

## Glossary

<b>Basal insulin</b>	This is the background or long acting insulin
<b>Bolus insulin</b>	This is the very fast acting insulin given at mealtimes to cover carbohydrate intake
<b>Blood glucose (BG)</b>	The level or concentration of glucose in the blood
<b>Carbohydrate (CHO)</b>	One of the three main energy-giving nutrients in foods, composed mainly of sugars and starches
<b>Coeliac disease</b>	A condition where there is an intolerance to wheat in the diet
<b>Glucagen kit</b>	A box containing a syringe of fluid and a vial of glucagon powder to be injected to treat a severe hypo
<b>Glucose</b>	A sugar which is the main source of energy for the body
<b>Glycosuria</b>	The presence of glucose in the urine
<b>Glycosylated haemoglobin</b>	See HbA1c
<b>HbA1c</b>	A blood test that measures how much glucose is attached to red cells in the blood. It gives a measure of the average blood glucose mainly over the previous 6-8 weeks.
<b>Hormone</b>	A chemical substance produced by one of the glands in the body. Hormones are carried by the blood to other cells in the body, to give 'messages' to the cells. The messages have an effect on the function of other cells.
<b>Hyperglycaemia</b>	A high blood glucose level
<b>Hypoglycaemia or 'hypo'</b>	A low blood glucose level <4mmol/L
<b>Hypothyroidism</b>	Too low a level of thyroid hormone in the blood
<b>Insulin</b>	A hormone produced by the beta cells of the pancreas which keeps the glucose level of the blood constant during the day and night
<b>Diabetic ketoacidosis (DKA)</b>	A serious and potentially life-threatening condition, caused by a lack of insulin and a build-up of ketones in the blood
<b>Ketones</b>	Acid chemicals which are formed when body fat is broken down to make energy
<b>Microalbuminuria</b>	Very small amounts of protein in the urine

mmol/L	Units of measurement of blood glucose and ketone levels
mmol/mol	Units of measurement of HbA1c
<b>Pancreas</b>	A large gland situated near the stomach which produces digestive enzymes, insulin and other hormones
<b>Partial remission phase or 'honeymoon period'</b>	A period of time during which the pancreas of someone who has recently been diagnosed with type 1 diabetes continues to make some insulin
<b>Subcutaneous</b>	In the layer of fat tissue under the skin
>	Symbol meaning more than e.g. >15mmol/L means more than 15mmol/L (i.e. 15.1mmol/L or any higher value)
≥	Symbol meaning more than or equal to e.g. ≥15mmol/L means more than or equal to 15mmol/L (i.e. any value of 15mmol/L or higher)
<	Symbol meaning less than e.g. <7mmol/L means less than 7mmol/L i.e. any value up to 6.9mmol/L)
≤	Symbol meaning less than or equal to e.g. ≤7mmol/L means less than or equal to 7mmol/L (any value of 7mmol/L or lower)