

Glossary

Glossary of terms commonly used on diabetes websites and discussion groups

Most of the terms here refer to the British healthcare system.

512, 712, 508, 507c, 507, 506, 505

The Paradigm 512 and 712 are MiniMed's latest pumps for sale in the UK. The 712 holds more insulin than the 512.

A
Actrapid. A clear soluble insulin made by Novo–Nordisk.

A1c or A1C

Haemoglobin A1c. (Also called *Glycosylated haemoglobin* test). A test which measures your average blood glucose control over the preceding several months. This test is generally given at 3 month intervals. The Americans spell haemoglobin hemoglobin – without the "a".

ACE inhibitor

Angiotensin converting enzyme inhibitor. Slows down the progression of diabetic kidney disease. It is also used to lower blood pressure.

ADA

American Diabetes Association

Advanced glycation endproduct

AGE

See [Advanced glycation endproduct](#)

A&E

Accident and Emergency. UK name for Emergency Room.

Animas

US maker of insulin pumps. June 2005 their latest model was the IR1250.

Appt

Shorthand for appointment.

Aventis

A European insulin and pharmaceutical product manufacturer. Previously called Hoechst. Aventis make Lantus (a brand name for glargine) – a particularly flat long acting insulin.

Basal

Your body nearly always need a small amount of insulin to hold everything steady, even if you've not eaten food. On injections this is usually provided by the long–acting insulin. A pump gives you a small amount all the time, called the basal rate. You need to find out your own correct basal rate. See also [bolus](#).

BDA

British Diabetic Association (now called [Diabetes UK](#))

Beta–cells

Cells in the pancreas which, in someone without diabetes, produce insulin.

BG

Blood glucose. Some clinics (and meters) measure plasma glucose. To convert, multiply blood glucose by 1.12 to get plasma glucose.

BMI

Body Mass Index. Literally, how fat you are for your height. Weight in kilograms is divided by height in meters.

BM

Blood glucose. Literally it stands for Boehringer Mannheim, a German pharmaceutical company (now called Roche). BM–Test is a blood glucose testing strip they make.

Bolus

Literally a "lump" of insulin. Insulin you give yourself in one go, for a reason – usually because you are about to eat carbohydrate, or because you want to lower your blood glucose level. The latest pumps can give this insulin quickly, or spread out over a time. You need to find out for yourself how much insulin you need for different foods, and how much 1 unit will lower your blood glucose level. See also [basal](#).

BP

Blood pressure. Normally 2 numbers – eg 140/90. As the heart beats the pressure of the blood goes up and down. The first number is the highest pressure, the second number the lowest pressure. Recorded usually as millimetres of mercury, or mmHg.

BSL
Blood sugar level. Equivalent of blood glucose level, or [BG](#).

BTW
By the way ...

Cardiovascular disease
Damage to the heart.

Cataracts
The glassy coating of the outer eye clouding over. Cataracts are twice as common in people with diabetes – and occur 10 years earlier.

CDA
Canadian Diabetes Association

CDE
Certified Diabetes Educator

CGMS
Continuous Glucose Monitoring System – a system for recording your glucose level continuously. Launched by MiniMed in 2000.

CGWT
Care Group Workforce Team

CHAI
Commission for Healthcare Audit and Improvement. UK government group.

CHI
Commission for Health Inspection

CHO or Carb
Carbohydrates. CHO is its chemical name, since it is made up of carbon, hydrogen and oxygen.

Contact
An infusion set sold by MiniMed. It has a fine steel needle for easy insertion.

Correction bolus
If your blood glucose level is high, you can take insulin to bring it down to a normal level. You need to know how sensitive you are to insulin, and how much to take. This is called a correction bolus. See also [Insulin on Board](#).

Cozmo
Maker of insulin pumps.

CREST
Clinical Resource Efficiency Support Team

CSBS
Clinical Standards Board for Scotland

CSII
Continuous Subcutaneous Insulin Infusion. The full medical name for insulin pump therapy.

