin	An SGLT2 inhibitor medication.
Dash diet	Dietary Approaches to Stop Hypertension (DASH). A balanced eating plan that might help lower blood pressure.
Dawn phenomenon	A rise in blood glucose levels that can occur in the early morning hours before or upon awakening.
DCCT	Diabetes Control and Complications Trial
DDP-IV inhibitors	A class of oral diabetes medication that work by prolonging the effect of certain gut hormones called incretins.
Dehydration	The loss of too much body fluid through frequent urinating, sweating, diarrhea or vomiting. Dehydration can raise blood glucose levels.
Dermopathy	Diseases of the skin.
Desensitization	A way to reduce or stop a response such as an allergic reaction to something. This occurs by administering a very small amount of that allergenic substance and then gradually increasing doses over time.
Detemir	A long-acting (basal) insulin.
DEXA Scan	See "DXA"
Dextrose (glucose)	The main form of glucose used by the body.
Diabeta	Brand name of glyburide, a sulfonylurea medication.
Diabetes	A group of diseases that result in too much sugar in the blood, or high blood glucose.
Diabetes Control and Complications Trial	See "Diabetes Control and Complications Trial (DCCT)"
Diabetes insipidus	A medical condition of frequent urination due to low levels of a hormone called antidiuretic hormone, but not at all related to high glucose levels in the blood. This condition is different from diabetes mellitus.
Diabetes mellitus	The technical name for "diabetes", referring to high levels of glucose (sugar) in the blood, of which there are different types.
Diabetic foot	A foot that exhibits any problems resulting from diabetes, including numbness, ulcers, or foot deformations.
Diabetic ketoacidosis	An emergency condition involving very high levels of blood glucose (commonly >500mg/dl) and acid (ketones) in the blood. This most commonly occurs in those with type 1 diabetes but can occur rarely in type 2 diabetes.

Diabetic macular edema	A condition in which fluid collects in the central part of the retina (eye) resulting in blurred vision often due to long-standing damage from uncontrolled diabetes.
Diabetic mastopathy	A rare fibrous breast condition occurring in women, and sometimes men, with long-standing diabetes in which lumps form in the breasts. The lumps are not malignant and can be surgically removed, although they can recur.
Diabetic myelopathy	Damage to the spinal cord found in some people with diabetes.
Diabetic nerve disease	See: "Diabetic neuropathy"
Diabetic neuropathy	Commonly refers to nerve damage resulting in numbness, tingling, and/or pain which usually starts in the toes and moves up the legs and hands. However, the nerves that supply the gut, heart, and sexual organs can also be affected (See "Autonomic neuropathy"). This neuropathy typically occurs after years of poorly controlled diabetes.
Diabetic retinopathy	Eye disease resulting from damage to the small blood vessels in the retina. This can result in worsening vision or loss of vision, but can be treated if detected early, and is often related to high blood glucose levels.
Diabetogenic	"Causing diabetes". For example, some drugs lead to blood glucose levels to rise, resulting in diabetes.
Diabetologist	A doctor who specializes in treating people with diabetes.
Diabinese	Brand name for chlorpropamide, a sulfonylurea medication.
Diagnosis	Determining a disease from its signs and symptoms.
Dialysis	A shortened form of "hemodialysis": a treatment where a machine attached to the patient clears waste products from the blood in those with kidney failure.
Dietitian	A nutrition specialist trained to provide medical nutrition therapy, provide educational nutrition programs, and/or plan meal programs in food service settings, including hospitals, cafeterias and food corporations.
Diovan	The brand name of valsartan, an ARB.
Disparities	In health care, the differences in health and health care between different groups of people such as by sex, race, etc.
Distal pancreatectomy	A surgical procedure in which part of the pancreas is removed. This may reduce the amount of insulin produced by the body.
Diuretics	Commonly known as "water pills", medications that remove excess fluid from the body by causing more urination.
DKA	See "Diabetic Ketoacidosis"
DM	See "Diabetes Mellitus"

DPP-IV	Dipeptidyl-Peptidase-4
Dulaglutide	A GLP-1 Agonist medication
Dupuytren contracture	A condition associated with diabetes in which tissues under the fingers and the palm of the hand thicken and shorten, causing the fingers to curve.
DXA	Dual Energy X-Ray Absorptiometry. A special kind of X-ray that assesses bone mineral density of the bones in the body, most commonly the spine and hip.
Dyslipidemia	An abnormal amount of lipids, such as cholesterol and triglycerides, in the blood.

E

ECG	See "EKG"
Edema	Swelling caused by excess fluid in the body. This most often affects the legs and feet first
Efficacy	Often refers to how well a treatment or medication works in its effect.
EKG	Short for "electrocardiogram", this measures the electrical activity of the heart in order to help detect an arrhythmia or damage to the heart (including heart attack). Also called "ECG".
Electrolytes	Minerals which are dissolved in blood and help the body with important functions. Examples include sodium, potassium, and calcium.
Electromyography	A test that measures the electrical activity generated by muscles. This can help to diagnose muscle damage.
Embryonic stem cell	A kind of cell present very early in human life that can change into any type of tissue in the body (skin, heart, etc).
EMG	Electromyography
Empagliflozin	A SGLT-2 inhibitor medication
Enalapril	An ACE Inhibitor medication
End-Stage Renal Disease	Stage 5 (last stage) of chronic kidney disease (CKD), in which the kidneys can no longer effectively remove waste or excess fluid from the blood.
Endocrine Disease	When a gland in the body produces too much or too little of a hormone.
Endocrine gland	An organ in the body that produces hormones (like insulin) and puts them into the blood.
Endocrinologist	A doctor who specializes in diabetes and other diseases of the endocrine system, including hormonal disorders of the thyroid, adrenal gland, and pituitary gland.
Endogenous	Made within the body.
Endoscopy	A procedure in which a camera is placed into the esophagus and/or intestines to examine the digestive system.
Enzyme	A protein made by the body that helps speed up chemical reactions. Examples include stomach enzymes that help break down food.
Epidemiology	The study of disease patterns in human populations. This helps us to understand what groups of people are affected by certain diseases and possible risk factors present in these groups.
Erectile dysfunction	Difficulty or inability to achieve an erection when desired.

