



Lifestyle related disease:

Type 2 Diabetes

Module: Introduction to Physiology

Module code: BMHP5003

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Introduction



- This presentation will discuss Type 2 Diabetes as a lifestyle disease with the aim of raising awareness about the risks of having Type 2 Diabetes.
- It will also discuss the Endocrine System, the anatomy and physiology of pancreas.
- Recommendations is given to prevent it and also to reduce it.

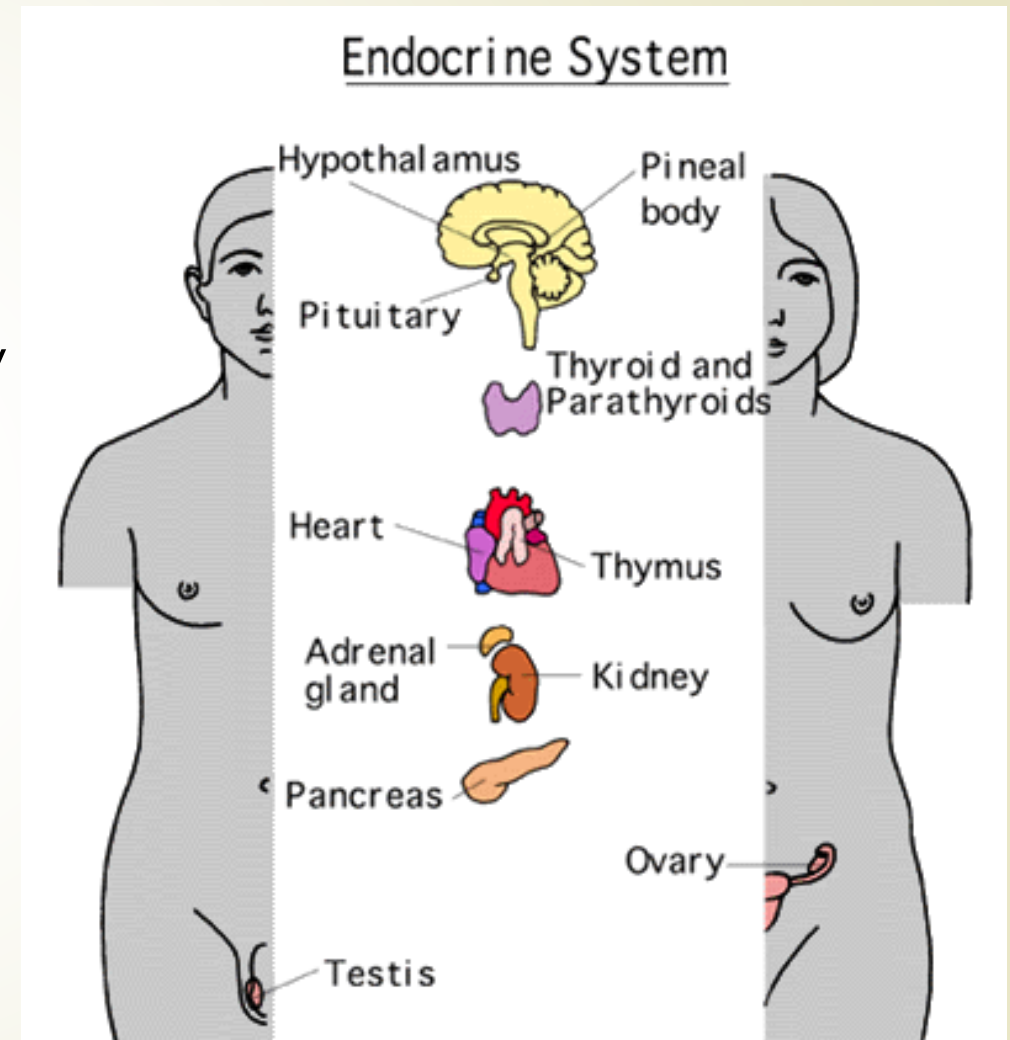


Why is important to measure lifestyle related issues in Health and Social Care?

