Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Introduction to Physiology
(BMHP5003_LON)

Assessment Component 1

Poster Presentation

Student name: GEORGE ONYEKA

Student number: 1919241

Group: 1

Lecturer name: Noura Mohamed

Submission Date:

Learner declaration
This assignment is my own original work. No part of this work has been copied from any other source or person except where due acknowledgement is made, and no part of the work has been previously submitted for assessment at this or any other institution. I have read the Student Academic Integrity Policy and understand its implications. Student signature: Date:

Poster Presentation

Diabetes

George Onyeka
1919241

What is Diabetes?

- Diabetes is a lifelong medical condition caused by high levels of glucose (sugar) in the blood. (nhs.uk, 2021)

How Does This Happen?

- There are 2 main types of diabetes.
- Although they both ultimately lead to high blood sugar levels, they have different causes.

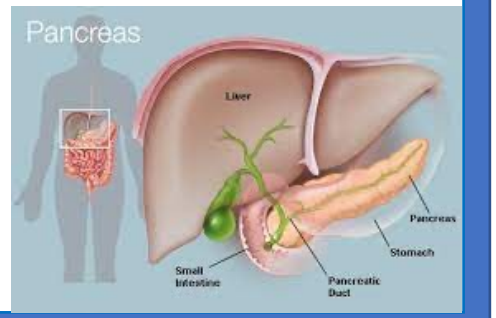
Type 1 Diabetes:
- High blood glucose levels as a result of lack of a hormone called INSULIN which is produced by the pancreas.
- Occurs mostly in younger people and accounts for about 8% of all diabetes cases.
- Genetic and therefore can not be prevented by lifestyle changes. (Diabetes, 2021)

Type 2 Diabetes:
- High blood glucose levels because the body does not make insulin well or does not use the insulin produced.
- Occurs mostly in adults and accounts for 90% of all cases of diabetes.
- Can be prevented by lifestyle changes. (Diabetes, 2021)

What are the symptoms of Diabetes?

- Peeing more frequently especially at night
- Feeling more thirsty than usual
- Weight loss despite increased appetite
- Slow wound healing
- Feeling tired

(Diabetes UK, 2021)



Case Study

Some of the risk factors for Type 2 diabetes identified in Patient A include:
- Age
- High blood pressure
- Poor diet
- Smoking
- Inadequate physical activity

Beneficial Lifestyle Changes

1. Healthy diet:
- Low carbohydrate and fat.
- Rich in fruits and vegetables. (5 a day)
- Cut down on fast food and consume more home cooked meals
- Portion control
- Low salt diet to control blood pressure

2. Increase physical activity:
- At least 30 minutes of walking, jogging or swimming daily
- Taking the stairs instead of elevator
- Walking instead of driving to run errands.

References

nhs.uk. 2021. *Diabetes*. [online] Available at: <https://www.nhs.uk/conditions/diabetes/> [Accessed 23 July 2021].

The Well Project. 2021. *Diabetes*. [online] Available at: <https://www.thewellproject.org/hiv-information/diabetes> [Accessed 23 July 2021].

Diabetes.org.uk. 2021. *Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK*. [online] Available at: <https://www.diabetes.org.uk/> [Accessed 23 July 2021].

En.wikipedia.org. 2021. *File:Lakeyboy Silhouette.PNG - Wikipedia*. [online] Available at: <https://en.wikipedia.org/wiki/File:Lakeyboy_Silhouette.PNG> [Accessed 23 July 2021].

Topics. 2021. *Take the Stairs Campaign*. [online] Available at: <https://topics.arlingtonva.us/fitarlington/take-stairs-campaign/> [Accessed 23 July 2021].