



The SESK Tabletop Game

DIABETIC EDITION

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek. Cards 1 to 50 of 100. More cards and the free daily online game at sesk.info. Built 2026-10-08.

HEALTH BASICS



What happens in the body to cause type 1 diabetes?

- A** The immune system attacks insulin-making cells
- B** The pancreas makes too much insulin
- C** The liver stops storing sugar

FLIP FOR THE ANSWER

#833

SESK.INFO

STRAIGHT FACE Why did the picture go to jail? Because it was framed.

A The immune system attacks insulin-making cells
WHY Type 1 is an autoimmune disease. The immune system mistakes the pancreas's beta cells for invaders and destroys them, so the body makes little or no insulin. Scientists still don't know what triggers it.

HEALTH BASICS



In type 2 diabetes, what does 'insulin resistance' mean?

- A** The body makes no insulin at all
- B** The body doesn't use insulin properly
- C** Insulin shots stop working forever

FLIP FOR THE ANSWER

#834

SESK.INFO

STRAIGHT FACE What has keys but can't open locks? A piano.

B The body doesn't use insulin properly
WHY In type 2, cells in the muscles, fat and liver don't respond well to insulin. At first the pancreas makes extra to keep up, but over time it can't make enough to keep blood sugar normal.

HEALTH BASICS



Can an adult be newly diagnosed with type 1 diabetes?

- A** No, it only starts in childhood
- B** Only before age 21
- C** Yes, it can start at any age

FLIP FOR THE ANSWER

#835

SESK.INFO

STRAIGHT FACE What goes up but never comes down? Your age.

C Yes, it can start at any age
WHY Type 1 is most often diagnosed in young people, but it can develop in anyone at any age. Adults with new type 1 are sometimes first told they have type 2.

HEALTH BASICS



What is gestational diabetes?

- A** Diabetes first diagnosed during pregnancy
- B** Diabetes that starts after age 65
- C** Diabetes that only affects newborn babies

FLIP FOR THE ANSWER

#836

SESK.INFO

STRAIGHT FACE Why do mother kangaroos hate rainy days? Because the kids have to play inside.

A Diabetes first diagnosed during pregnancy
WHY Pregnancy hormones can block insulin, and if the body can't make enough extra, blood sugar rises. A diagnosis doesn't mean you had diabetes before or will after. Many people with it have healthy pregnancies and babies.

HEALTH BASICS



When are most pregnant people tested for gestational diabetes?

- A** In the first week
- B** Between 24 and 28 weeks
- C** Only after the baby is born

FLIP FOR THE ANSWER

#837

SESK.INFO

STRAIGHT FACE
What do you call a cow that just had a calf?
Decalinated.

B Between 24 and 28 weeks
WHY Pregnant people without an earlier diabetes diagnosis are tested between 24 and 28 weeks. Most people with gestational diabetes have no symptoms, so the test is how it gets found.

HEALTH BASICS



After gestational diabetes goes away, what is true about the future?

- A** Diabetes can never come back
- B** It only affects the next pregnancy
- C** The risk of type 2 later is higher

FLIP FOR THE ANSWER

#838

SESK.INFO

STRAIGHT FACE
What did the baby corn say to the mama corn?
Where's popcorn?

C The risk of type 2 later is higher
WHY Having had gestational diabetes raises the chance of developing type 2 later. Regular testing helps catch it early, and lifestyle programs can lower the risk.

HEALTH BASICS



What A1C range counts as prediabetes?

- A** 5.7% to 6.4%
- B** 4.0% to 5.0%
- C** 7.0% to 8.0%

FLIP FOR THE ANSWER

#839

SESK.INFO

STRAIGHT FACE
Where do math teachers go on vacation? Times Square.

A 5.7% to 6.4%
WHY Under 5.7% is normal. From 5.7% to 6.4% means blood sugar is higher than normal but not in the diabetes range. That is a chance to act early, since prediabetes doesn't have to become type 2.

HEALTH BASICS



About what share of Americans with prediabetes don't know they have it?

- A** About 10%
- B** About 80%
- C** About 30%

FLIP FOR THE ANSWER

#840

SESK.INFO

STRAIGHT FACE
What do you call a dinosaur with a big vocabulary?
A thesaurus.

B About 80%
WHY Prediabetes usually has no clear symptoms, so most people only find out from a blood test. That's why testing matters if you have risk factors.

HEALTH BASICS



An A1C at or above what level is used to diagnose diabetes?