- ▶ To protect health
 - ▶ Protect from diseases such as Type 2 Diabetes
 - ▶ Requirement for best care and treatment is provided
 - ▶ Chronic diseases and long-term disorders like Type 2 Diabetes can be prevented and reduced by living a healthy lifestyle and being in good health.
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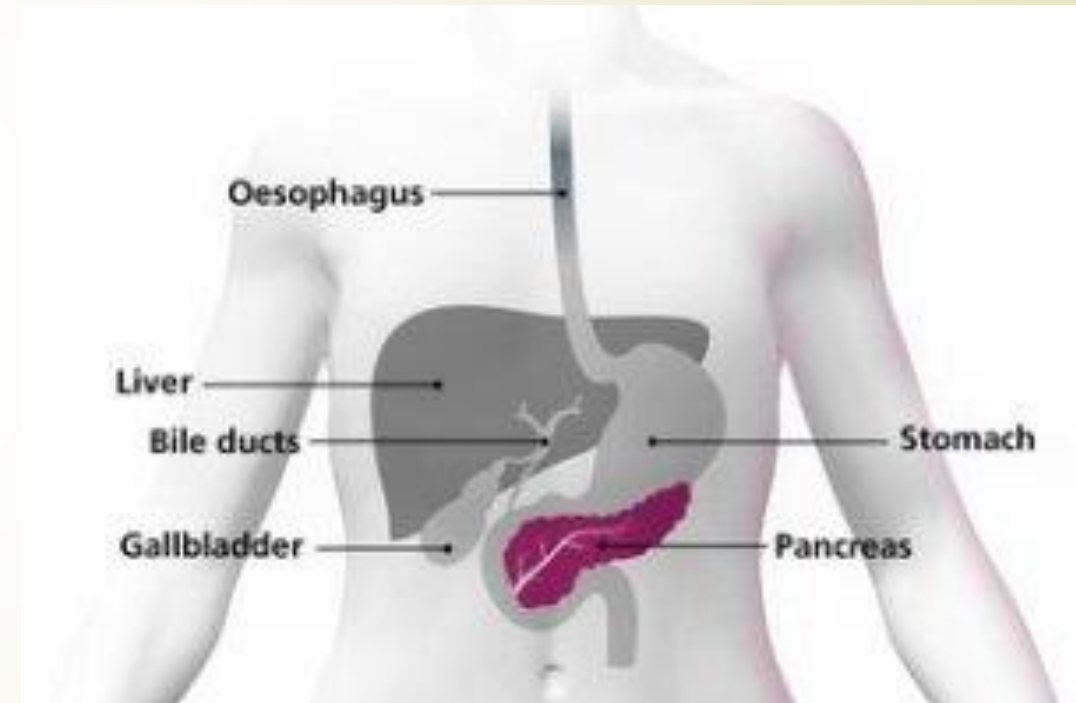
Endocrine System

- Consists of many glands distributed throughout the body
- Secretes insulin and glucagon, hormones that circulate around the body in blood
- Control of blood glucose levels (Waugh and Grant, 2018)



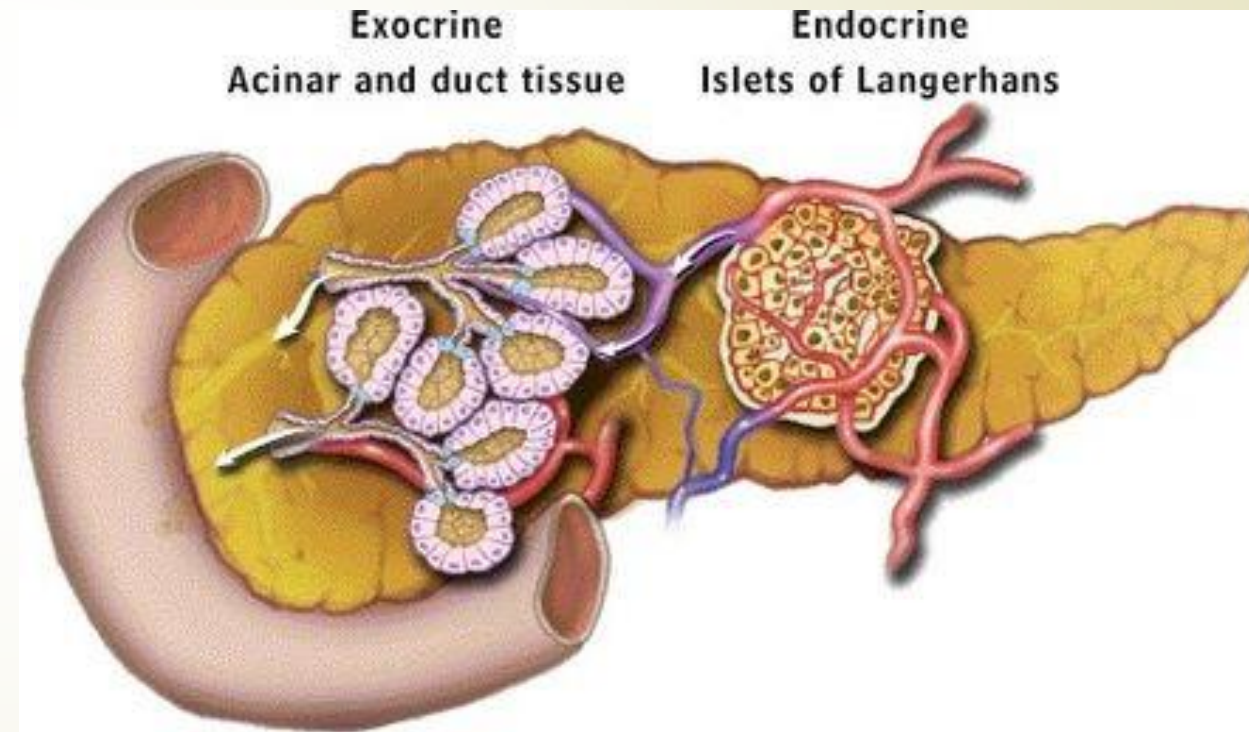
Anatomy (pancreas)

