



Type 2 Diabetes

Reading Test

EXAMPLE

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Student

Time: *Approximately 1hour*

Two types of lesson

Lesson#1: [Easier] ***** [B2/C1]

1. Predict the content of the text by reading the title. Write down the key terms & ideas.
2. Read the text. Check the unknown words with a dictionary.
3. Answer the comprehension questions.
4. Check your answers with the provided key (pass mark is 70%).

Lesson #2: [Challenging] ***** [C1]

1. Read the text without looking up any words.
2. Answer the comprehension questions.
3. Check your answers with the provided key (pass mark is 70%).

Teacher

Two types of lesson

Lesson#1: [easier] ***** [B2/C1]

1. Distribute **text 1 (without reference words underlined)** a week before the test. Students read, check vocabulary & meanings.
2. Test day. Distribute **text 2 (with reference words underlined)** & the **questions** (no dictionary or notes).
3. Set 1 hour to read the text & answer the questions.
4. Take in & correct or go through answers in class (pass mark is 70%).
5. Extra activity. Students write the *summary (add 30 minutes to the test).

Lesson #2: [Challenging] ***** [C1]

1. Test day. Distribute **text 2 (with reference words underlined)** & the **questions**.
2. Set 1 hour to read the text & answer the questions.
3. Take in & correct or go through answers in class (pass mark is 70%).
4. Extra activity. Students write the *summary (add 30 minutes to the test).

*Summary writing: www.academic-englishuk.com/summary

Type 2 Diabetes (Text 1)

By H. Kennedy (2024) EXAMPLE

Diabetes mellitus, [REDACTED], affects more than 4 million people in the UK presently (The British Diabetic Association, 2024a). There are four main types of diabetes – [REDACTED], also known as non-diabetic hyperglycaemia, which is when blood sugar levels are too high. According to Centers for Disease Control and Prevention (2023), [REDACTED] into the blood as sugar in order to be converted into energy. Diabetes is the result of an excessive amount of this sugar [REDACTED] the pancreas [REDACTED] or release enough insulin, that is to say, the hormone that removes sugar from the blood. In type 1 diabetes, this [REDACTED] disease, whereas with gestational diabetes, this can develop in virtue of being pregnant, and both [REDACTED] a result of unhealthy lifestyle choices. These can include being overweight and having a body fat percentage [REDACTED], and mainly around the stomach (Galicia-Garcia et al., 2020). The British Diabetic Association (2024a) has warned that over 13 million people are at risk [REDACTED], most likely by means of the rise in the ageing population rate, but also because of the high obesity rate due to the population becoming less active and at the same time, [REDACTED] (Galicia-Garcia et al., 2020).

[REDACTED] a patient to understand the roles of blood sugar, that is to say glucose, and insulin in the human body. Glucose is stored and produced by the liver, but it mainly comes from the [REDACTED], in order to be broken down and transferred to and between the cells that form part of our major muscles and tissues, such as the brain, [REDACTED] (Mayo Clinic, 2024a). If there is too much glucose in the blood, either due to a dysfunction in the cells that make insulin, known as beta cells, [REDACTED], or because of [REDACTED] resistance owing to higher body fat around the abdomen which causes the adipose tissue to release more free fatty acids, [REDACTED], this can cause blood sugar levels to reach dangerous levels (Galicia-Garcia et al., 2020). For many, these processes are presented in symptoms such as constant fatigue, [REDACTED] hunger, an intense thirst and increased urination (The British Diabetic Association, 2024b), which can lead to more serious [REDACTED], bacterial and fungal infections which take longer to heal, a hearing impairment, blurred vision, depression, and becoming more susceptible to suffering from a stroke, dementia, [REDACTED] among others (Mayo Clinic, 2024a).