Erythritol	An artificial sweetener.
Estrogen	A hormone present in high levels in women, particularly important in the development of puberty and pregnancy, leading to breast and pubic hair development, among other effects.
Euglycemia	A normal level of glucose in the blood.
Exenatide	A GLP-1 agonist medication
Exenatide Extended Release	A GLP-1 agonist medication
Exercise Stress Test	A test that evaluates the heart for abnormalities that can only be detected when the heart is working hard (exercising). Sometimes called a Stress Test. See "EKG"
Exocrine	See "Pancreas"

F

Familial Occurrence	A disease or condition that occurs more often in families than in general. A familial disease may be genetic (caused by genes) or environmental (affecting people in the same general area).
Farxiga	Brand name for dapagliflozin, a SGLT-2 inhibitor medication.
Fasciitis	Inflammation of the tissue surrounding organs or muscles. A common example is "plantar fasciitis" resulting in pain in the underside of the foot.
Fasting	When someone has not eaten food for greater than 8 hours (typically refers a morning blood glucose level taken before food).
Fat	A long-term storage form for energy in humans. It is also one of the three main nutrients in food (besides carbohydrates and proteins). Foods high in fat include butter, oil, nuts, and some dairy products.
Fatigue	A feeling of low energy or tiredness.
FDA	Abbreviation for the Food and Drug Administration, a government organization that regulates the safety of food products and prescription medications.
Fertility	Refers to the ability to become pregnant.
Fiber	A substance that cannot be broken down by the human gut and which helps prevent constipation. Foods high in fiber tend to be broken down slower by the body and help prevent glucose spikes.
Fibre	See "Fiber"
Finger-Pricking Device	See "Lancet"
Fluvastatin	A type of statin (cholesterol-lowering) medication.
Fluvastatin XL	A type of statin medication.
Fortamet	Brand name for metformin extended release.
Fortified	A food that has extra nutrients added to it or has nutrients added that are not normally there.
Fosinopril	An ACE Inhibitor medication.
Fructosamine test	A test that measures blood glucose levels over the past 2-3 weeks. This is similar to a hemoglobin A1c level, but measures glucose levels over a shorter period of time and is not used as frequently.
Fructose	A sugar that occurs naturally in fruits and honey. This is a "simple sugar" and is broken down and absorbed quickly, which can cause quick increases in glucose.

G

Gangrene	The death of body tissue, most often caused by a lack of blood flow. It can require amputation.
Gastrointestinal	Relating to the stomach and/or intestines.
Gastroparesis	A condition that occurs because of damage to the nerves supplying the stomach which results in slow and erratic emptying of the stomach. This often causes nausea and sometimes widely variable glucose readings after meals.
Genetic	Caused by one or more genes. This could be inherited from one's parents, or a gene could get changed spontaneously.
Gestational diabetes	A type of diabetes that develops specifically during pregnancy and usually resolves after delivery. This is usually screened for during the second trimester and can be treated by dietary therapy, oral medications or insulin, depending on the severity.
GFR	An abbreviation for glomerular filtration rate, a measure of kidney function.
Ghrelin	A hormone that stimulates appetite, slows metabolism, and decrease your body's ability to burn fat
Gingivitis	Inflammation or infection of the gums that surround and support the teeth. See "Periodontal Disease"
Gland	A group of cells in an organ that secrete substances such as hormones.
Glands of the body	Organs which produce hormones and release them into the bloodstream (endocrine glands) or into cavities inside the body (exocrine glands).
Glargine	A type of long-acting (basal) insulin.
Glaucoma	An increase in fluid pressure inside the eye that may lead to loss of vision.
Glimepiride	A sulfonylurea medication.
Glipizide	A sulfonylurea medication.
Glomerular Filtration Rate	An abbreviation for glomerular filtration rate, a measure of kidney function.
Glomerulus	A component of the kidney that helps to eliminate waste from the blood.
GLP-1	Glucagon-Like Peptide-1
GLP-1 agonists	Injectable diabetes medications that are not insulin, but help the body release more insulin in response to a meal. They also can slow digestion and potentially lead to mild weight loss.
Glucagon	A prescription drug to treat severe hypoglycemia.

Glucometer	Or "Glucose meter", a device that measures blood glucose levels.
Glucophage	Brand name for Metformin.
Glucophage XR	Brand name for Metformin extended release
Glucose	Glucose, sucrose and fructose are important carbohydrates, commonly referred to as simple sugars. They all provide the same amount of energy per gram, but are processed and used differently throughout the body.
Glucose	A "simple sugar" that is the main source of energy for the body. When consumed in food, it causes a quick increase in blood glucose.
Glucose gel	An over-the-counter medication, consisting primarily of dextrose and water, used frequently by people with diabetes to raise blood glucose when it becomes very low.
Glucose meter	See "Glucometer"
Glucose tablets	Chewable tablets made of pure glucose used for treating hypoglycemia.
Glucose tolerance test	An oral test used to diagnose diabetes in which blood is drawn before and after (typically 2 hours) consuming a concentrated glucose solution.
Glucotrol	Brand name for glipizide, a sulfonylurea medication.
Glulisine	A type of rapid-acting (bolus) insulin.
Glyburide	A sulfonylurea medication.
Glycemia	Glucose (or sugar) in the blood. There could be too much glucose in the blood (hyperglycemia) or not enough glucose in the blood (hypoglycemia).
Glycemic control	Trying to get blood glucose levels as close to target levels as safely possible.
Glycemic index	A measure of how much a food raises blood glucose. Foods with a high glycemic index raise glucose more than foods with a low glycemic index.
Glycogen	The storage form of glucose found in the liver and muscles.
Glycosuria	The presence of glucose in the urine.
Glycosylated haemoglobin	(HbA1c) See "Hemoglobin A1c"
Glyset	An alpha glucosidase inhibitor medication
Gram	A unit of weight. Carbohydrate amounts are typically given in grams.

H

HbA1c	Abbreviation for "hemoglobin A1c"
HDL	"High-Density Lipoprotein", commonly known as "good cholesterol". High levels of HDL are associated with a lower risk of heart disease.
Heart attack	Common term for "myocardial infarction", or damage to the heart caused by a complete blockage in one or more of the blood vessels (coronary arteries) supplying the heart.
Heart failure	Worsening of the heart's pumping function which can occur because of blocked blood vessels ("ischemic heart failure") or various other conditions. This can cause fluid buildup in the legs, abdomen, lungs, and other parts of the body.
Hemodialysis	A treatment to filter wastes and water from the blood when the kidneys are no longer able to. During hemodialysis, blood goes through a filter outside of the body and then returns back to the body.
Hemoglobin A1c	Or "glycosylated hemoglobin"; a test that estimates your average blood glucose levels over the past 3 months. Your provider will often set a goal hemoglobin A1c to help guide treatment.
Hemorrhagic stroke	A type of stroke (a condition where the brain does not get enough blood) in which the blood vessels in the brain bleed and result in damage to the brain.
Hereditary	Passed down from parents to an individual through genes. See "Genetic"
HHS	An abbreviation for "hyperosmolar hyperglycemic state", this condition usually occurs in those with type 2 diabetes when glucose levels are very high (usually >500mg/dl) for an extended period of time. This results in severe dehydration and electrolyte abnormalities that can lead to death.
High-Density Lipoprotein Cholesterol (HDL-C)	So-called "good" cholesterol". HDL absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body. Higher levels of HDL have been associated with lower risk of heart disease and stroke.
HMG-CoA	Hydroxy Methylglutaryl Coenzyme A
Honeymoon phase	Commonly refers to the period after diagnosis of type 1 diabetes where glucose levels are easy to control with a small amount of insulin. This occurs because the pancreas is still making some insulin. Over time, more injections are typically needed once insulin production stops altogether.
Hormone	A chemical substance produced in one part of the body that is released into the blood to control functions of another part or parts of the body. Examples include insulin, estrogen, and adrenaline/epinephrine.
Humalog	Brand name for insulin lispro, a rapid-acting (bolus) insulin.
Human Insulin	Synthetic insulin grown in labs to mimic insulin in humans.

