

This product was adapted from the DKQ "Diabetes Knowledge Questionnaire," - Garcia and Associates for the diabetes self management project at Gateway Community Health Center, Inc. in Laredo, TX. Support for Gateway Community Health Center was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

### Patient's Diabetes Knowledge Questionnaire

	Questions	Yes	No	Don't Know
1	Eating too much sugar and other sweet foods is a cause of diabetes.			
2	The usual cause of diabetes is lack of effective insulin in the body.			
3	Diabetes is caused by failure of the kidneys to keep sugar out of the urine.			
4	Kidneys produce insulin.			
5	In untreated diabetes, the amount of sugar in the blood usually increases.			
6	If I am diabetic, my children have a higher chance of being diabetic.			
7	Diabetes can be cured.			
8	A fasting blood sugar level of 210 is too high.			
9	The best way to check my diabetes is by testing my urine.			
10	Regular exercise will increase the need for insulin or other diabetic medication.			
11	There are two main types of diabetes: Type 1 (insulin-dependent) and Type 2 (non-insulin dependent).			
12	An insulin reaction is caused by too much food.			
13	Medication is more important than diet and exercise to control my diabetes.			
14	Diabetes often causes poor circulation.			
15	Cuts and abrasions on diabetes heal more slowly.			
16	Diabetics should take extra care when cutting their toenails.			
17	A person with diabetes should cleanse a cut with iodine and alcohol.			
18	The way I prepare my food is as important as the foods I eat.			
19	Diabetes can damage my kidneys.			
20	Diabetes can cause loss of feeling in my hands, fingers and feet.			
21	Shaking and sweating are signs of high blood sugar.			
22	Frequent urination and thirst are signs of low blood sugar.			
23	Tight elastic hose or socks are not bad for diabetics.			
24	A diabetic diet consists mostly of special foods.			

Source: Starr County