Although more than [REDACTED] diabetes display no symptoms (The British Diabetic Association, 2024b), there are several ways to be tested for diabetes, and a multitude of [REDACTED] living with the condition on a daily basis. The most common diagnosis is via the A1C blood test, also known as the haemoglobin A1C [REDACTED], and the glycated or [REDACTED], named due to the fact that glucose sticks to haemoglobin molecules, which can diagnose type 2 diabetes in someone with a [REDACTED] (Mayo Clinic, 2024b). With regard to treatment, most people should see an improvement in their symptoms by exercising more, eating a low-calorie diet, and [REDACTED]. For those [REDACTED] their blood sugar levels through diet and exercise alone, the most commonly prescribed medication is dimethylbiguanide, [REDACTED],

which can help keep blood sugar at a healthy level thanks to one its key ingredients – guanidine – which lowers glucose, and [REDACTED] and the risk of [REDACTED] leading to unwanted weight gain, according to Bailey (2017). However, those with type 2 diabetes and other underlying health [REDACTED] such as dapagliflozin, which helps your heart pump blood around your body as well as lower blood sugar levels, or semaglutide, [REDACTED] If medicines such as [REDACTED] enough to keep the blood sugar level sufficiently low, then an insulin pen or needle is also required, which allows the [REDACTED] safely enough to bring the blood sugar level down to its necessary target level (The National Health Service, 2023).

At present, there is no cure for diabetes, [REDACTED], if [REDACTED]. Although in some cases this may be difficult, on account of symptoms of type 2 diabetes being quite general, or not presenting themselves at all, the National Health Service (2023) argues [REDACTED], does not eat healthily, has other underlying health conditions such as high blood pressure, or takes medicines such as [REDACTED], should be [REDACTED]. Having gestational diabetes and prediabetes, as well as a family history of the disease, further increases the risk of developing type 2 diabetes, [REDACTED], such as reducing the daily intake of salt, fat and sugar, cutting down on alcohol, giving up smoking, doing more physical exercise, and [REDACTED] can help reduce this risk significantly, and could even reverse it completely (ibid).

References

Bailey, C.J., (2017). [REDACTED] [online]. Available at: <https://pubmed.ncbi.nlm.nih.gov/28776081/> [Accessed 11.10.2024]

[REDACTED] (2023). *What is Diabetes?* [online]. Available at: <https://www.cdc.gov/diabetes/basics/index.html> [Accessed 10.10.2024]

Galicía-García, U., [REDACTED] Siddiqi, H., Uribe, K.B., Ostolaza, H., and Martín C., (2020). 'Pathophysiology of Type 2 Diabetes Mellitus', [REDACTED] 21(17), 6275. doi: [REDACTED]

Mayo Clinic, (2024a). *Diabetes* [online]. Available at: [REDACTED] [Accessed 10.10.2024]

Mayo Clinic, (2024b). [REDACTED] <https://www.mayoclinic.org/tests-procedures/a1ctest/about/pac-20384643> [Accessed 11.10.2024]

[REDACTED] *Diabetes: The Basics* [online]. Available at: <https://www.diabetes.org.uk/diabetes-the-basics> [Accessed 10.10.2024].

The British Diabetic Association, (2024b). [REDACTED] [online]. Available at: <https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms> [Accessed 11.10.2024]

The National Health Service, (2023). *Diabetes* [online]. Available [REDACTED] [Accessed 10.10.2024]

Type 2 Diabetes (Text 2)

By H. Kennedy (2024) EXAMPLE

1. Diabetes mellitus, [REDACTED], affects more than 4 million people in the UK presently (The British Diabetic Association, 2024a). There are four main types of diabetes – [REDACTED], also known as non-diabetic hyperglycaemia, which is when blood sugar levels are too high. According to Centers for Disease Control and Prevention (2023), [REDACTED] into the blood as sugar in order to be converted into energy. Diabetes is the result of an excessive amount of this sugar [REDACTED] the pancreas [REDACTED] or release enough insulin, that is to say, the hormone that removes sugar from the blood. In type 1 diabetes, this [REDACTED] disease, whereas with gestational diabetes, this can develop in virtue of being pregnant, and both [REDACTED] a result of unhealthy lifestyle choices. These can include being overweight and having a body fat percentage [REDACTED], and mainly around the stomach (Galicia-Garcia et al., 2020). The British Diabetic Association (2024a) has warned that over 13 million people are at risk [REDACTED], most likely by means of the rise in the ageing population rate, but also because of the high obesity rate due to the population becoming less active and at the same time, [REDACTED] (Galicia-Garcia et al., 2020).