Humulin N	Brand name for NPH insulin, an intermediate-acting insulin.
Humulin R	Brand name for regular insulin, a short-acting insulin.
Hyper-	An increased amount or too much of something.
Hyperglycemia	An elevated level of glucose in the blood.
Hyperlipidemia	An elevated level of lipids or cholesterol in the blood.
Hyperosmolar hyperglycemic nonketotic syndrome	Another name for "HHS" – see above
Hypertension	The formal name for "high blood pressure". Typically considered any blood pressure greater than 140/90 mm Hg. If untreated, this can lead to increased risk of heart disease and stroke.
Hypo-	A decreased amount or too little of something.
Hypoglycemia	Low blood glucose, typically glucose levels <70mg/dL.
Hypoglycemia unawareness	A condition in which a person no longer recognizes the symptoms of low blood glucose. This can be potentially dangerous.
Hypogonadism	Low levels of sex hormones (e.g. low testosterone in men and low estrogen in women).
Hypotension	Low blood pressure. This can cause dizziness or syncope ("passing out").
Hypothyroidism	Low levels of thyroid hormone due to an underactive thyroid gland. Symptoms may include feeling colder, tiring more easily, and the skin may get drier. Other symptoms may include constipation, depression, and forgetfulness.

I

ICA	Islet Cell Autoantibodies
ICU	Intensive Care Unit
IDDM	Insulin-Dependent Diabetes Mellitus
IFG	"Impaired Fasting Glucose", a type of prediabetes, indicates a high-risk state for developing diabetes. Defined as a fasting glucose 100-125mg/dl (≥ 126 mg/dl indicates a diagnosis of diabetes).
IGT	"Impaired glucose tolerance", a type of prediabetes, indicates a high-risk state for diabetes. Can only be diagnosed by an oral glucose tolerance test when the 2-hour glucose value is 140-199mg/dl (≥ 200 mg/dl indicates a diagnosis of diabetes).
Immune system	The body's system for protecting itself from viruses and bacteria or any "foreign" substances.
Immune-suppressing drugs / Immunosuppressant	Medications that suppress the body's immune system. These are usually taken after an organ transplant to prevent the body from "rejecting" the transplanted organ.
Impaired Fasting Glucose	Blood glucose levels above target range while fasting, but below the point of being diagnosed as diabetes. Glucose levels of 100 to 125 mg/dL after an overnight fast. This is an intermediate stage between normal glucose levels and diabetes.
Impaired Glucose Tolerance	After a 75-gram oral glucose tolerance test, 2-hour glucose levels of 140 to 199 mg/dL, which is above normal but not high enough to reach diabetes. See "OGTT"
Impotence	Inability of a man to get or keep an erection.
Incidence	A measure of how often a disease is newly diagnosed in a certain population.
Incontinence	Loss of bladder or bowel control
Incretin mimetics	Medications similar to the body's natural "gut hormones", which slow digestion of food, increase insulin production by the pancreas, and make a person feel full. Examples include the GLP-1 agonist class of medications.
Indigenous	Groups of people who are native to an area. For example, the Native Americans.
Infectious diseases	Illnesses caused by virus or bacteria.
Inflammation	Irritation of an area of the body that typically causes swelling, redness, and pain.

Infusion set	Tubing used to connect an insulin pump to a person's body. Insulin flows through this tubing.
Insulin	A hormone produced by the pancreas that helps glucose move into cells of the body where it is used as energy. Insulin is the only hormone in the body that can lower the glucose level in the blood.
Insulin analogues	Synthetic insulin that is manufactured for different durations of action. These insulins can be short- or rapid-acting (lasting 3-6 hours), intermediate acting (12-18 hours) and long-acting (20-24+ hours) and are used in various combinations for glucose control.
Insulin dependent diabetes	Diabetes that cannot be controlled on oral medications alone and require the use of insulin. This is not a specific term and can apply in those with type 1, type 2, and/or gestational diabetes.
Insulin Lipodystrophy	Abnormal fat tissue caused by injecting insulin repeatedly in the same place, causing a bump on, or a dent in, under the skin.
Insulin pen	A device for delivering insulin that comes in a plastic pen case to which a small needle is attached to inject the insulin. These pens have a twistable portion to select the amount of insulin to deliver. Unlike a traditional syringe, the insulin is already in the pen, so there is no need to "draw up" the insulin. Pens are not refillable.
Insulin pump	A small mechanical device, (typically the size of a beeper or small cell phone), that is attached to the body via tubing which is placed under the skin. The pump delivers rapid-acting insulin at different rates to the body through the tubing, acting much like the pancreas. The pump is programmable for different rates of "basal" insulin and typically has a calculator for "bolus" insulin at mealtime and when hyperglycemia occurs.
Insulin Receptors	Insulin, secreted by the pancreas, binds with insulin receptors on cells. The cells then allow glucose entry for use as fuel. Many cells in the body have insulin receptors.
Insulin resistance	A condition that makes it harder for the cells to properly use insulin in the peripheral tissues, thus the body must produce more insulin to overcome this resistance. This is commonly associated with excess body fat and obesity and is a major risk factor for diabetes.
Insulin sensitivity factor	Also called the "correction factor". This estimates the amount that blood glucose is lowered by injecting 1 unit of a rapid-acting insulin. This can vary for each person and is related to how resistant a person is to insulin. This information can be used to create a "correction scale" that gives information on how much insulin to take for various ranges of high blood glucose levels.
Insulin-Dependent Diabetes Mellitus	See "Type 1 Diabetes"
Insulin-to-carbohydrate ratio	An estimate of how many grams of carbohydrate is processed by 1 unit of insulin. This can be used along with "carb counting" to estimate how much insulin should be injected for a meal based on the number of carbohydrates

