Diabetes Myth Busters 2

OK folks, here it is -- round two of our myth-busting quiz. In the first quiz we put 13 myths to rest, and now we've got 10 more to debunk. Ready to test your knowledge of nutrition, insulin, and complications? Then put your thinking caps on and let's get to the truth behind some of the most common diabetes myths.

Reviewed by Joy Pape, RN, BSN, CDE, WOCN, CFNC. 10/12

1) Insulin shots hurt a lot.

a) True  
b) False

Correct! The answer is false. OK, so this statement can be somewhat subjective; anyone who gets shots for any reason will have an opinion on whether or not there is pain. But thanks to technology, Insulin injections really can be virtually pain free if you have the right technique down. The best way to conquer your fear of insulin shots is to take one. Your first reaction will likely be something like, "Is that ALL?" Shots shouldn't actually hurt. If they do, fear, poor technique, or outdated supplies may be the problem. Get help from your diabetes care team -- they can help you find the solution.

2) I've got the diabetes blues, but I should be able to shake these feelings on my own.

a) True  
b) False

Correct! The answer is false. Diabetes isn't a walk in the park. It's no wonder that most people get frustrated and burned out at times. Several studies suggest that diabetes doubles the risk of depression, and that risk increases as diabetes complications worsen. Research shows that depression leads to poorer physical and mental functioning, making it less likely for a depressed person to follow his or her diabetes management plan.

If you are feeling alone or helpless, talk to somebody. Support from family, friends, and other people in the diabetes community can make a huge difference.
However, if you are experiencing symptoms of depression, skilled health professionals can help assess, diagnose, and treat the disorder.

3) **Good vision on a chart means that a patient with diabetes has healthy eyes.**

a) True  
b) False

Correct! The answer is false. Many serious eye diseases do not affect vision until late in their development. Many patients with severe proliferative diabetic retinopathy, diabetic macular edema, and glaucoma, all potentially blinding conditions, can have 20/20 or better visual acuity at the time of diagnosis. Good eyesight definitely does not mean there is no diabetic eye disease.

On the other side, poor vision does not necessarily mean that diabetes has damaged your eyes. The main reason most people with diabetes do not see well on an eye chart test is the same reason other people don't see well on the eye chart -- uncorrected prescription. Don't play a guessing game -- let your eye doctor be the judge by scheduling regular diabetes eye examinations which includes having your eyes dilated.

4) **All fruits and veggies affect your blood sugar the same way.**

a) True  
b) False

Correct! The answer is false. It's not always easy to compare apples to oranges when it comes to carbs. Fruits and vegetables come in all shapes and sizes and while it might seem like one is a lower carb choice than another, it may just seem that way because of size and weight.

For example, 50g (a little less than 1/2 cup) of corn contains 10g of carbs. The same amount of mushrooms contains just 2g of carbs, plus antioxidant and anti-inflammatory nutrients that may help prevent cardiovascular disease and cancer.

5) **Lowfat and nonfat foods are often higher in carbs than their full-fat counterparts.**  

(NEXT)
a) True
b) False

Correct! This one is true. It's so unfair! But yes, reduced-fat dairy products like milk, cheese, and ice cream often contain more grams of carbohydrate than the regular, full-fat fare. The same is true of many reduced-fat cakes, cookies, and the like. Remember Snackwell cookies? People gobbled them up because they were fat-free; the problem was that the fat had been replaced with carbs and the calories were the same as any other cookie!

6) People with diabetes need to eat a strict and limited diet drastically different than other people.

a) True
b) False

Correct! The answer is false. A healthy diet for people with diabetes is generally the same as for anyone. Stick with natural, whole foods, and count all your carbs and work them into your daily plan.

7) Insulin makes you fat.

a) True
b) False

Correct! The answer is false. Although weight gain is often associated with use of insulin, the insulin itself does not cause weight gain. Rather, it is the body's improved ability to utilize the nutrients you eat, due to an adequate amount of available Insulin... So your body stores the "excess" nutrients you had become accustomed to eating as "fat" now that they are properly utilized.

8) If you are a man with diabetes, you will develop erection problems.

a) True
b) False

Correct! The answer is false. Erectile dysfunction doesn't have to happen to
every man with diabetes. The best way to keep it from developing is to take care of your ABC’s -- keep your A1C, Blood pressure, and Cholesterol levels in a healthy range. If you have a difficult time achieving an erection in more than half of your attempts, contact your healthcare professional. There are many effective treatments you can try.

9) It is okay to go barefoot in the house, as long as you wear shoes outside.

a) True
b) False

Correct, the answer is false. Diabetes is the leading cause of non-traumatic lower limb amputation. The good news is that simple foot care practices can greatly reduce your risk of developing foot disease. A great rule is to always wear shoes or slippers to protect your feet from injuries, inside or outside of the house.

10) If you follow your treatment plan well, you will never have high blood sugar readings.

a) True
b) False

Correct, the answer is false! Unfortunately you may still experience the occasional high reading even if you’re following your diabetes treatment plan. Diabetes is complicated and tough to manage -- blood sugar is affected by so many things. Some of them are in your control, such as what you eat, being active, and taking your medicine as directed. And some things such as stress or illness, being on the wrong medicine or dose, and unpredictable insulin production or absorption are NOT in your control. If you don't get the test results you were expecting, try not to waste energy blaming yourself -- just assess the situation and adjust as needed!

Results

You got ___ correct out of 10!

0-3 points -- Still looking for magical cures? Maybe you should take the quiz again and see if you’re ready to demystify these myths.
4-7 points -- Not much gets by you, but there's still some information left to learn. Ask questions, get the right answers, and help make short work of diabetes misinformers!

8-10 points -- Nice job, Mythbuster. You know your stuff, and you won't be duped by any diabetes misinformation. Now help others know more by spreading your knowledge! 📚