

JIM C'S QUIZ OF THE WEEK**MONDAY - 11/26/2007****National Diabetes Month (November) - Awareness and Prevention****HOW DID THE TERM “DIABETES” ORIGINATE?**

American Diabetes Association: Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Medical Science: Insufficient insulin means glucose cannot be delivered to muscle cells so they lack quick fuel to do their work. Muscle cells then begin to convert glycogen stores to glucose but there is no new glycogen being formed. When glycogen stores get too low, muscle cells turn to fat and protein as fuel sources, but new amino acids cannot get into cells to replace the protein losses. The result is elevated blood glucose, loss of muscle mass, weight loss, weakness and fatigue.

Online Etymology: “1562, from Latin *diabetes*, from Greek *diabetes* "excessive discharge of urine," literally "a passer-through, siphon," which means the disease was named for the most obvious symptom.

Conventional Wisdom: Diabetes = An age old, treatable disease

M of Z: 7% of all Americans have diabetes; only one third know it