CWP
Changing Workforce Programme

D
[Disetronic](#). Manufacturer of insulin pumps.

DAFNE
Dosage adjustment for normal eating. A new concept of insulin adjustment available in the UK.

DCCT
Diabetes Control and Complication Trial. [A 10-year US study, published in the early 1990s](#), that established a statistical link that poorly controlled diabetes causes complications. Seems obvious, but the evidence was always second-hand.

DCIP
Diabetes Collaborative Improvement Programme

DDA
Disability Discrimination Act

DESMOND
Diabetes Education and Self-Management for Ongoing and Newly Diagnosed. An English and Welsh national education programme for people with Type 2 diabetes.

[Diabetes UK](#)
The principal diabetes organisation in the UK. Previously called the British Diabetic Association or BDA.

Disetronic
A Swiss-based company that makes medical devices, including insulin pumps.

DKA

Diabetic Ketoacidosis. Ketosis is the presence of ketones in the blood. In diabetes, this can progress to the complex and serious condition of DKA. If untreated, this leads to coma and death.

DLA

Disabled Living Allowance. Some people in Britain are allowed to claim some extra money to help with the cost of running their diabetes. It is noted that often the initial claim is rejected, or a lower allowance given, which is then raised if you complain. Food for thought there...

DM

Diabetes Mellitus

DMer

A person with diabetes

DNS

Diabetes Nurse Specialist. Another name for the [Diabetes Specialist Nurse](#).

DOD

Date of diagnosis

DoH

The UK Department of Health.

DRC

Disability Rights Commission. Their website is www.drc-gb.org

D-TRON

Insulin pump sold by Disetronic. See also [Spirit](#).

DSN

Diabetes Specialist Nurse. This is the UK's equivalent of the US [Certified Diabetes Educator](#).

DHSSPS

Department of Health, Social Services and Public Safety

DX

Diagnosis

DXed

Diagnosed

Eli Lilly

A major US drug manufacturer. Makes a wide range of insulins including Humalog.

Endo

Endocrinologist. A diabetes specialist or consultant.

ER

Emergency Room. The American name for what in the UK is called [A&E](#), or Accident and Emergency.

ESRD

End Stage Renal Disease

FBS

Fasting Blood Sugar. Your blood sugar first thing in the morning, before you have eaten anything.

FDA

Food and Drug Administration. An American government department that regulates the use of pharmaceutical products in America.

FWIW

For what it's worth

Gestational diabetes

Any degree of impaired glucose regulation which is first recognised during pregnancy. After the birth the problems often disappear. But if they continue it will be classified as either Type 1 or Type 2 diabetes.

GI

Glycaemic index – a measure of how rapidly the carbohydrate in a particular food actually hits your blood stream. The Americans spell glycaemic glycemic – without the "a".

GP

General Practitioner. Your "general" doctor, not a specialist. In the UK, many people have their diabetes overseen by their GP.

GPwSIs

GPs with Special Interests

HbA1c, HA1c, HgA1c

Glycosylated haemoglobin, or haemoglobin A1c. Also abbreviated to A1c. See [A1c](#) above.

H

Humalog. A rapid acting insulin made by Eli Lilly. Also known as lispro (or lyspro).

HMO

Health Maintenance Organization. A type of US health insurer that focusses on maintaining your

health, rather than curing diseases.

HTH
Internet–shorthand for Hope That Helps.

H–TRON
An earlier insulin pump sold by Disetronic. Some people prefer the H–TRON to Disetronic's more recent model, the D–TRON.

HONK
Hyperosmolar non–ketotic syndrome. A coma caused by a very high blood sugar without ketones. Mainly occurs in people with Type 2 diabetes.

