

# BC ADM Practice Test Questions and Answers

## 1. How can behavioral therapy help diabetes patients?

- A) It only helps with weight loss
- B) It helps address adherence and lifestyle challenges for better diabetes control
- C) It only focuses on reducing stress levels
- D) It eliminates the need for insulin therapy

## 2. What is the role of glucagon in diabetes management?

- A) To lower blood sugar levels
- B) To raise blood sugar levels during hypoglycemia
- C) To increase insulin sensitivity
- D) To reduce the production of glucose in the liver

## 3. What role does exercise play in diabetes management?

- A) Exercise does not affect blood glucose levels
- B) Exercise improves insulin sensitivity and helps control blood glucose
- C) Exercise increases blood glucose levels
- D) Exercise is not recommended for diabetes patients

## 4. How can patients manage insulin therapy effectively?

- A) By taking insulin only when blood sugar is high
- B) By following prescribed dosages, monitoring blood glucose, and maintaining a healthy lifestyle
- C) By avoiding exercise and skipping meals
- D) By taking insulin whenever they feel like it

**Answers: 1-B 2-B 3-B 4-B**

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