	contained. For example, if your insulin-to-carbohydrate ratio is 1:10 and you have 50 grams of carbohydrate, you would inject 5 units of fast-acting insulin.
Insulinoma	A rare tumor that produces insulin and can cause hypoglycemia.
Intensive Management	Aiming to achieve blood glucose levels as close to normal as safely possible when treating people with diabetes.
Intermediate-acting insulin	A type of insulin that starts to lower blood glucose within 1 to 2 hours after injection and lasts 12-18 hours after injection, depending on the type used.
Intramuscular	Refers to an injection that is deposited into a muscle. This is a "deep injection" that must pass through the skin and fat layer and is safest to give on the outer thigh, outer arm, or buttocks.
Invokana	Brand name for canagliflozin, a SGLT-2 inhibitor medication.
Irbesartan	An ARB medication.
Ischemia	Lack of blood or oxygen supply to an area that can cause temporary or permanent damage.
Ischemic stroke	A type of stroke from narrowing of the vessels in the brain resulting in decreased blood supply that results in damage to an area of the brain.
Islet / Islet cells / Islets of Langerhans	Tiny clusters of cells in the pancreas containing cells that make or secrete insulin and other hormones.
Islet allotransplant	Transplantation of islets from one person to another.
Islet autotransplantation	Transplantation of islets to the same person from whom they were removed. This can occur when the pancreas must be removed (commonly because of pain from pancreatitis), but the islets can be separated and given back to the same patient.
Islet cell autoantibodies	Antibodies (small proteins that typically fight infection) that attack and destroy the islets of the pancreas. These can cause type 1 diabetes.
Islet transplantation	Moving the islets from a donor pancreas into a person whose pancreas has stopped producing insulin. Beta cells in the islets make the insulin that the body needs for using blood glucose.
Islets in the Pancreas	Cells in the pancreas that release several hormones in the blood including insulin, glucagon, and somatostatin to regulate glucose levels.
IV	Short for "intravenous", meaning "in the vein". These typically refer to medications that are injected directly into the bloodstream. When referring to IV insulin, this is insulin that is injected directly into the bloodstream and has immediate effects. This is typically only used in emergency settings. All other times, insulin is injected into an area under the skin (subcutaneously) where it can be absorbed more slowly.

J

Januvia	Brand name for sitagliptin, a DPP-IV Inhibitor medication
Jardiance	Brand name for empagliflozin, a SGLT-2 inhibitor medication.
Juvenile diabetes	A name formerly used for type 1 diabetes. However, type 1 diabetes can also be diagnosed sometimes in adults, so "juvenile diabetes" is no longer commonly used.

K

Ketoacidosis	See "Diabetic ketoacidosis"
Ketone	A type of acid that the body can form during extreme hyperglycemia (see "Diabetic ketoacidosis") or during periods of starvation after the body burns fats for energy or fuel. If too much ketones accumulates it can lead to serious illness or even death.
Ketonuria	The presence of ketones in the urine.
Kidney	Two bean-shaped organs that filter wastes from the blood and form urine.
Kidney failure	A condition that occurs when the kidneys are not working properly. This can be a slow (chronic) process over time or can happen very quickly if someone becomes ill. If kidney failure is severe and irreversible, dialysis may be required.

L

Lactate	A by-product of glucose breakdown that is an acid. This is usually broken down by the body further into energy or cleared by the kidneys. Buildup of lactate in muscles during exercise can lead to cramping. However, in those who are severely ill or with kidney failure, lactate can build up to dangerous levels.
Lactic acidosis	A condition where high levels of lactic acid accumulate to dangerous levels in the blood due to severe illness and/or kidney failure. Metformin use in the setting of kidney failure can also raise the risk of lactic acidosis. This is a medical emergency and usually requires admission to a hospital.
LADA	Latent Autoimmune Diabetes in Adults
Lancet	A small needle used to produce a drop of blood from your finger, arm, or other site. This blood can be applied to a glucometer test strip for portable blood glucose testing. See "Finger-Pricking Device"
Lantus	Brand name for insulin glargine, a long-acting (basal) insulin.
Laparoscopic adjustable gastric band procedure	A minimally invasive weight loss procedure. Commonly called a "lap band", the gastric bands squeeze the stomach resulting in a smaller area for food to collect, ideally making a person feel full more quickly and leading to weight loss. These are typically placed using a laparoscopic procedure.
Laparoscopic sleeve gastrectomy	A minimally invasive weight loss procedure that "staples off" part of the stomach to create a smaller area for food to collect and ideally leading to weight loss.
Laser Treatment	A treatment for abnormal blood vessels in the eye due to diabetes. See "Diabetic retinopathy"
Latent Autoimmune Diabetes in Adults	An autoimmune form of diabetes similar to Type 1 Diabetes. However, this develops during adulthood and can have a much slower onset, not requiring insulin immediately. Long-term management of this is different from type 2 diabetes.
LDL	Low Density Lipoprotein. Commonly known as "bad cholesterol". High levels of LDL can increase the risk of heart disease and stroke. See "Low-Density Lipoprotein Cholesterol (LDL-C)"
Lean protein	Types of protein (e.g. meats, fish, or eggs) that contain small amounts of fat. Lean proteins are generally considered to be healthier for the heart.
Legumes	Legumes are plants that grow seeds (fruit) inside pods, such as beans, peas, and lentils. Legumes are great sources of fat, protein and carbohydrates.
Lescol	Brand name for fluvastatin, a statin (cholesterol-lowering) medication.
Levemir	Brand name for insulin detemir, a long-acting (basal) insulin.

Lifestyle changes	Healthy changes to lifestyle which often includes dietary modifications and increased physical activity. In someone with newly diagnosed type 2 diabetes, lifestyle changes can often be used to control glucose levels prior to starting medications, depending on the severity of the diabetes.
Linagliptin	A DPP-IV inhibitor medication.
Lipid profile	A blood test that measures levels of various molecules which carry fat and cholesterol, including LDL ("bad cholesterol"), HDL ("good cholesterol"), and triglycerides.
Lipids	A collective term for triglycerides and cholesterol.
Lipitor	Brand name for atorvastatin, a statin (cholesterol-lowering) medication.
Lipoatrophy	The loss of fat under the skin which can lead to small indentations. This can be caused by repeated injections of insulin in the same area (such as not rotating sites often enough).
Lipohypertrophy	The buildup of fat below the surface of the skin, causing bumps. This may be caused by repeated injections of insulin in the same spot (such as not rotating sites often enough).
Liraglutide	A GLP-1 agonist medication.
Lisinopril	An ACE inhibitor medication.
Lispro	A short-acting (bolus) insulin.
Liver	An organ in upper right abdomen that performs multiple functions, including creating bile for the breakdown of fat, detoxifying potentially dangerous substances in the blood, and storing glucose in the form of glycogen.
Long acting ("basal") insulin	A form of insulin that typically lasts 20-24 hours in the body and is theoretically "peakless". It typically is injected once or twice daily to provide consistent glucose lowering over the full day.
Losartan	An ARB medication.
Lotensin	Brand name for benazepril, an ACE Inhibitor medication.
Lovastatin	A statin (cholesterol-lowering) medication.
Low-Density Lipoprotein Cholesterol (LDL-C)	So-called "bad cholesterol". High levels of LDL cholesterol are associated with higher risk of heart disease and stroke.
Lymphocytes	A type of white blood cell, which is used to fight infections.