2. [REDACTED] a patient to understand the roles of blood sugar, that is to say glucose, and insulin in the human body. Glucose is stored and produced by the liver, but it mainly comes from the [REDACTED], in order to be broken down and transferred to and between the cells that form part of our major muscles and tissues, such as the brain, [REDACTED] (Mayo Clinic, 2024a). If there is too much glucose in the blood, either due to a dysfunction in the cells that make insulin, known as beta cells, [REDACTED], or because of [REDACTED] resistance owing to higher body fat around the abdomen which causes the adipose tissue to release more free fatty acids, [REDACTED], this can cause blood sugar levels to reach dangerous levels (Galicia-Garcia et al., 2020). For many, these processes are presented in symptoms such as constant fatigue, [REDACTED] hunger, an intense thirst and increased urination (The British Diabetic Association, 2024b), which can lead to more serious [REDACTED], bacterial and fungal infections which take longer to heal, a hearing impairment, blurred vision, depression, and becoming more susceptible to suffering from a stroke, dementia, [REDACTED] among others (Mayo Clinic, 2024a).

3. Although more than [REDACTED] diabetes display no symptoms (The British Diabetic Association, 2024b), there are several ways to be tested for diabetes, and a multitude of [REDACTED] living with the condition on a daily basis. The most common diagnosis is via the A1C blood test, also known as the haemoglobin A1C [REDACTED], and the glycated or [REDACTED], named due to the fact that glucose sticks to haemoglobin molecules, which can diagnose type 2 diabetes in someone with a [REDACTED] (Mayo Clinic, 2024b). With regard to treatment, most people should see an improvement in their symptoms by exercising more, eating a low-calorie diet, and [REDACTED]. For those [REDACTED] their blood sugar levels through diet and exercise alone, the most commonly prescribed medication is dimethylbiguanide, [REDACTED],

which can help keep blood sugar at a healthy level thanks to one its key ingredients – guanidine – which lowers glucose, and [REDACTED] and the risk of [REDACTED] leading to unwanted weight gain, according to Bailey (2017). However, those with type 2 diabetes and other underlying health [REDACTED] such as dapagliflozin, which helps your heart pump blood around your body as well as lower blood sugar levels, or semaglutide, [REDACTED] If medicines such as [REDACTED] enough to keep the blood sugar level sufficiently low, then an insulin pen or needle is also required, which allows the [REDACTED] safely enough to bring the blood sugar level down to its necessary target level (The National Health Service, 2023).

4. At present, there is no cure for diabetes, [REDACTED], if [REDACTED]. Although in some cases this may be difficult, on account of symptoms of type 2 diabetes being quite general, or not presenting themselves at all, the National Health Service (2023) argues [REDACTED], does not eat healthily, has other underlying health conditions such as high blood pressure, or takes medicines such as [REDACTED], should be [REDACTED] Having gestational diabetes and prediabetes, as well as a family history of the disease, further increases the risk of developing type 2 diabetes, [REDACTED], such as reducing the daily intake of salt, fat and sugar, cutting down on alcohol, giving up smoking, doing more physical exercise, and [REDACTED] can help reduce this risk significantly, and could even reverse it completely (ibid).

