

Introduction to Physiology

BMHP5003

Assessment1 Practical Test (Presentation)

Lecturer's Name: Ms. Laila Surani

Student's Name: Helenita G. Payac

Student Number: 2027358

INTRODUCTION

- This assignment aims to examine the structure and functioning of the human body.
- Analyse the relationship between body functioning and relevant detailed of anatomy and physiology.
- Uses lifestyle and health related information in planning of care for individuals.
- The topic is about Diabetes

ANATOMY AND PHYSIOLOGY

PANCREAS

- Is an organ located in the abdomen(belly).
- Plays a vital role in our **endocrine system**.
- It is an organ and a gland that produce and release substances in the body.

FUNCTIONS

- The pancreas produces enzymes and hormones to maintain healthy blood sugar levels in the body.
- Two of the main pancreatic hormones are **insulin**, which acts to lower blood sugar and **glucagon**, which acts to raise blood sugar.
- These hormones play an essential role in converting the foods that we eat into fuel for our body cells,

PATIENT'S INFORMATION

Patient A

Gender: Male

Age: 19 years old

Profession: IT Student

Overweight: BMI 27 (Weight: 68kg Height: 5'2")

Activity: Less active

Food: Fast foods

Problems with sleep. School related stress

Healthy lifestyles for patients with diabetes type 2



Eat
healthy



Be physically
active



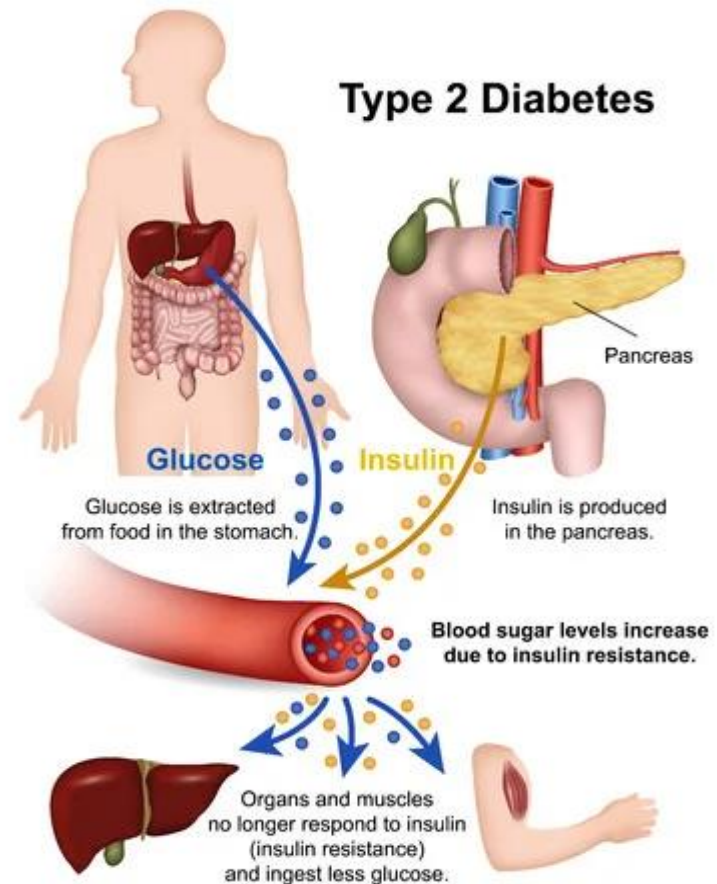
Quit
smoking



Stop harmful
use of
alcohol

HEALTH RISKS

- Cardiovascular disease (heart Attack)
- Cerebrovascular disease (Stroke)
- Vision problems
- Diabetic Foot disease
- Nerve damage
- Kidney damage
- Mental Health Problems



RECOMMENDATIONS

Healthier You : NHS Diabetes Prevention Programme

- National Policy to Tackle Obesity
- Calorie Reduction Program
- Sugar Reduction Program
- Provide and Deliver Lifestyle Interventions
- Healthy weight
- Dietary recommendations
- Physical activity recommendations

CONCLUSIONS

- ❑ Is a serious condition where the insulin does not work or the body fails to make enough insulin for the system to work.
- ❑ If not managed accordingly, it may lead to many complications and may cause death.
- ❑ With right treatment and care, we can continue to live well.
- ❑ With right information, we can prevent the risk of getting this kind of condition.

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