M

Macrosomia	A newborn child that is larger than average which can complicate delivery. Women with poorly controlled diabetes during pregnancy are at higher risk for macrosomia.
Macrovascular disease	Build-up of plaque in the larger blood vessels of the body that increases the risk of heart disease, peripheral vascular disease, and stroke.
Macula	The part of the retina (eye) with the sharpest vision.
Macular edema	Swelling of the macula leading to blurry vision and possibly permanent damage. This can be a complication of poorly controlled diabetes.
Maltitol	A manufactured sugar alcohol used as a sugar substitute.
Mannitol	A medication made from a sugar alcohol used as a diuretic.
Mastopathy	A rare breast condition occurring in women (and sometimes men) with long-standing diabetes which causes lumps in the breast tissue. These are usually benign.
Maturity Onset Diabetes of the Young	(MODY) A form of diabetes that occurs because of a single gene mutation and is often present in many family members. Many different types of MODY exist and require different types of therapy.
Medical alert bracelet	A piece of jewelry (i.e. worn around the wrist or on a necklace) that indicates an individual's medical conditions in case of an emergency. This can be lifesaving if someone is found unconscious.
Mediterranean diet	A diet that includes foods low in cholesterol, typically done by eating lots of fruits, vegetables, nuts, and grains. "Healthy fats", like olive oil replace saturated fats, like butter. The overall number of calories eaten per day is also limited.
Meglitinides	Diabetes medications which help the pancreas release more insulin. Meglitinides are similar to sulfonylureas, but have a shorter duration of action, typically being taken before each meal. These can cause hypoglycemia if regular meals are not eaten.
Mellitis	Mellitus, a Latin word, means honeyed or sweet. In diabetes, excess sugar is found in blood as well as the urine.
Metabolic syndrome	The clustering of obesity, insulin resistance (diabetes or pre-diabetes), hypertension, and abnormal levels of triglycerides and lipids in the same person.
Metabolism	The process by which the body breaks down food and converts it into energy.
Metformin ER	A long-acting version of metformin.

Metformin hydrochloride	A diabetes medication that acts by preventing the liver from breaking down and releasing glucose (stored as glycogen) and possibly by improving insulin resistance. This medication does not commonly cause hypoglycemia.
Mevacor	The brand name for lovastatin, a statin medication.
mg/dL	Milligrams per deciliter
MI	See "Myocardial Infarction"
Micardis	Brand name for Telmisartan an ARB medication.
Microalbuminuria	The presence of small amounts of protein in the urine that can be an early sign of kidney damage. Most people with diabetes are screened for this with a urine test yearly.
Microaneurysm	Swelling in blood vessels that can cause leaking of blood into the surrounding tissues. This can occur in the eye and cause vision damage or blindness.
Microvascular disease	Damage to small blood vessels, such as those found in the eyes, nerves, and kidneys. This can lead to retinopathy, neuropathy, or nephropathy.
Miglitol	An alpha-glucosidase inhibitor medication.
Mindful Eating	Being aware of why, when, what, where and how much you eat. Mindful eating can be a powerful technique for weight management and glycemic control.
Mixed Meal Test	Typically involves drinking a "meal replacement shake" or a meal with a balance of carbohydrates, protein, and fat with glucose testing after this. While not used to diagnose diabetes, it can provide information on the glucose and insulin response to a "simulated meal" (compared to a glucose tolerance test where carbohydrates alone are ingested)
mmol/L	Millimoles per liter. 1 millimole = 1/1,000 of a mole. A mole is the basic unit representing the amount of a substance expressed in grams containing as many atoms, molecules, or ions as the number of atoms in 12 grams of carbon-12 (6.022×10^{23}).
MMT	Mixed Meal Test
MODY	See "Maturity Onset Diabetes of the Young"
Monofilament	A threadlike fiber that is used to test sensation in the feet.
Mononeuropathy	Neuropathy (nerve damage) affecting a single nerve.
Monopril	Brand name for fosinopril, an ACE Inhibitor.
Monounsaturated fat	A type of healthy dietary fat, along with polyunsaturated fat.
Morbidity rate	How often a disease appears in a population.

Mortality rate	Death rate
MRI	Short for “magnetic resonance imaging”, this is a type of imaging that uses strong magnets to create pictures of the inside of the body.
Musculoskeletal	Relating to the muscles and/or bones of the body.
Myocardial infarction	Commonly referred to as a “heart attack”, this involves the death of heart tissue that typically occurs because of blockage to one or more of the coronary arteries (blood vessels that carry blood to the heart).

N

Nateglinide	A meglitinide medication.
Necrobiosis lipoidica diabetorum	A skin condition related to inflammation of the skin in which the skin thins and develops a raised, yellow, and waxy appearance that can occur in those with diabetes.
Neonatal	Relating to a newborn child.
Neovascularization	The growth of new blood vessels. In those with poor control or a long history of diabetes, this can occur in the retina of the eye. Often the new blood vessels are "leaky" and can easily bleed, causing vision problems.
Nephrologist	A doctor specializing in kidneys.
Nephropathy	Damage of the kidneys. This can happen over time from poor glucose control and/or hypertension. Albuminuria (protein in the urine) can be an early sign of kidney damage.
Nerve conduction studies	Tests performed to check for nerve damage.
Nesina	DPP-IV Inhibitor; Alogliptin
Neurodegenerative	Damage or death of nerves in the body. Examples of neurodegenerative disease include dementia and Parkinson's disease.
Neurologic disease	A disease involving the brain or nerves of the body.
Neurologist	A doctor who specializes in the brain and nerves (nervous system) of the body.
Neuropathy	Damage to the nerves of the body, usually referring to the peripheral nerves of the body. This can occur because of long-term hyperglycemia and can affect nerves supplying the heart, stomach, sexual organs, and/or sensation of the feet.
Niacin	A medication used to treat dyslipidemia. In particular, niacin often is used to raise HDL ("good") cholesterol.
Niacor	The brand name for niacin.
Niaspan	ER The brand name for extended release niacin.
NIDDK	National Institute of Diabetes and Digestive and Kidney Diseases
NLD	Necrobiosis Lipoidica Diabeticorum
Nocturnal hypoglycemia	Low blood sugar which occurs at night, often when sleeping.
Noncaloric or nonnutritive sweeteners	Sugar substitutes that have little or no calories in them.

Noninsulin dependent diabetes	Refers to diabetes that is managed with diet, exercise, and/or oral medications, but that does not yet require insulin. This is not specific to any particular type of diabetes.
Nonproliferative retinopathy	The initial stage in diabetic retinopathy in which the vessels in the retina can develop micro-aneurisms (swelling) and eventually leak fluid and/or blood. This can be detected early and potentially treated through a dilate eye exam.
Normoglycemia	Blood glucose levels in the target range.
Novolin N	Brand name for NPH insulin.
Novolin R	Brand name for regular insulin
NovoLog	Brand name for aspart insulin.
NPH	Neutral Protamine Hagedorn
NPH insulin	An intermediate-acting insulin, which typically peaks around 4-8 hours and lasts about 10-16 hours in the body.
Nuclear medicine	A subset of the radiology (imaging) department that deals with imaging using radioactive tracers. The concentrations are typically very low and are quite safe. These images are often used to look at the heart and thyroid among other organs of the body.
NutraSweet	A sugar substitute or sweetener containing aspartame, with almost no calories.
Nutrients	Substances that plants, animals, and people need to live and grow.
Nutritional insulin	Short-acting or rapid-acting insulin taken with a meal to prevent hyperglycemia after the meals.
Nutritionist	Another name for "dietitian".
Nutritive or caloric sweeteners	Sugar substitutes that contain some nutrition or calories, compared to non-nutritive or artificial sweeteners.



