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JENNIFER
OSUNBOR

STUDENT ID :
1808630

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LECTURER :
ADESEWA AJAYI

[INTRODUCTION TO PHYSIOLOGY]

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INTRODUCTION TO PHYSIOLOGY

TYPE 2 DIABETES.

DEFINITION OF DIABETES

Diabetes is known as a metabolic, chronic disease which occurs when the glucose in the blood is high or when there is too much sugar in the blood. This could cause a severe damage to an infected person eyes, heart, vessels of the blood, the kidneys and also to the nerves. (WHO, 2020)

There are two types of Diabetes the most common one is the type ii Diabetes found mostly in adults this happens when the adults body can no longer produce sufficient nature insulin or the body is unable to accept insulin. (Insulin is an anabolic hormone which help the body to control the absorption of protein, carbohydrates and fat store in the body, it allow the amount of sugar needed to enter into the cell to produce energy in the body). Type ii diabetes has gone up in the past 3 decades tragically in countries of all income levels. (WHO 2020)

Type I Diabetes occurs when the sugar in the blood become too high because the body is unable to produce hormone know as insulin that maintain the glucose in the blood. This happen when the body attacks the cells in the pancreas that make

insulin, when this happens the body becomes dependent on a daily injections to help put under controls the level of blood glucose. (NHS, 2018)

THE CAUSES AND SYMPTOMS OF TYPE 2 DIABETES

Type 2 diabetes occurs because the body cannot make sufficient insulin or when the pancreas is not able to release enough insulin. There are people with type 2 diabetes symptoms without knowing, the symptoms does not make them feel sick or unwell because they feel going to the toilet frequently to urinate especially during the night, when a person start to feel extremely thirsty all the time , feeling fatigue , weight loss without trying to, when your cuts or wounds are taking longer to heal when your vision become blurring, these are signs of type2. (NHS,2020). People between the age of 25 and above are at risk of developing type 2 diabetes. Type 2 diabetes can be cause if a you are is overweight or obese, it can be cause if a your close relatives has it e.g., parents, sister or brother meaning it can be through hereditary, high blood pressure, lack of exercise, unhealthy eating, high cholesterol all these could lead to the risk of type 2 diabetes.

TREATMENT AND HOW TO MANAGE TYPE 2 DIABETES

There are different ways of treating type 2 diabetes, Everyone is different, so treatment will vary depending on individual needs because when a person has type 2 they will have to change their lifestyle, such as having a healthy lifestyle, using insulin, exercising, drinking water, taking medication. This can reduce your risk of developing complications and help you to live well with (diabetes, UK)



(Public Health

England 2018)

Conclusion:

Around 90% of people with diabetes in the UK have type 2. It is a serious condition and can be lifelong.

If left untreated, high sugar levels in your blood can seriously damage parts of your body, including your eyes, heart and feet. These are called the complications of diabetes. But with the right treatment and care, you can live well with type 2 diabetes and reduce your risk of developing them. (Diabetes UK)

References

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