

Read the selection and choose the best answer to each question.

Living With Diabetes

- 1 Living with diabetes is not easy. Even if you are a celebrity with plenty of success, life with diabetes can be very challenging. Nick Jonas was diagnosed with type 1 diabetes on November 16, 2005. Today, he needs insulin every day in order to survive.



- 2 What is diabetes? Diabetes is a disease that occurs when the sugar in your blood, called glucose, is too high. Over time, having too much glucose in your blood can lead to other health problems. Even though there is no cure for diabetes, there are steps you can take to manage your diabetes and stay health.
- 3 The two most common types of diabetes are type 1 and type 2. If you have type 1 diabetes, your body does not make insulin, which is a hormone that lowers the level of glucose. Type 1 diabetes is usually diagnosed in children and young adults, but it can appear at any age. People with type 1 diabetes must take insulin every day in order to

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stay alive. If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, including childhood. Type 2 is the most common type of diabetes, and it occurs most often in middle-aged and older adults.

- 4 If you are 45 or older, have a family history of diabetes, or are overweight, you are more likely to develop type 2 diabetes. Physical inactivity, race, and high blood pressure can also affect your chance of developing type 2 diabetes. Over time, uncontrolled diabetes can lead to problems such as heart disease, stroke, kidney disease, eye problems, dental disease, nerve damage, and foot problems.
- 5 When Nick Jonas was first diagnosed with type 1 diabetes, he decided to manage it on a day-to-day basis. His goal was to not let diabetes slow him down. He learned as quickly as he could how to manage his diabetes, and it allowed him to balance both his singing career and his illness.
- 6 Although Nick has had tough seasons and moments that were incredibly challenging, the biggest thing for him is maintaining a positive attitude. During difficult times, he put his faith in his doctor, his support group, his family, and his friends. He always found it easier to let people know if he had a high blood sugar or a low blood sugar so that they could help him in any way.
- 7 Today, Nick Jonas continues to enjoy life and music. His security guy is always aware of Nick's health and knows how to take action in case of medical emergencies. And when he is on stage, Nick's guitar tech has a whole array of diabetic stuff, including apple juices and fruit snacks, just in case something happens. Nick Jonas is living proof that life with diabetes can be handled successfully.

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- 1** As it is used in paragraph 2, the word steps refers to -
- A** an act or movement of putting leg in front of the other
 - B** a flat surface to move up a level
 - C** a series of actions to achieve something
 - D** a rung of a ladder
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- 2** Based on the description of Nick Jonas, the reader can infer that Nick -
- F** gives up easily
 - G** doesn't care that he has diabetes
 - H** is the best singer in the world
 - J** has a good attitude about dealing with his diabetes
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- 3** Which theme is best supported by details in this selection?
- A** It can be very difficult being a celebrity.
 - B** It is important to stay positive when facing challenges.
 - C** Having a disease can change your life.
 - D** It is important to keep a healthy mind in life.

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- 4** The author includes paragraph 3 in the selection most likely to -
- F** describe in detail what glucose is
 - G** illustrate how dangerous diabetes can be
 - H** persuade people to live a healthy life
 - J** explain the most common types of diabetes
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- 5** According to the selection, what can happen if a person's diabetes is uncontrolled?
- A** Problems such as heart disease, stroke, and foot problems can occur.
 - B** Your family and friends will have to take care of you.
 - C** A long stay at the hospital will be necessary.
 - D** Life will become so challenging that you will need constant care.

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ANSWER KEY:

1.C

2.J

3.B

4.J

5.A

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