1) Diabetes is caused by eating too much sugar.

a) True b) False

2) I would know if I had diabetes because I would feel it.

a) True b) False

3) I’m only *slightly* diabetic.

a) True b) False

4) If my blood sugars go back into the normal range, then I no longer have diabetes.

a) True b) False

5) Going on a medication for diabetes means that I’ve failed my diet / exercise plans and my diabetes is getting worse.

a) True b) False

6) How would you prefer to manage your diabetes?

a) Prescription medications

b) Vitamins / Natural supplements
c) Both
d) Neither