

Module: Physiology

Assignment: Poster Presentation

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BSc HSC L5T1G2

LEVEL 5

WHAT YOU NEED TO KNOW ABOUT DIABETES

What is Diabetes?

A chronic condition that affects the pancreas and limits its functioning to produce insulin, and makes the body resist insulin hence increasing sugar levels in the body. (Diabetes UK, 2020).

Diabetes has two types; Type 1 diabetes and Type 2 diabetes

Symptoms

-Extreme thirst , Frequent Urination, Dry mouth, Hunger, Fatigue, unexplained weight loss, Blurred Vision. (Center For Disease Control, 2020)

Causes

Pancreas , Genes, extra weight, metabolic syndrome, bad communication between cells. (Mayo Clinic, 2020)

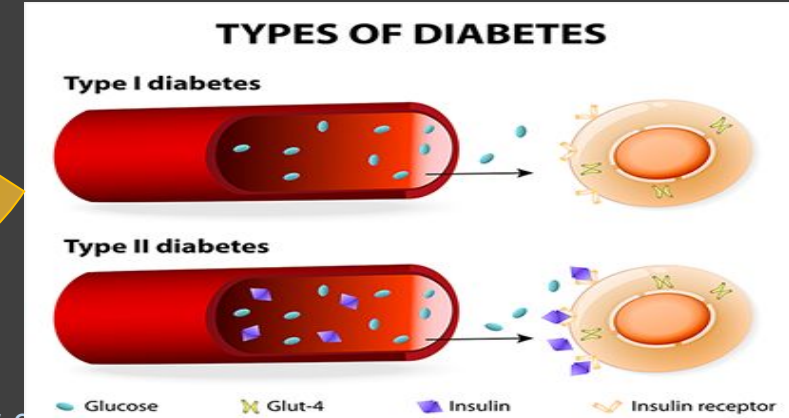
What the Risk factors?

- Age-45 years and above
 - Family History
 - High blood pressure
 - obesity
 - Heart disease
 - depression and Stress
 - little or no exercise
 - smoking
 - Alcoholism
- (Diabetes UK, 2021).



Types

- ❖ **Type 1 Diabetes;** is a condition in which the pancreas produces little or no insulin. It is sometimes called Juvenile diabetes. This type occurs in children and adolescents. (International Diabetes Federation, 2019)
- ❖ **Type 2 Diabetes;** condition that limits production of enough insulin by stopping or resisting insulin. Blood sugars keep rising because the pancreas can't work properly.



Case study

Patient A: He is a 46 year old man who smokes cigarettes a day and shisha from Friday to Sunday. The patient has been living with type 2 diabetes for 3 years with a daily treatment of metformin 1500 mg. Fortunately, the patient has a normal BMI of 29. however, he has been feeling burning pain and symptoms of hypoglycemia twice during busy days at work as well as getting stressed. All these are signs of severe diabetes. Also, his father has ever experienced a heart attack. If he doesn't change his lifestyle, his situation will worsen.

Recommendations to reduce or avoid Diabetes

The Patient should quit smoking both shisha and cigarettes because he is exposed to other risks like cardiovascular disease. Patient A should increase the number of exercises by walking, running, taking stairs instead of using lifts etc. (America Diabetes Association, 2021)

The patient should also feed on balanced diet to maintain the BMI since it is normal before he gains more weight.

Patient A is exposed to strokes and heart diseases and therefore, should be more active at work by taking breaks and stretches to avoid getting stressed.

The patient should keep seeing the doctor regular to check blood sugar levels regularly and should not misuse diabetes medication. (Salman, Alsayyad and Ludwig, 2019)

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