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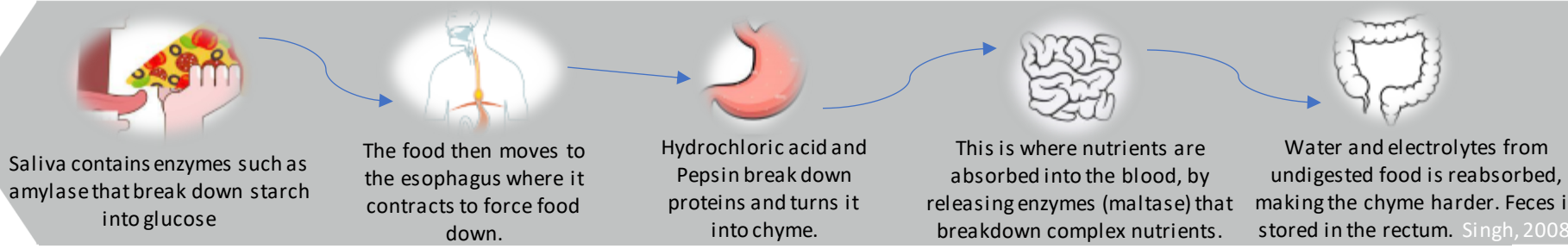
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BMHP5003

# Link between Digestive System and Diabetes.

The function of the digestive system is to break down, absorb and process food. Svihus, 2014.



## What is Diabetes?

Type 1 Diabetes is typically genetic and occurs when the immune system destroys insulin producing cells in the pancreas. Lambert, 2002.

Type 2 Diabetes occurs when the body doesn't respond to insulin. Unlike type 1, this is caused by diet, poor physical activity and genetics. Vijan, 2010.

Symptoms & Complications: Fatigue, frequent urination, high blood pressure, blurred vision and heart disease.

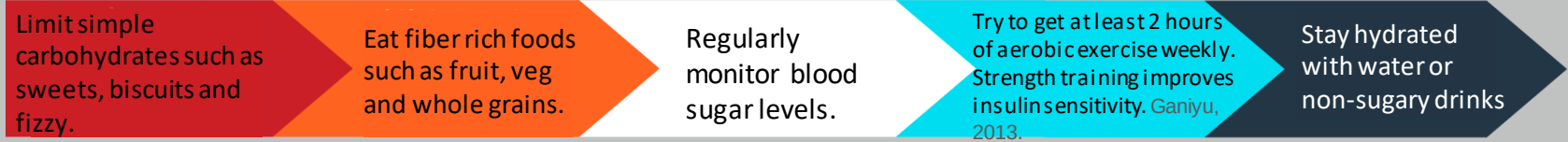
## Government guidance and Health Promotion

- Dyson, 2011 states that the NHS offers resources, recommendations and educational programmes to patients. In addition to this, information on diabetes prevention, management and early detection are available.
- Promoting a healthy lifestyle can significantly reduce the risk of developing diabetes type 2.
- A balanced diet, managing stress, adequate sleep and avoiding alcohol/tobacco will improve the quality of life for those with Diabetes, according to Polsky, 2017.

## Role of Health and Social Care Professionals

- They educate patients on the importance of adhering to treatment
  - Also, they teach the correct procedure for monitoring blood sugar levels and how to use medication.
  - Health care professionals may provide patients with emotional support as it is a challenging condition.
- Ross, 2019.

## Diet and Exercise Recommendations





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