Obese / Obesity	Typically used to describe a condition of excess body fat. Also, a body mass index $\geq 30\text{kg/m}^2$. Being obese increases risk for developing diabetes as well as heart disease.
Obstetrician	A doctor who specializes in the care of pregnant females during pregnancy and delivery.
Obstructive sleep apnea	Obstructive sleep apnea occurs when the throat muscles intermittently relax and block the airway during sleep. As a result, breathing repeatedly stops and starts during sleep.
Off-Loading	Reducing pressure on the foot of someone who has diabetic foot ulcers to aid in healing.
OGTT	Short for "Oral Glucose Tolerance Test"
Olmesartan	An ARB medication.
Omega-3 Fat	Essential fats, meaning that the body can't make them and must get them from food). Omega-3 fats are an integral part of cell membranes throughout the body and affect function of cell receptors. They have been shown to help prevent heart disease and stroke. Foods high in Omega-3 include fish, vegetable oils, nuts, flax seeds, flaxseed oil, and leafy vegetables.
Onglyza	Brand name for saxagliptin, a DPP-IV inhibitor medication.
Ophthalmologist	A doctor who specializes in the care of the eyes who screens for diabetic eye disease and manages complicated eye diseases.
Optometrist	An eye care provider who can screen for diabetic eye disease. They may refer to an ophthalmologist for complicated eye issues.
Oral	When referring to medication, this means to be taken by mouth.
Oral Antihyperglycemic Agent	Medicines taken by mouth that lower glucose levels in the blood in people with type 2 diabetes.
Oral glucose tolerance test	A test to diagnosed diabetes or prediabetes in which a patient drinks 75 grams of a sugary solution and then blood samples are taken to monitor glucose levels usually two hours afterwards.
Oral glucose-lowering / hypoglycemic medications	Medications taken by mouth to control high glucose levels associated with diabetes.
Osteoarthritis	Joint disease that results from breakdown of the bone and/or cartilage of the joint. This typically involves the larger, weight-bearing joints (knees, ankles) and can cause pain and stiffness.

Osteopenia	Low bone mineral density diagnosed using a DXA. DXA scores from -1 to -2.4 fall into the osteopenia category and are associated with a higher risk of fracture than normal T scores.
Osteoporosis	A more severe form of low bone mineral density diagnosed using a DXA or when someone has a "fragility fracture". DXA T scores less than (more negative than) -2.5 fall into the osteoporosis category and are associated with a much higher risk of fracture.
Outcomes	Typically refers to the result of an intervention (new medication, diet or exercise, etc).
Overweight	Typically used to describe a body mass index 25-29.9 kg/m ² . This is a state of excess body weight (fat) for a given height that is higher than normal (normal is BMI 18.5-24.9 kg/m ²), but not as extreme as obesity. Being overweight puts you at higher risk for diabetes and heart disease. In Asians, a BMI of 23 or greater is considered overweight.
Oxidative damage	Refers to the harmful effect of oxygen "free radicals" that can damage various parts of the body, including blood vessels and nerves. These are typically suppressed by "antioxidants". Both free radicals and antioxidants are produced as natural by products in the body, but also can be influenced by foods and environmental exposures.

P

Pancreas	An organ of the body that has two main parts: the exocrine and the endocrine part. The exocrine pancreas produces digestive enzymes that are used to break down food in the intestines. The endocrine pancreas produces several hormones, including insulin and glucagon that regulate blood glucose.
Pancreas Transplantation	Surgery that implants a healthy pancreas (usually from a deceased donor) into a person whose pancreas no longer can supply sufficient insulin to the body.
Pancreatectomy	Surgical removal of part or all of the pancreas, which typically occurs to remove a tumor, or treat severe pancreatitis.
Pancreaticoduodenectomy	("Whipple") Removal of a section of the pancreas, stomach, and intestines as well as the gallbladder. This is typically performed to remove a tumor in the pancreas.
Pancreatitis	Inflammation of the pancreas which can cause severe pain in the upper abdomen. This condition can occur because of gallbladder stones, heavy alcohol use, very high triglycerides, or genetic reasons.
Partial pancreatectomy	Removal of a section of the pancreas.
Pathology	A branch of medicine that focuses on the causes of disease and often involves examining surgical tissue specimens (organs or biopsy samples) to determine the reason for a condition.
Pathophysiology	The science of understanding the causes of disease.
PCOS	Short for "Polycystic ovarian syndrome"
Pediatric endocrinologist	A doctor specializing in endocrine diseases in children. Examples of diseases include type 1 and type 2 diabetes, thyroid conditions, and growth disorders.
Periodontal disease	Diseases involving the gums, which support the teeth.
Periodontist	A doctor that specializes in diseases of the gums.
Perioperative	"Around the time of surgery".
Peripheral arterial disease	Damage or disease of the arteries in the arms and legs. This can lead to poor blood flow, ulcers, and the need for amputation.
Peripheral neuropathy	Nerve damage affecting the long nerves in the feet and/or hands which can occur after long-term hyperglycemia. This can cause pain, tingling, or numbness that generally starts at the tips of the toes and then can move towards the center of the body and progress to the hands.

Peripheral vascular disease	Damage or disease of the arteries and veins of the arms and legs. This can lead to poor blood flow, ulcers, swelling, and amputations.
Pharmacist	A health care professional who provides prescription medicine to people, and provides instruction on use, and education about, medicines.
Pharmacology	The branch of medication that studies a drug's action.
Phenotype	The observable traits associated with a person's genes.
Phentermine	A weight loss medication.
Photocoagulation	The use of a laser to "burn" areas. This can be used in diabetic retinopathy to stop the growth of new blood vessels that can leak fluid and cause vision problems.
Physiology	The branch of biology that studies the normal workings of the human body and its parts.
Phytonutrients	Nutrients from plants.
Pioglitazone	A glucose-lowering medication in the thiazolidinedione class.
Plaque	Waxy collections of cholesterol and other substances that form on the inner surfaces of blood vessels. These can narrow the blood vessels. If a plaque ruptures and then clots suddenly, it can prevent blood flow and lead to ischemia or, if blood flow is completely blocked, a heart attack.
Plavix	The brand name for clopidogrel, an anticoagulant.
Podiatrist	A doctor who specializes in foot care.
Podiatry	The care of feet.
Polycystic ovarian syndrome	(PCOS) A collection of symptoms in women resulting from an excess of androgens (classic "male hormones"). These symptoms can include menstrual irregularities, excess body hair, and difficulty in getting pregnant. This syndrome is associated with obesity and a higher risk of developing diabetes.
Polydipsia	The medical term for excessive thirst. This may be a sign of diabetes.
Polyunsaturated fat	A type of healthy dietary fat, along with monounsaturated fat.
Polyuria	The medical term for excessive urination. This may be a sign of diabetes.
Post-pancreatectomy diabetes	A special form of diabetes that develops after the pancreas is removed surgically. If the entire pancreas is removed, these patients will require life-long insulin therapy.
Post-prandial	The period of time after ingesting a meal.

