

### Satellite Pre - Post Test (answer key)

1. Diabetes is a common clinical disorder, and therefore likely to be seen in the setting of other common disorders. List two co-morbidities that often occur with diabetes.

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ANSWER (any two): Osteoarthritis, obesity, hypertension, old age, dyslipidemia

2. Dietary suggestions for the prevention and treatment of high blood pressure include:

Consuming 8 to 10 servings of Fruits and Vegetables

Limit saturated fat as much as possible

Consume no more than 2000 to 2300 mg of sodium per day

3. List 3 Risk Factors for diabetes that can be modified:

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Answer: Overweight (key factor – check BMI!!), Physically Inactive, Hypertension, High Triglycerides, Low HDL