- A** 5.0%
- B** 5.7%
- C** 6.5%

FLIP FOR THE ANSWER

#841

SESK.INFO

STRAIGHT FACE
Why was the equal sign so humble? It knew it wasn't less than or greater than anyone else.

WHY An A1C of 6.5% or higher is in the diabetes range, while 5.7% is where prediabetes starts. Doctors usually confirm a diagnosis with a repeat test.

C 6.5%

HEALTH BASICS



What fasting blood sugar result is in the diabetes range?

- A** 126 mg/dL or higher
- B** 100 mg/dL or higher
- C** 90 mg/dL or higher

FLIP FOR THE ANSWER

#842

SESK.INFO

STRAIGHT FACE
What do sprinters eat before a race? Nothing, they fast.

WHY On a fasting test, 126 mg/dL or higher points to diabetes, 100 to 125 is prediabetes, and under 100 is normal. Fasting means nothing but water for at least 8 hours.

A 126 mg/dL or higher

HEALTH BASICS



After one test result in the diabetes range, what usually happens before a diagnosis?

- A** Nothing, one result is final
- B** The test is repeated to confirm
- C** You wait five years and retest

FLIP FOR THE ANSWER

#843

SESK.INFO

STRAIGHT FACE
Why are doctors so calm? They have lots of patients.

WHY Most diabetes tests are repeated on a second day to confirm. If blood sugar is very high or there are classic symptoms, a doctor may not need the second test.

B The test is repeated to confirm

HEALTH BASICS



Can a store-bought blood glucose meter diagnose diabetes?

- A** Yes, one high reading is enough
- B** Yes, if you test twice in a day
- C** No, it takes office or lab tests

FLIP FOR THE ANSWER

#844

SESK.INFO

STRAIGHT FACE
Why did the math book look sad? It had too many problems.

WHY Home meters are great for managing diabetes, but they can't diagnose it. If you think you might have diabetes, get tested by a health care professional instead of guessing.

C No, it takes office or lab tests

HEALTH BASICS



An A1C test shows your average blood sugar over about how long?

- A** The past 2 to 3 months
- B** The past 24 hours
- C** The past 2 to 3 years

FLIP FOR THE ANSWER

#845

SESK.INFO

STRAIGHT FACE
Why did the clock get kicked out of class? It tocked too much.

A The past 2 to 3 months
WHY Sugar in the blood sticks to hemoglobin in red blood cells. Those cells are replaced about every three months, so A1C shows a long-term average instead of one moment.

HEALTH BASICS



For many adults with diabetes, what A1C goal does the ADA suggest?

- A** Under 5%
- B** 7% or less
- C** Under 10%

FLIP FOR THE ANSWER

#846

SESK.INFO

STRAIGHT FACE
Why do plants hate math? It gives them square roots.

B 7% or less
WHY Many adults aim for 7% or less, but your care team may set a higher or lower goal based on age, health history and risk of lows. The right number is the one that fits you.

HEALTH BASICS



With a continuous glucose monitor, what target range is used for 'time in range' for most people?

- A** 40 to 100 mg/dL
- B** 100 to 250 mg/dL
- C** 70 to 180 mg/dL

FLIP FOR THE ANSWER

#847

SESK.INFO

STRAIGHT FACE
Why did the cowboy love his CGM? It kept him at home on the range.

C 70 to 180 mg/dL
WHY Time in range is how much of the day your glucose stays between 70 and 180 mg/dL. Most people aim for at least 70% of readings in range, but your care team may set a different goal.

HEALTH BASICS



For many people with diabetes, a blood sugar below what number counts as low?

- A** 70 mg/dL
- B** 120 mg/dL
- C** 40 mg/dL

FLIP FOR THE ANSWER

#848

SESK.INFO

STRAIGHT FACE
Why did 70 refuse to go any lower? It knew where to draw the line.

A 70 mg/dL
WHY For many people, low blood sugar, called hypoglycemia, means under 70 mg/dL. Your care team may give you a different number, so ask what counts as low for you.

HEALTH BASICS



Which of these is a common sign of low blood sugar?

- A** Fruity-smelling breath
- B** Feeling shaky and sweaty
- C** Needing to urinate a lot

FLIP FOR THE ANSWER

#849

SESK.INFO

STRAIGHT FACE
Why did the jelly wobble? Because it saw the milk shake.