Postprandial blood glucose	Blood glucose level typically taken 2 hours after eating. This can be helpful in assessing the body's response to a meal and the need for mealtime insulin therapy.
Postprandial hypoglycemia	Low blood glucose that usually occurs up to a few hours after a meal. This may result from taking too much mealtime insulin.
Potassium	An electrolyte that performs many functions in the body, including regulating the electrical activity of the heart.
Prandin	Brand name for the glucose-lowering medication repaglinide, a meglitinide.
Pravachol	Statin; Pravastatin
Pravastatin	A statin medication.
Pre-Conception Counselling	A meeting with a health care professional (often a physician or midwife) by a woman before attempting to become pregnant. This usually includes a risk assessment for any potential effects of diabetes and medications on maternal and fetal health, particularly glycemic control and diabetes self-care.
Precose	Brand name for acarbose, an alpha glucosidase inhibitor medication.
Prediabetes	A condition associated with an increased risk for developing diabetes. This can be diagnosed by hemoglobin A1c, fasting glucose, or through an oral glucose tolerance test. Prediabetes is usually treated with diet and exercise changes or sometimes with metformin to prevent progression to diabetes.
Prednisone	A steroid medication.
Preprandial blood glucose	The blood glucose level taken immediately before eating.
Prevalence	The proportion of people in population who have a certain disease.
Progesterone	A hormone that helps regulate the menstrual cycle and pregnancy in women.
Proinsulin	A hormone made by the pancreas that is processed into insulin.
Proliferative retinopathy	An advanced form of diabetic eye disease (retinopathy) where new blood vessels grow that bleed more easily. This usually leads to worsening vision.
Prosthesis	A man-made substitute for a missing body part such as an arm or a leg.
Protein	One of the three main nutrients in food. Proteins are the main components of muscle. Examples are found in large quantities in meat, beans, and certain dairy products.
Proteinuria	The presence of protein in the urine. This can be an early sign of nephropathy (kidney disease).
Psychiatry	The study of mental illness. Examples include depression and anxiety.

Pulmonary

Referring to the lungs.

PVD

See "Peripheral vascular disease"

Q

Quinoa

An edible seed [indigenous](#) to South America, not unlike rice. Quinoa seeds are rich in [protein](#), dietary [fiber](#), B vitamins, and dietary minerals.

R

Ramipril

An ACE inhibitor (blood pressure lowering) medication.

Rapid-acting insulin

These are types of bolus insulins that are usually given before meals or to correct high blood glucose levels. These insulins act within a few minutes (5-15 minutes) of injecting and last for a few hours.

RD

Registered Dietitian

Rebound hyperglycemia

Hyperglycemia that occurs after over-aggressive correction of hypoglycemia (low blood glucose).

Red blood cells

Cells that carry oxygen from the lungs to other parts of the body.

Registered Dietitian

A health care professional trained to counsel patients on healthy eating and weight loss.

Regular insulin

A short-acting insulin very similar to the insulin naturally produced by the pancreas. This insulin needs to be taken 30 minutes before eating and lasts for a few hours in the body.

Renal

Relating to the kidneys.

Repaglinide

A glucose-lowering medication in the meglitinide class.

Resistance Exercise

Any kind of exercise that causes muscles to contract and work hard.

Retina

A thin layer of cells in the back of the eye that detect light and are responsible for vision.

Retinopathy

Damage to the retina which can lead to poor vision. This can occur because of long-term hyperglycemia.

Risk factor

Anything that raises the chances of developing a disease.

Rosiglitazone

A thiazolidinedione (glucose-lowering) medication.

Rosuvastatin

A statin (cholesterol-lowering) medication.

S

Saccharin	An artificial sweetener with no calories and no nutritional value.
Saturated or trans fats	Types of fats in food. Greater amounts of these fats in the diet are associated with higher risks of heart disease and stroke in diabetes
Saxagliptin	A DPP-IV inhibitor (glucose-lowering) medication.
Secretagogues	Medications that cause the pancreatic islets to release more insulin.
Secrete	To produce and release a substance. For example, salivary glands secrete saliva.
Sedentary lifestyle	A lifestyle with little or no physical activity.
Seizure	Unorganized electrical activity in the brain that can cause unresponsiveness and shaking activity. Causes of seizures include hypoglycemia, electrolyte imbalances, or certain neurological disorders.
Self-Monitoring of Blood Glucose	A method of measuring one's own blood glucose levels using a home handheld glucose meter.
Sex hormones	Generally, refers to androgens (testosterone and similar hormones) and estrogens which cause sexual maturation and development of sex-specific traits (e.g. facial hair grown in men and breast development in women.).
Sexual dysfunction	Difficulty in achieving arousal, having sex, or enjoying sex.
SGLT2	Sodium-Glucose Linked Transporter
Short-acting ("bolus") insulin	A category of insulins that take effect 30 minutes after injection and continue to have effects for 4-6 hours after injection.
Short-chain fatty acids	Fatty acids with fewer than 6 carbon (C) atoms, produced when the friendly gut bacteria ferment fiber in the colon. Short-chain fatty acids are involved in the metabolism of important nutrients like carbs and fat.
Simple carbohydrates	Small carbohydrates made of only 2 sugars that are easily broken down and consequently lead to a quick increase in blood glucose after ingestion.
Simvastatin	A statin (cholesterol-lowering) medication.
Sitagliptin	A DPP-IV inhibitor (glucose-lowering) medication.
SMBG	Self-Monitoring of Blood Glucose
Sodium (salt)	An electrolyte in the blood responsible for many important functions of the body, including roles in hydration and cell signaling.
Sorbitol	A sweetener that contains calories, but less than in sucrose and other sugars.

South Beach Diet	A diet that emphasizes lean proteins, low amounts of saturated fats, high fiber, and that breaks down carbohydrates into "good" and "bad" types depending on how slow they are broken down.
SSRIs	Abbreviation for "selective serotonin reuptake inhibitors". These medications are used to treat a variety of psychiatric conditions, including depression and anxiety.
Starch	A common name for chains of carbohydrates, one of the three main nutrients in food.
Starlix	Brand name of nateglinide, a meglitinide (glucose-lowering medication).
Statins	The common name for HMG-CoA reductase inhibitors. These are medications that treat dyslipidemia and are usually effective at lowering LDL levels.
Steroid-induced diabetes	A type of diabetes caused by prolonged exposure to steroids.
Stevia	A non-nutritive sweetener taken from the leaf of the stevia plant.
Stroke	Common name for "cerebrovascular accident (CVA)". This occurs when blood flow to the brain is interrupted, causing cell death. Symptoms of a stroke can include slurred speech, drooping of one side of the face, and weakness in a specific area of the body (usually only one side). This is a medical emergency.
Subcutaneous	Meaning "beneath the skin". Insulin is administered in the subcutaneous area.
Sucralose	An artificial sweetener made from sugar but with no calories.
Sucrose	Commonly known as "table sugar", this is a molecule composed of glucose and fructose. This is broken down quickly and causes a quick increase in blood glucose.
Sugar	Simple carbohydrates with a sweet taste. This is sometimes used to refer to blood glucose ("My sugar is high") but should be avoided as it can be confusing.
Sugar diabetes	A slang term for diabetes mellitus.
Sulfonylureas	A class of oral diabetes medications that lower blood glucose by stimulating the pancreas to release more insulin. These medications can cause low blood glucose if regular meals are not eaten.
Sunett	The brand name for an artificial dietary sweetener (acesulfame potassium) with no calories and no nutritional value.
Syndrome X	See "Metabolic Syndrome"
Systolic heart failure	A specific type of heart failure in which the heart's pumping ability is decreased. This can result in swelling of the legs and/or shortness of breath.

