



Diabetes

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<u>Type One Diabetes</u> Type One Diabetes, is a chronic condition in which the pancreas produces little or no insulin. This makes 10% of diabetes cases	<u>Diabetes</u> Diabetes is a serious condition that causes a person's blood sugar level to become too high." There are two main types of Diabetes, Type 1 and Type 2 (Diabetes, 2021)	<u>Type Two Diabetes</u> Type Two Diabetes is when the insulin your pancreas makes can't work properly. This leads to your glucose levels rising. 90% of diabetes cases
<u>Symptoms for Type One Diabetes</u> - Frequent Urination - Increased thirst - Increased Hunger - Weight Loss - Tiredness	 <u>The Pancreas</u> has two main functions on exocrine and endocrine functions. The exocrine function helps in the digestion while endocrine function regulates the blood sugar. 95% of the pancreas is made up of exocrine tissue that develop pancreatic enzymes	<u>Symptoms for Type Two Diabetes</u> - Increased Thirst - Frequent Urination - Unexplained Weight Loss - Increased Hunger - Feeling Tired
<u>Treatment</u> -Change of diet -Insulin injection		<u>Treatment</u> -Change of diet -Metformin
<u>Case Study</u> Mrs. A was born on the first of October nineteen seventy-six. She is a smoker who smokes one to nine cigarettes per day. Her blood pressure is 140/90. Her weight is 70kg and her height is 170cm. She exercises once a month. Her diet consists of frozen meals 3-4 times a week she also has chips and sugary foods, chocolates, and alcohol intake of 3-6 units a day. Recommendations: -Mrs. A should quit smoking -Mrs. A should eat less sugary foods and should stop taking alcohol -Mrs. A should eat more foods that are high in fibre, green tea, nuts, spinach and many more to reduce cholesterol levels.		

Type 1 diabetes previously known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin, this happens because your body attacks the cells in your pancreas that make the insulin, meaning you can't produce any at all. (Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy)

Type one diabetes is the least common out of the two main types of diabetes making around 10% of all diabetes cases in the United Kingdom. It's a serious and lifelong condition. There are many known complications of long-term high blood sugar levels. These include damage to your heart, eyes, feet and kidneys. Many of these long-term problems are preventable by getting the right treatment and care. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy.

When you have type 1 diabetes, your body still breaks down the carbohydrate from food and drink and turns it into glucose. But when glucose enters your bloodstream, there's no insulin to allow it into your body's cells. More and more glucose then builds up in your bloodstream, leading to high blood sugar levels. The pancreas is an organ in the abdominal region. The role the pancreas has is to change food that comes into fuel for the body.

There are many symptoms that people will come across if they have type one diabetes. The common symptoms are an increased feeling of needing to go to the toilet, feeling that you need to drink more water, the feeling of needing to eat more, and you will notice your weight going down. If anyone is to experience any of these symptoms, they should go to the local GP.

There are also Additional symptoms that people may come across if they were to have type one diabetes. These additional symptoms may include blurry vision, tiredness, and slow wound healing. Symptoms typically develop over a short period of time, often a matter of weeks

People who suffered from type 1 diabetes take insulin as a part of their treatment to keep their blood sugar levels in the right range. Insulin is pumped through the body by an injection. Insulin helps to regulate the blood sugar level, however too much insulin can Cause serious health risks as it can cause obesity, heart disease and cancer

When insulin is not working as it should/not working properly it may disrupt the body.

Type 2 diabetes is a condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin. This causes someone's blood glucose levels rising.

Similarly, to type 1, when you have type 2 diabetes, your body uses enzymes to break molecules from your food and drink and then converts into glucose. At this point the pancreas releasing insulin. But because your bodies insulin isn't working as it should, the sugar levels keep rising, triggering the release of more insulin.

Around 90% of people with diabetes in the UK have type 2. It is a serious condition and can be lifelong. There are several factors that can affect your risk of developing type 2 diabetes. With changes to lifestyle and careful monitoring some people can put their Diabetes into remission.

Common symptoms include the common symptoms are an increased feeling of needing to go to the toilet, feeling that you need to drink more water, the feeling of needing to eat more, and you will notice your weight going down and sores that will not get better. Often symptoms come on slowly. Long-term complications from high blood sugar include heart disease, strokes, diabetic retinopathy which can result in a loss of sight, kidney failure, and poor blood circulation which may cause amputations

to happen.

Treatment for type two diabetes includes medicines and a change of diet to help control the blood levels. Metformin is generally the preferred treatment for type two diabetes. It also reduces the risk of cardiovascular disease. This treatment is very effective.

Cholesterol can lead to type two diabetes so because Mrs. A has someone in her family with a cholesterol problem she would need to be very careful of the types of foods she consumes. For example, should stop having or cut down the amounts of sugary foods, fried foods and lower the amount of alcohol intake she has.

Furthermore Mrs. A should bear in mind that there is many different foods she can have that will be able to lower her cholesterol. Some of these foods include, that eating high fibre foods helps to reduce the cholesterol levels. More foods that will lower cholesterol are green tea, nuts, spinach, garlic and many more.

Also, Mrs. A should stop smoking as well as the other things that I have recommended. This is because when she stops smoking, she'll notice many benefits. Some of the effects she will experience soon after she stops are smoking her blood pressure will go down, a day or two after wards she will notice that the chances of her getting a heart attack will decrease rapidly and a few weeks afterwards she will notice her lungs will have begun to function better making it easier for her to exercise and to walk. Some of the long-term benefits that Mrs. A will experience if she quits smoking is that the risk of suffering hear related diseases will decrease exponentially furthermore the risk of having a stroke has further decreased in comparison to people who still smoke. (Jr and Cynthia Haines, 2021)

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood. It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. It can also be in the family. You can lower your cholesterol by eating healthily and getting more exercise. Some people also need to take medicine. too much cholesterol can block your blood vessels. It makes you more likely to have heart problems or a stroke. high cholesterol does not cause symptoms. You can only find out if you have it from a blood test. (Symptoms and Signs of High Blood Sugar (Hyperglycemia): Treatment, 2021)

Some of the prolonged effects of diabetes include damage to the blood vessels, which can lead to heart attack and stroke, and problems with the kidneys, eyes, feet and nerves. The long-term effects can be limited through maintaining optimal blood pressure, optimal blood glucose sugar level and low cholesterol levels within

recommended range. Moreover, being a healthy weight, eating healthily, reducing the amount of alcohol that you drink, and not smoking will help to lower the risk

Living with type one diabetes or type two diabetes can also damage your mental health. Diabetes can lead to stress, anxiety and depression. The problem of diabetes is that it can cause many mental illnesses. Symptoms of depression includes being sad, not feeling to take part in activities, not getting enough sleep/always feeling tired, not wanting to eat, feeling guilty and the most serious is having suicidal thoughts.

People with these symptoms should try their hardest to see a medical profession such as a diabetic nurse or a GP referral. If you are to have diabetes you can go to and take regular visits to these different people. These people include medical professionals, dietician, the dentist, a physiologist, chiroprapist, optician, diabetic clinic, specialist/community and GP practice.

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