Diabetes mellitus (usually just called “diabetes”) is a group of diseases related to problems with how the body deals with sugar. There are several types of diabetes and they are all very serious if left untreated. This can result in unconsciousness, coma, and even death.

When the body is unable to make enough insulin, this is called Type I diabetes. Insulin makes the body absorb sugar from the blood to muscles and fat tissue. If the body doesn’t have enough insulin, the sugar in the blood builds up. This is not immediately hazardous for a type I diabetic but over time, it can result in severe problems. A person with high blood-sugar levels over a long period of time might have seizures or slip into a diabetic coma. Type I diabetes usually appears in younger people so it is often called “juvenile diabetes”. People with this kind of diabetes can manage it by taking insulin injections and being careful with their diet.

Type II diabetes is the most common type of diabetes. In contrast to Type I diabetes, this usually appears in older people. With this kind of diabetes, insulin is produced by the body in sufficient amounts but the body’s cells no longer respond to it. This is called insulin resistance. This kind of diabetes is often caused by a combination of genetics and a person’s lifestyle. People who are overweight, eat excessive amounts of sugar, do not exercise, and suffer from stress are at greater risk of Type II diabetes. This condition can be managed through lifestyle changes such as getting more exercise and eating a healthy diet. If a patient with Type II diabetes fails to manage the disease, the results can quickly become deadly. Type II diabetes can be a major cause of heart disease, stroke, and blindness.
1. According to the article, what is diabetes?
   a) a set of diseases connected to issues with how the body deals with sugar
   b) a group of diseases related to problems with how the body deals with salt
   c) a group of diseases that are caused by unconsciousness, coma, and death
   d) it is not stated in the article

2. According to the article, what might happen to a person has high blood-sugar levels over a prolonged period of time?
   a) they will have to consume more sugary products
   b) they might have seizures or slip into a diabetic coma
   c) their blood-sugar levels might become dangerously low
   d) they will have to spend a considerable amount of time in hospital

3. The word “it” in paragraph 2 refers to:
   a) Type I diabetes
   b) Type II diabetes
   c) a long period of time
   d) a diabetic coma

4. The word “manage” in paragraph 2 is closest in meaning to:
   a) control
   b) achieve
   c) ignore
   d) acquire

5. The word “this” in paragraph 3 refers to:
   a) Type II diabetes
   b) Type I diabetes
   c) a person’s lifestyle
   d) insulin produced by the body

6. According to the article, what are likely causes of Type II diabetes?
   a) heart disease, stroke, and blindness
   b) a person’s lifestyle in conjunction with their genetics
   c) getting more exercise and eating a healthy diet
   d) when the body doesn’t produce enough insulin

7. The word “blindness” in paragraph 2 is closest in meaning to:
   a) confusion
   b) sightlessness
   c) sightedness
   d) unawareness

8. Paragraph 3 is about:
   a) Type I diabetes
   b) the most frequent type of diabetes
   c) people who are overweight
   d) people do not exercise

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