T

T1D	Type 1 Diabetes
T2D	Type 2 Diabetes
Tanzeum	Brand name for albiglutide, a GLP-1 agonist (glucose-lowering medication).
Telmisartan	An ARB (blood pressure lowering) medication.
Test strips	Small strips to which a small speck of blood is applied. These are inserted into a home glucometer to test blood glucose levels. A new test strip must be used each time.
Testosterone	The main androgen, or male sex hormone, which causes sexual development in males. High levels of this in females is associated with polycystic ovarian syndrome (PCOS).
Thiazolidinediones	A class of oral medicine for diabetes that acts mainly by improving insulin sensitivity in the body.
Thyroid	A butterfly-shaped gland in the neck that produces thyroid hormone and helps to control energy metabolism.
Tolazamide	A sulfonylurea (glucose-lowering) medication.
Tolbutamide	A sulfonylurea (glucose-lowering) medication.
Tradjenta	Brand name for linagliptin, a DPP-IV inhibitor (glucose-lowering) medication.
Trans fats	A type of chemically engineered fat found in many snack foods, cookies, fast foods, etc. High levels of trans fat in the diet has been associated with higher rates of heart disease and stroke in diabetes.
Triglycerides	The storage form of fat in the body. High levels of triglycerides are associated with an increased risk of heart disease and stroke. Extremely high levels can cause pancreatitis.
Trulicity	Brand name of dulaglutide, a GLP-1 agonist (glucose-lowering) medication.
Type 1 Diabetes	A type of diabetes mellitus resulting from the autoimmune destruction of the pancreas which leads to complete dependence on insulin injections. This was formerly called "juvenile diabetes" as it typically develops in children, but it can also occur in adults. Type 1 diabetes is much less common than type 2 diabetes (~5% of persons with diabetes).
Type 2 Diabetes	A type of diabetes mellitus that develops because the body becomes resistant to the action of insulin. Early stages of this type of diabetes may be treated with changes in diet and exercise. Oral medications and/or insulin therapy are usually needed to treat type 2 diabetes. Type 2 diabetes used to be called "adult-onset diabetes" as it tends to develop later in life. However, the obesity epidemic has led to greater insulin resistance and consequently

higher levels of type 2 diabetes in younger age groups, as well. Type 2 diabetes is the most common type of diabetes (~90-95% of persons with diabetes) and tends to run in families.

U

UKPDS

United Kingdom Prospective Diabetes Study

Ulcer

A disruption of a lining of the body. When on the skin, an ulcer is a "sore" that develops because of the breakdown of skin. An example is a foot ulcer that develops from shoes that do not fit appropriately. Ulcers can also develop when the lining of the stomach or intestines are broken down ("peptic ulcers"), causing severe pain in the abdomen.

Ultralente insulin

A long-acting (basal) insulin.

Ultrasound

An imaging technique that uses sound waves which pass through the skin, producing an image of the inside of the body. There is no radiation involved.

Unit of insulin

The basic measure for the amount of insulin. The most common concentration of insulin, U-100 insulin, has 100 units of insulin per milliliter (mL) of solution.

Unsaturated fats

Fats that come primarily from vegetables and are liquid at room temperature. These are generally considered healthier than saturated or trans fats.

Urea

A waste product resulting from the breakdown of proteins that is filtered by the kidneys and excreted in urine.

Uremia

The dangerous build-up of urea in the blood stream which can result from kidney failure.

Urinary incontinence

The inability to control the timing of urination.

Urine microalbumin test

A test to detect small amounts of protein in the urine, which could be an early sign of nephropathy (kidney damage).

Urine Tests

In diabetes, tests of urine samples to check for the presence of albumin, and/or ketones. Less often, urine might be tested for the presence of c-peptides or even glucose.

Urologist

A doctor specializing in disorders of the urinary tract and penis.

V

Valsartan	An ARB (blood pressure lowering) medication.
Vascular	Relating to the blood vessels (veins, arteries, capillaries) of the body.
Vasotec	Brand name of enalapril, an ACE inhibitor (blood pressure lowering medication).
Vegan	A plant-based diet avoiding all animal foods such as meat (including fish, shellfish and insects), dairy, eggs and honey.
Vegetarian	<p>A person who does not eat meat, poultry, fish, or shellfish, usually for moral, religious, or health reasons.</p> <p>Lacto-ovo-vegetarians (the most common type of vegetarian) eat both dairy products and eggs.</p> <p>Lacto-vegetarians eat dairy products but avoid eggs.</p> <p>Ovo-vegetarians eat eggs but not dairy products.</p>
Vein	A blood vessel that carries deoxygenated blood back to the heart from other areas of the body.
Very-Low-Density Lipoprotein Cholesterol	One type of cholesterol in the blood. High levels of this type are related to an increased risk of heart disease and stroke.
Victoza	Brand name of liraglutide, a GLP-1 agonist (glucose-lowering) medication.
Vitamin D	A vitamin that primarily helps to control calcium levels in the body and maintain bone density but may have other effects in the body, as well.
VLDL	Very-Low-Density Lipoprotein
Void	To urinate or empty the bladder.

W

Waist circumference	The measurement of size around the body, usually measured at the level of the belly button.
Warfarin	An anticoagulant (blood thinner) medication.
Weight Watchers Diet	A diet that assigns points to foods depending on the nutrient content, allowing you to eat any variety of foods within your daily point limit.
Weight-loss surgery	See "Bariatric surgery"
Whipple	See "Pancreatoduodenectomy"
Whole food (or) Whole food choices	Food that has been processed or refined as little as possible and is free from additives or other artificial substances.
Wound care	Specific measures taken to cleanse and dress a wound in order for it to heal properly.

X

X-ray	An imaging technique that uses a special type of electromagnetic ray to see inside the body.
Xylitol	A carbohydrate-based sweetener used as a substitute for sugar that contains some calories, though less than other nutritive sweeteners.

Y

Yeast infection	A vaginal infection that is usually caused by a fungus and occurs more commonly in women with diabetes .
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Z

Zestril	Brand name for Lisinopril, an ACE inhibitor (blood pressure lowering) medication.
Zocor	Brand name for simvastatin, a statin (cholesterol lowering) medication.
Zone Diet	A diet that encourages high amounts of protein, low carbohydrates, and smaller, more frequent meals throughout the day.