Hypo
Hypoglycaemia, hypoglycaemic. Low blood sugar

Hyper
Hyperglycaemia, hyperglycaemic. High blood sugar

I
Insulatard. A cloudy medium acting insulin made by Novo–Nordisk.

ICAS
Independent Complaints Advocacy Service

IDDM
Insulin Dependent Diabetes Mellitus. Now usually called Type 1 diabetes.

[IDDT](#)
Insulin Dependent Diabetes Trust. A group established to support the demand for animal insulins.

IFG
Impaired Fasting Glycaemia.

IGT
Impaired Glucose Tolerance.

IM
Intramuscular Injection. An injection into a muscle. Intramuscular injections hurt, but are absorbed faster. Particularly good for glucagon injections when treating a bad hypo.

IM&T
Information Management and Technology

IMHO
In my humble (or honest) opinion

[INPUT](#)
INsulin PUmp Therapy. A UK group providing information about pump therapy. Run by John Davis <input@care4free.net>

IoB
Insulin On Board. Insulin doesn't work immediately. There is usually a delay while it's absorbed. It goes slowly through your fat and into your blood. Some pumps will guess for you how much insulin you have already taken, but which has not yet worked. This helps get a more accurate correction bolus. See also [correction bolus](#).

IQ
Intelligence Quotient

IV
Intravenous Injection. The fastest route into the blood stream.

JDF
Juvenile Diabetes Foundation. Now called the [Juvenile Diabetes Research Foundation](#)

[JDRE](#)
Juvenile Diabetes Research Foundation – new name for Juvenile Diabetes Foundation

L
Lente. A cloudy insulin that lasts slightly longer than NPH. Also known as Monotard in the UK.

LADA
Latent Autoimmune Diabetes in Adults

LDSAG
Local Diabetes Services Advisory Group

LHA
Local Health Authority.

LHB
Local Health Board

LHSCG
Local Health and Social Care Group

LIT

Local Implementation Team

LOL
Laughing out loud

LTCCGWT
Long-Term Conditions Care Group Workforce Team

M or MM
[MiniMed](#). Manufacturer of insulin pumps. MiniMed was taken over by Medtronic in 2002.

MCN
Managed Clinical Network

MDI
Multiple Daily Injections. Three or more injections of insulin through the course of the day.

MDN
Managed Diabetes Network

Medtronic
A US-based company that bought MiniMed in July 2001.

mg/dL
Milligrams per decilitre. A common unit for measuring blood glucose levels. See also [mmol/L](#)

MiniMed
A US-based company that makes medical devices, including insulin pumps. MiniMed was bought by Medtronic in July 2001.

mmol/L
Millimoles per litre. A common unit for measuring blood glucose levels. See also [mg/dL](#)

MODY
Maturity Onset Diabetes of the Young. Similar to Type 2 diabetes, but affecting young people. Doctors are worried as this is becoming more common and they don't understand why.

Myocardial infarction
Posh name for a heart attack.

NCASP
National Clinical Audit Support Programme

NDST
National Diabetes Support Team

Nephropathy
Kidney disease.

Neuropathy
Damage to the nerves.

NHS
National Health Service. Healthcare in the UK is delivered free at the point of care. The NHS was set up in 1948.

NLD
Necrobiosis Lipoidica Diabeticorum. Death of the fat cells in the skin of people with diabetes. Comes up in red blotches often lower leg. No real cure, but the use of cosmetics can disguise the problem.

NICE
[National Institute for Clinical Excellence](#). A UK government body set up to examine new clinical methods.

Novo-Nordisk
A leading manufacturer of insulin and other pharmaceutical products in Europe.

NPCC
National Primary Care Collaborative

NPCDT
National Primary Care Development Team

NSF
National Service Framework. In Dec 2001 the *National Service Framework for Diabetes: Standards* was published by the UK Department of Health suggesting modern standards for diabetes care. A further document *Delivery Strategy* is expected to follow.