References

Bailey, C.J., (2017). [REDACTED] [online]. Available at: <https://pubmed.ncbi.nlm.nih.gov/28776081/> [Accessed 11.10.2024]

[REDACTED] (2023). *What is Diabetes?* [online]. Available at: <https://www.cdc.gov/diabetes/basics/index.html> [Accessed 10.10.2024]

Galicía-García, U., [REDACTED] Siddiqi, H., Uribe, K.B., Ostolaza, H., and Martín C., (2020). 'Pathophysiology of Type 2 Diabetes Mellitus', [REDACTED] 21(17), 6275. doi: [REDACTED]

Mayo Clinic, (2024a). *Diabetes* [online]. Available at: [REDACTED] [Accessed 10.10.2024]

Mayo Clinic, (2024b). [REDACTED] <https://www.mayoclinic.org/tests-procedures/a1ctest/about/pac-20384643> [Accessed 11.10.2024]

[REDACTED] *Diabetes: The Basics* [online]. Available at: <https://www.diabetes.org.uk/diabetes-the-basics> [Accessed 10.10.2024].

The British Diabetic Association, (2024b). [REDACTED] [online]. Available at: <https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms> [Accessed 11.10.2024]

The National Health Service, (2023). *Diabetes* [online]. Available [REDACTED] [Accessed 10.10.2024]

Comprehension Questions

1. Headings: Choose a subheading for each paragraph. One title is not needed.

1		A	Living with diabetes
2		B	_____
3		C	Classifying diabetes
4		D	_____
		E	Current guidelines on administering insulin.

___ / 4

2. True / False / Not Given: One question per paragraph.

		T / F / NG
Paragraph 1		
i.	_____ to the pancreas not working efficiently.	
Paragraph 2		
ii.	_____.	
Paragraph 3		
iii.	More patients take Metformin for _____.	
Paragraph 4		
iv.	Anyone who is _____ has diabetes.	

___ / 4

3. Reference Words: What do these words connect to? (Underlined in the text).

Paragraph	Word	Connection
1	_____	
1	These	
2	It	
2	_____	
3	Those	
3	Which	
4	_____	
4	It	

___ / 8

4. Short Answer Questions: One question per paragraph.

Paragraph 1	
i.	What are the four types of diabetes and what causes each one?
	Cause
Paragraph 2	
ii.	What TWO things can cause _____ in the blood?
Paragraph 3	
iii.	How is _____ ?
	Treatment 1

	Treatment 2	
	Treatment 3	
Paragraph 4		
iv.	Why can it be difficult to [redacted] diabetes?	

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5. Citations: Match the source with the point they make about diabetes.

	Source		Point
i.	The British Diabetic Association (2024).	a.	It is possible to [redacted] diabetes by making healthy lifestyle choices.
ii.	Galicia-Garcia (2020).	b.	The medicine [redacted] resistance without the patient gaining weight.
iii.	[redacted]	c.	Millions of people are at risk of developing Type 2 diabetes in the UK.
iv.	Bailey (2017)	d.	[redacted] are absorbed into the blood as sugar where it is transformed into energy.
v.	The National Health Service (2023).	e.	The blood tests work by measuring the amount of haemoglobin [redacted] in the blood.
vi.	[redacted] and Prevention (2023).	f.	The [redacted] amount of body fat increases the risk of developing Type 2 diabetes.

i.		ii.		iii.		iv.		v.		vi.	
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6. Key language: Search for the word in the paragraph that means:

Paragraph	Explanation	Word
1	[redacted]	
1	A condition where the autoantibodies target the body's own healthy tissues by mistake.	
1	A condition where the [redacted] that may impair health.	
2	A hormone that helps a person manage their blood sugar levels.	
2	Small [redacted].	
2	A person is more likely to be harmed by something.	
3	This means many people or things.	
3	The process of identifying an illness, condition or disease.	
3	The [redacted].	
4	To make a person with an illness healthy again.	
4	[redacted] that are used to treat various conditions.	
4	A person who has very [redacted] activity.	

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Overall Total: ___ / 48

Comprehension Questions **ANSWERS**

1. Headings: Choose a subheading for each paragraph. One title is not needed.

1	<i>C</i>	A	Living with diabetes
2	<i>D</i>	B	Detecting diabetes
3	<i>B</i>	C	Classifying diabetes

___ / 4

ALL ANSWERS INCLUDED IN PAID VERSION...