B Feeling shaky and sweaty
WHY A low triggers adrenaline, which can cause shakiness, sweating, a fast heartbeat, hunger and confusion. Fruity breath and lots of urinating are signs of high blood sugar instead.

HEALTH BASICS



What does the '15-15 rule' for treating a low tell you to do?

- A** Eat 15 snacks over 15 hours
- B** Exercise 15 minutes, rest 15 minutes
- C** Have 15 grams of fast carbs, recheck in 15 minutes

FLIP FOR THE ANSWER

#850

SESK.INFO

STRAIGHT FACE
Why did the orange stop rolling down the hill? It ran out of juice.

C Have 15 grams of fast carbs, recheck in 15 minutes
WHY At 70 mg/dL or below, have 15 grams of fast-acting carbs, like glucose tablets or half a cup of juice, then recheck in 15 minutes. Still low? Repeat until you're back in range.

HEALTH BASICS



Glucagon is used for severe lows. How does it raise blood sugar?

- A** It makes the liver release stored glucose
- B** It adds extra insulin to the blood
- C** It slows down the heartbeat

FLIP FOR THE ANSWER

#851

SESK.INFO

STRAIGHT FACE
Why did the squirrel never panic? It always had a stash saved for a rainy day.

A It makes the liver release stored glucose
WHY Glucagon is a hormone that tells the liver to release its stored sugar. It's for severe lows, when someone can't safely eat or drink or the 15-15 rule isn't working.

HEALTH BASICS



Someone with diabetes has fainted from a low. Should you try to give them juice?

- A** Yes, pour it in slowly
- B** No, don't give food or drink
- C** Yes, but only plain water

FLIP FOR THE ANSWER

#852

SESK.INFO

STRAIGHT FACE
What did the juice box say to the straw? You always get to the bottom of things.

B No, don't give food or drink
WHY Food or drink is only for someone who is awake and able to swallow. If they fainted or can't swallow safely, use glucagon if it's there and you know how, and call 911.

HEALTH BASICS



After a friend gives you glucagon for a severe low, what should they do next?

- A** Leave so you can sleep it off
- B** Wait a day, then call your doctor
- C** Call 911 right away

FLIP FOR THE ANSWER

#853

SESK.INFO

STRAIGHT FACE
What did the janitor say when he jumped out of the closet? Supplies!

C Call 911 right away
WHY NIDDK says to call 911 right after giving glucagon, or right away if no glucagon kit is handy. A severe low is an emergency, so professional help should be on the way.

HEALTH BASICS



Which can be a sign of low blood sugar during sleep?

- A** Nightmares or damp, sweaty sheets
- B** Sleeping extra soundly all night
- C** Waking up very thirsty

FLIP FOR THE ANSWER

#854

SESK.INFO

STRAIGHT FACE
Why did the pajamas feel damp? Night sweats can be a clue worth checking.

A Nightmares or damp, sweaty sheets
WHY Overnight lows can cause nightmares, crying out, sweating through pajamas, and waking up tired or confused. A CGM alarm can help catch lows during sleep.

HEALTH BASICS



What is 'hypoglycemia unawareness'?

- A** Not knowing what diabetes is
- B** Having a low without feeling warning signs
- C** Forgetting to schedule an A1C test

FLIP FOR THE ANSWER

#855

SESK.INFO

STRAIGHT FACE
Why did the invisible man turn down the job? He couldn't see himself doing it.

B Having a low without feeling warning signs
WHY Some people stop feeling the early warning signs of a low, often after frequent lows or many years with diabetes. Checking more often and using a CGM alarm helps, especially before driving.

HEALTH BASICS



Which pair are classic warning signs of diabetes?

- A** Sneezing and a runny nose
- B** Sore knees and earaches
- C** Urinating often and feeling very thirsty

FLIP FOR THE ANSWER

#856

SESK.INFO

STRAIGHT FACE
What runs but never walks? Water.

C Urinating often and feeling very thirsty
WHY Classic signs include urinating often, being very thirsty, feeling very hungry, extreme tiredness, blurry vision and slow-healing cuts. Some people, especially with type 2, have mild symptoms or none.

HEALTH BASICS



In diabetic ketoacidosis (DKA), what builds up in the blood?

- A** Ketones, from burning fat for fuel
- B** Vitamins, from too much fruit
- C** Calcium, from too much milk

FLIP FOR THE ANSWER

#857

SESK.INFO

STRAIGHT FACE
I'd tell you a chemistry joke, but I know I wouldn't get a reaction.