- ▶ Elongated organ
- ▶ Behind and slightly below stomach, between duodenum and spleen, connected to duodenum by pancreatic duct (Tucker 2015)
- ▶ First division of the small intestine



Physiology (pancreas)

- ▶ Produces enzymes that help with digestion
- ▶ Sends out hormones that control the amount of sugar in bloodstream
- ▶ Regulates blood sugar and regulates pancreatic secretions.





Main measures asked in the questionnaire

- ▶ Smoking
 - ▶ Drinking
 - ▶ Exercise
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Patient A data

- Based on patient responses, he has been smoking more than forty cigarettes a day
- Drinking between 15 to 20 glasses of wine a week
- Practice less than 1h swimming a week

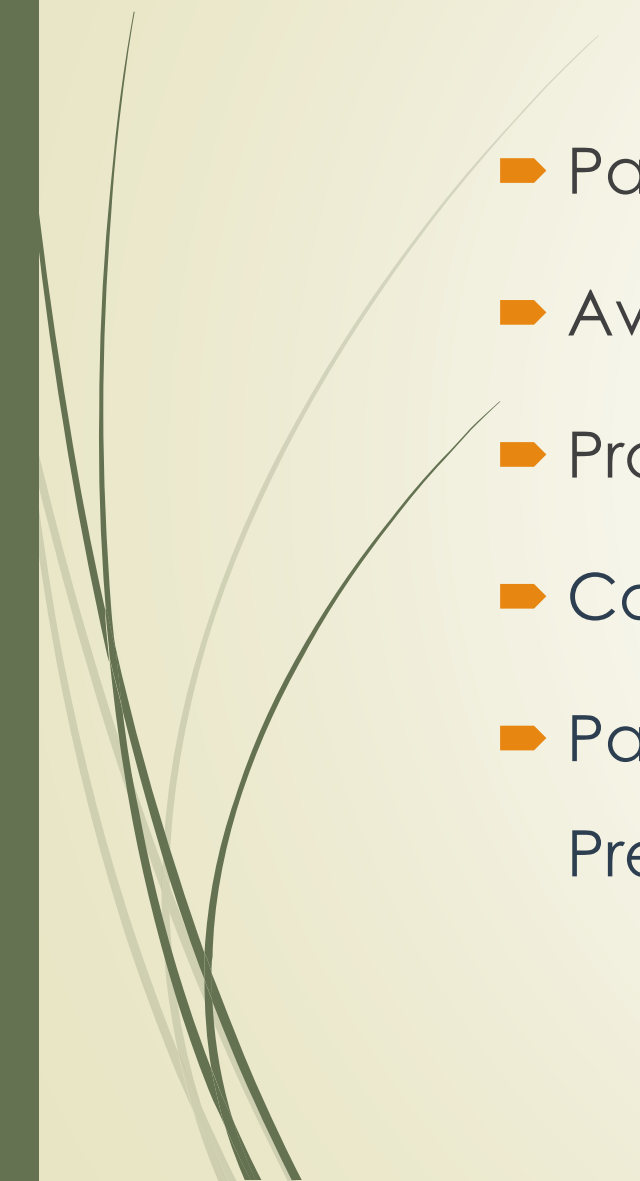


Health risks for Type 2 Diabetes

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- Stroke
 - Heart disease
 - Loss of feeling and pain (nerve damage)
 - Foot problems such as sores and infections
 - Vision loss and blindness
 - Miscarriage
 - Problems with kidneys



Recommendations

- ▶ Patient A needs to have a healthy and balanced diet
 - ▶ Avoid smoking and excessive drinking
 - ▶ Practice exercises at least 4 to 5 times a week
 - ▶ Consume more fibre (Diabetes UK, 2021)
 - ▶ Patient A can also participate in the NHS Diabetes Prevention Programme (England NHS, 2019)
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Conclusion

- ▶ Endocrine System is very important for the human body function
- ▶ With its glands and hormones, the body is regulated a normal level of glucose and good digestive system
- ▶ According to Patient's A answers, he is diagnosed with beginning of Type 2 Diabetes
- ▶ Can be prevent by having a healthy lifestyle, be more active and be part on NHS Diabetes Prevention Programme

References

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- ▶ Waugh, A. (2018). *Ross and Wilson Anatomy and Physiology in Health and Illness*. 13th ed. Edinburgh: Elsevier Health Sciences.