N or NPH
Neutral Protamine Hagedorn. A cloudy medium-acting insulin. Also known as Insulatard or Humulin I in the UK.

OGTT
Oral Glucose Tolerance Test

Oreos
"America's Favorite Cookie". A serving of three cookies contains 23 g of CHO. You can "Bite them,

twist them, lick them". Also available in "Double Stuffed" and "Low Fat".

- OTOH**
On the other hand...
- PAF**
Performance Assessment Framework
- PALS**
Patient Advice and Liaison Services
- PASA**
NHS Purchasing and Supply Agency
- Paradigm**
MiniMed's current pump brand in the UK.
- PCP**
Primary Care Physician (or provider). Your "main doc". May also refer to Preferred Care Provider, if talking about US insurance coverage.
- PCT**
Primary Care Trust. The local level of the UK's health system.
- Postural hypotension**
Feeling faint when standing up quickly.
- QALY**
Quality-Adjusted Life Year
- Quick-Set**
An infusion set sold by MiniMed. It has a soft plastic tube that goes straight into the skin. It is said to stick better than MiniMed's SofSet.
- QIS**
Quality Improvement Scotland
- QUIDS**
Quality Indicators in Diabetes Services
- R**
Regular insulin. The common name for the clear soluble insulin. Not to be confused with Humalog, which is not a regular insulin, but a rapid insulin.
- Rapid**
An infusion set sold by Disetronic. It has a fine steel needle for easy insertion.
- Retinopathy**
Damage to the small blood vessels on the eye's retina, believed to be caused by high BG levels.
- Roche**
A large healthcare firm that owns Disetronic. The name Disetronic is being replaced by Accu-Chek.
- ROFL**
Rolling On The Floor Laughing
- Rx**
Shorthand for prescription or treatment.
- SCIDC**
Scottish Care Information Diabetes Collaboration
- SD**
Standard Deviation
- SDS**
Scottish Diabetes Survey
- SHA**
Strategic Health Authority
- SIGN**
Scottish Intercollegiate Guidelines Network
- Silhouette**
An infusion set sold by MiniMed. It has a soft plastic tube that goes in at about 45 degrees. Similar to Disetronic's Tender.
- SO**
Significant Other. Spouse or life partner
- SofSet**
An infusion set sold by MiniMed. It has a soft plastic tube that goes straight into the skin.
- Spirit**
Insulin pump sold by Disetronic.
- St Vincent Declaration**
An international declaration calling for progress in the treatment of diabetes.

SubQ

Subcutaneous (tissue)

Tender

An infusion set sold by Disetronic. It has a soft plastic tube that goes in at about 45 degrees. Similar to MiniMed's Silhouette.

T1

Type 1 diabetes. The correct name for what has previously been called insulin dependent diabetes mellitus (IDDM), or juvenile onset diabetes.

T2

Type 2 diabetes. The correct name for what has previously been called non insulin dependent diabetes mellitus (NIDDM), or mature onset diabetes.

U

Ultralente or Ultratard. A cloudy, very long acting insulin.

UKPDS

United Kingdom Prospective Diabetes Study. This research has provided conclusive evidence that the life threatening complications of Type 2 diabetes can be significantly reduced by appropriate treatment.

UPCI

Unique Patient Client Identifier

V

Velosulin. A soluble regular insulin that has had chemicals added to prevent insulin crystals forming.

Vanilla day

Nothing directly to do with vanilla ice-cream! This refers to a plain day, with nothing extreme happening (like hypos, exercise or big meals etc), which is a good time to check various aspects of diabetes control. Used a lot by American people...

VBG

Very Big Grin. May also appear as <VBG>

WHO

World Health Organisation.

YMMV

Your Mileage May Vary. Remember that you may react differently to a particular health care regimen than your neighbour does. Keep your needs and experience in mind when viewing advice on line. Taken from 1970s US car adverts.

Anything missing? Anything you'd like added to this page?

Please let us know:



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