A Ketones, from burning fat for fuel
WHY Without enough insulin, cells can't use sugar, so the body burns fat and makes ketones. High ketones cause DKA, a medical emergency. It's most common in type 1 but can happen in type 2.

HEALTH BASICS



Which warning sign can point to diabetic ketoacidosis (DKA)?

- A** Shaky hands right before lunch
- B** Fruity-smelling breath
- C** Cold, clammy skin

FLIP FOR THE ANSWER

#858

SESK.INFO

STRAIGHT FACE
How does a scientist freshen her breath? With expert-mints.

B Fruity-smelling breath
WHY DKA signs include high blood sugar, high ketones, thirst, frequent urination, nausea or vomiting, fast deep breathing and fruity-smelling breath. Contact your doctor right away, and get emergency care if it's severe.

HEALTH BASICS



According to the CDC, which DKA warning sign means go to the ER or call 911?

- A** Blood sugar of 150 after dinner
- B** Feeling a little tired at bedtime
- C** Blood sugar staying at 300 mg/dL or above

FLIP FOR THE ANSWER

#859

SESK.INFO

STRAIGHT FACE
What goes up when the rain comes down? An umbrella.

C Blood sugar staying at 300 mg/dL or above
WHY CDC says to go to the emergency room or call 911 right away if blood sugar stays at 300 mg/dL or above, or if you're having trouble breathing. DKA can be life-threatening.

HEALTH BASICS



Hyperosmolar hyperglycemic state (HHS) is a very high blood sugar emergency mostly seen in which type?

- A** Type 2 diabetes
- B** Type 1 diabetes
- C** Gestational diabetes

FLIP FOR THE ANSWER

#860

SESK.INFO

STRAIGHT FACE
Why do very high numbers get attention? Some numbers are too big to ignore.

A Type 2 diabetes
WHY HHS mostly affects people with type 2. Blood sugar climbs very high, often over 600 mg/dL, causing extreme thirst, confusion and vision changes. It's an emergency, so call 911 or get to an ER.

HEALTH BASICS



When someone with diabetes catches a cold or flu, how often should they check blood sugar?

- A** Less often, to rest
- B** More often, about every 2 to 4 hours
- C** Only after the illness is over

FLIP FOR THE ANSWER

#861

SESK.INFO

STRAIGHT FACE
Why check more often on sick days? Colds can change the numbers too.

B More often, about every 2 to 4 hours
WHY Illness and stress release hormones that can push blood sugar up, so check more often, keep notes and follow your sick-day plan. Call your care team if numbers stay high.

HEALTH BASICS



If you have diabetes, are sick, and have trouble keeping water down, what does the ADA suggest?

- A** Stop drinking until you feel better
- B** Drink one big glass all at once
- C** Take small sips about every 15 minutes

FLIP FOR THE ANSWER

#862

SESK.INFO

STRAIGHT FACE
Why did the coffee taste like dirt? It was ground this morning.

C Take small sips about every 15 minutes
WHY Getting enough fluids matters when you're sick. Small sips every 15 minutes or so can help. If vomiting keeps going, call your care team.

HEALTH BASICS



How often should people with diabetes check their feet?

- A** Every day
- B** Once a month
- C** Only when they hurt

FLIP FOR THE ANSWER

#863

SESK.INFO

STRAIGHT FACE
What kind of shoes do ninjas wear? Sneakers.

A Every day
WHY Diabetes can reduce feeling in the feet, so a blister or cut may not hurt. A daily look catches problems early. A mirror or a helper works if bending over is hard.

HEALTH BASICS



Is it okay for someone with diabetes to walk barefoot around the house?

- A** Yes, indoors is always safe
- B** No, wear shoes or slippers even indoors
- C** Yes, if the floor is carpeted

FLIP FOR THE ANSWER

#864

SESK.INFO

STRAIGHT FACE
How do you find Will Smith in the snow? Look for fresh prints.

B No, wear shoes or slippers even indoors
WHY If diabetes has affected the nerves in your feet, you could step on something and not feel it. Shoes, or slippers at home, protect your feet from injuries you might miss.

HEALTH BASICS



Why should someone with diabetes test the water before washing their feet?

- A** Hot water makes soap work better
- B** Cold water causes diabetes
- C** Nerve damage can hide a burn

FLIP FOR THE ANSWER

#865

SESK.INFO

STRAIGHT FACE
What gets wetter the more it dries? A towel.

C Nerve damage can hide a burn
WHY Nerve damage can make it hard to feel heat, so feet can burn without you noticing. Use warm, not hot, water and test it with a thermometer, aiming for 90°F to 95°F, or with your elbow.

HEALTH BASICS



How often do most people with diabetes need a dilated eye exam?

- A** Once a year
- B** Once every 10 years
- C** Only if vision gets blurry

FLIP FOR THE ANSWER

#866

SESK.INFO

STRAIGHT FACE
Why did the smartphone need glasses? It lost all its contacts.

A Once a year
WHY Diabetic eye disease often has no early warning signs. Drops widen the pupils so the doctor can see the back of the eye and catch problems early, when treatment works best.

HEALTH BASICS



Which tests check for diabetic kidney disease?

- A** An X-ray of the back
- B** A urine test and a blood test
- C** A hearing test

FLIP FOR THE ANSWER

#867

SESK.INFO

STRAIGHT FACE
Why don't scientists trust stairs? They're always up to something.

B A urine test and a blood test
WHY Most people with diabetic kidney disease have no symptoms, so testing is the only way to know. A urine test looks for a protein called albumin, and a blood test checks how well the kidneys filter.

HEALTH BASICS



Diabetes raises the risk of which mouth problem?

- A** Hiccups after meals
- B** Stronger tooth enamel
- C** Gum disease

FLIP FOR THE ANSWER

#868

SESK.INFO

STRAIGHT FACE
What does a dentist call his X-rays? Tooth pics.

C Gum disease
WHY High blood sugar can feed harmful mouth bacteria and lead to gum disease, which can loosen teeth over time. Brushing twice a day, flossing daily and regular dental checkups lower the risk.

HEALTH BASICS



After more exercise than usual, how long can blood sugar stay lower than normal?

- A** Up to 24 hours
- B** Only during the workout
- C** Only for about 5 minutes

FLIP FOR THE ANSWER

#869

SESK.INFO

STRAIGHT FACE
Why is Cinderella bad at soccer? She runs away from the ball.

A Up to 24 hours
WHY Activity makes cells more sensitive to insulin, which is good, but it can lower blood sugar for hours afterward. Check before, during and after, and ask your care team how to prevent lows.

HEALTH BASICS



For an adult with diabetes who takes insulin, how can drinking alcohol affect blood sugar?

- A** It always raises blood sugar
- B** It can cause lows, even hours later
- C** It has no effect at all

FLIP FOR THE ANSWER

#870

SESK.INFO

STRAIGHT FACE
Why did the glucose meter go to the party? To keep an eye on the numbers.

B It can cause lows, even hours later
WHY Alcohol makes it harder for the body to keep blood sugar steady, especially on an empty stomach, and lows can show up hours later. It can also hide early low symptoms.

HEALTH BASICS



If you feel low while driving, what does the ADA say to do?

- A** Speed up to get home faster
- B** Check your meter at the next red light
- C** Pull over safely, then check and treat

FLIP FOR THE ANSWER

#871

SESK.INFO

STRAIGHT FACE
Where does a car go swimming? To the car pool.

C Pull over safely, then check and treat
WHY Checking or treating a low should never happen while driving. Pull over, check, treat, and don't drive again until your blood sugar is back to a safe level.

HEALTH BASICS



Why do many people with diabetes wear a medical ID bracelet or necklace?

- A** So others know they have diabetes and need care
- B** It lowers blood sugar on its own
- C** The law requires it to drive

FLIP FOR THE ANSWER

#872

SESK.INFO

STRAIGHT FACE
Why did the medical ID bracelet get a promotion? It always spoke up when you couldn't.

A So others know they have diabetes and need care
WHY If you can't speak during a severe low or other emergency, a medical ID tells first responders and bystanders about your diabetes, so you get the right care faster.

HEALTH BASICS



Where should unopened insulin normally be stored?

- A** In the freezer
- B** In the refrigerator, 36°F to 46°F
- C** On a sunny windowsill

FLIP FOR THE ANSWER

#873

SESK.INFO

STRAIGHT FACE
Is your refrigerator running? Better go catch it!

B In the refrigerator, 36°F to 46°F
WHY Insulin labels recommend refrigerator storage. Unopened insulin kept this way works until the expiration date on the package. Always check your own product's label too.

HEALTH BASICS



Per FDA general guidance, insulin in a maker's vial or cartridge can stay unrefrigerated up to about how long?

- A** 2 days
- B** 6 months
- C** 28 days

FLIP FOR THE ANSWER

#874

SESK.INFO

STRAIGHT FACE
What month has 28 days? All of them.

C 28 days
WHY FDA says insulin in the maker's vials or cartridges, opened or unopened, can be kept between 59°F and 86°F for up to 28 days and still work. Some products have different limits, so follow your label.

HEALTH BASICS



Your insulin accidentally froze. What does the FDA say?

- A** Don't use it
- B** Thaw it and use it
- C** Use it, but only at night

FLIP FOR THE ANSWER

#875

SESK.INFO

STRAIGHT FACE
What kind of water can't freeze? Hot water.

A Don't use it
WHY Extreme cold and heat make insulin less effective. FDA says not to use insulin that has been frozen, and to keep it from freezing when packing it with ice.

HEALTH BASICS



Which is a bad place to leave insulin?

- A** In a cooler bag out of the sun
- B** On a sunny car dashboard
- C** In the refrigerator

FLIP FOR THE ANSWER

#876

SESK.INFO

STRAIGHT FACE
Why didn't the sun go to college? It already had a million degrees.

B On a sunny car dashboard
WHY Heat and direct sunlight make insulin less effective, and that can make blood sugar harder to manage. Keep it cool and shaded, away from direct heat.

HEALTH BASICS



When should a home sharps disposal container be sealed up and disposed of?

- A** When it's completely overflowing
- B** Once a year, no matter what
- C** When it's about three-quarters full

FLIP FOR THE ANSWER

#877

SESK.INFO

STRAIGHT FACE
What did the pencil say to the other pencil? You're looking sharp.

C **WHY** When it's about three-quarters full
Overfilling raises the risk of an accidental needle stick. At about three-quarters full, seal it and follow your community's rules for getting rid of it. Don't reuse the container.

HEALTH BASICS



Can used needles or lancets go in the recycling bin?

- A** No, they are not recyclable
- B** Yes, if the cap is on
- C** Yes, with the metal cans

FLIP FOR THE ANSWER

#878

SESK.INFO

STRAIGHT FACE
Why did the can crusher quit his job? It was soda pressing.

A **WHY** No, they are not recyclable
Used sharps go straight into a sharps disposal container. Never put loose needles in the trash or recycling, and never flush them. Check your community guidelines for drop-off or pickup.

HEALTH BASICS



Compared with adults without diabetes, how likely are adults with diabetes to have heart disease or stroke?

- A** About the same
- B** Nearly twice as likely
- C** Ten times as likely

FLIP FOR THE ANSWER

#879

SESK.INFO

STRAIGHT FACE
Why do bananas never feel lonely? They hang around in bunches.

B **WHY** Nearly twice as likely
High blood sugar can damage blood vessels over time. The good news is that managing A1C, blood pressure and cholesterol, and not smoking, lowers that risk.

HEALTH BASICS



Myth or fact: eating sugar by itself causes diabetes.

- A** Fact, sugar is the main cause
- B** Fact, but only for type 1
- C** Myth, it's more complicated than that

FLIP FOR THE ANSWER

#880

SESK.INFO

STRAIGHT FACE
What's a myth? A female moth.

C **WHY** Myth, it's more complicated than that
Type 1 is autoimmune, and type 2 involves many factors like family history, age and activity. Sugary drinks are linked to higher type 2 risk, so sugar can play a part, but it isn't the single cause.

HEALTH BASICS



Someone calls type 2 'just a touch of sugar,' a mild kind of diabetes. Is that right?

- A** No, all types of diabetes are serious
- B** Yes, type 2 never causes problems
- C** Yes, unless you need insulin

FLIP FOR THE ANSWER

#881

SESK.INFO

STRAIGHT FACE
Why can't you trust an atom? They make up everything.

A **WHY** No, all types of diabetes are serious. Every type of diabetes is serious and can affect the heart, eyes, kidneys and feet over time. The good news is that managing it lowers the risk of those complications.

HEALTH BASICS



If someone with type 2 diabetes starts insulin, does that mean they failed?

- A** Yes, they didn't try hard enough
- B** No, type 2 often changes over time
- C** Yes, it means it's now type 1

FLIP FOR THE ANSWER

#882

SESK.INFO

STRAIGHT FACE
What did the big flower say to the little flower? Hi, bud!

B **WHY** No, type 2 often changes over time. Type 2 is progressive. Over time the body often makes less of its own insulin, so many people eventually need it. Starting insulin to reach a healthy level is a good thing, not a failure.



