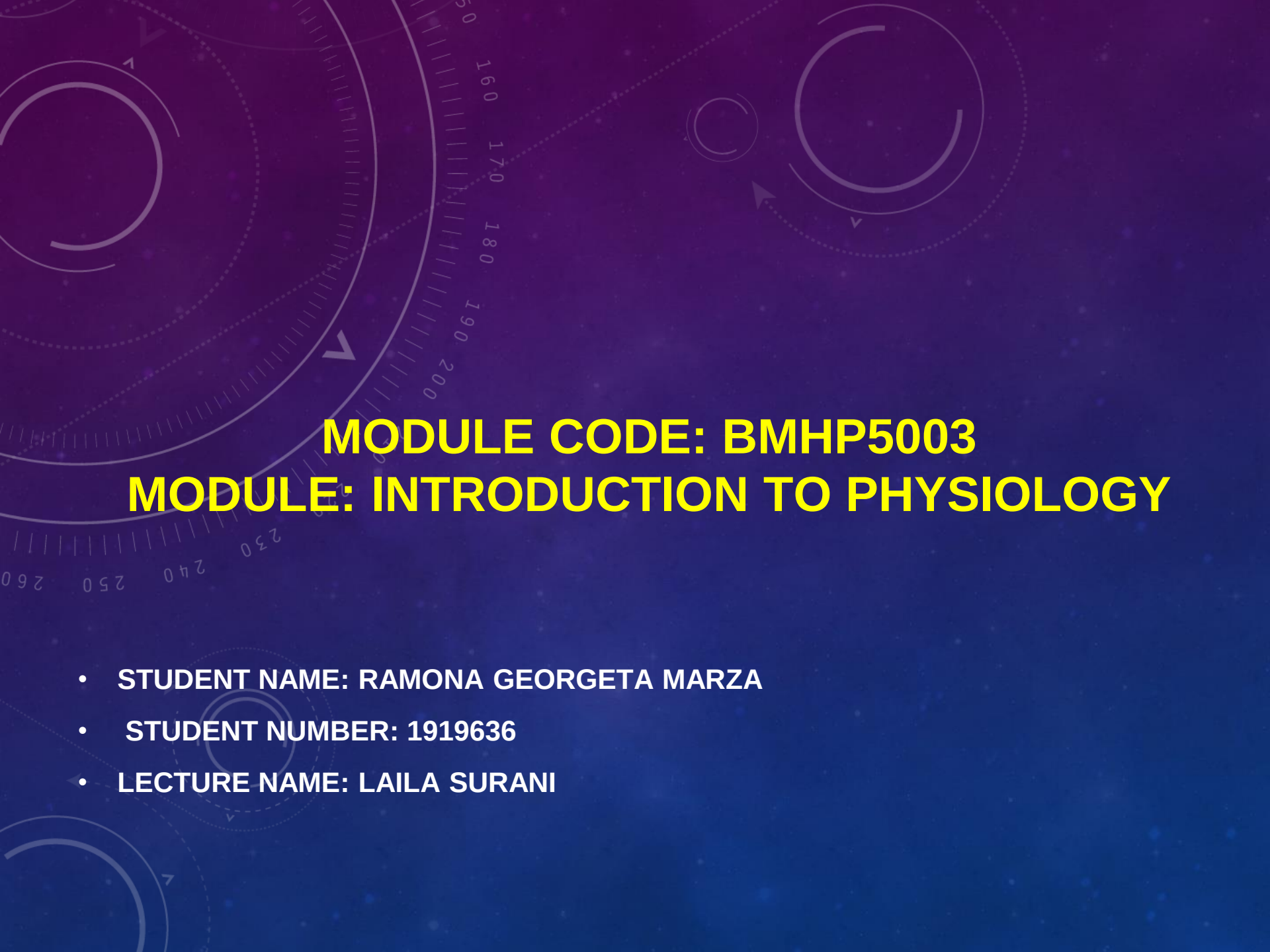




MODULE CODE: BMHP5003

MODULE: INTRODUCTION TO PHYSIOLOGY

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INTRODUCTION

- The aim of the presentation is to examine the structure as well as functioning of a human body
- The relationship between functioning of the body and relevant in-depth anatomy as well as physiology will be analysed.
- The health related factors such as health risk due to lifestyle will be discussed
- The recommendation for enhancing and managing the care of the patient with the health intervention will be done.



PATIENTS HEALTH CONDITION

- Patient A ,male of 51 year old is suffering from a health condition which is diabetes
- Diabetes is a health condition which happens when the blood glucose or the blood sugar is too high (Jan *et al.*, 2018)
- Diabetes is caused by various health related factors such as lifestyle, behaviour as well as family history
- High sugar levels can lead to loss of life for the patient as well



PATIENTS HEALTH CONDITION (CONTINUED)

- The lifestyle is one of the biggest contributors of diabetes in the Patient A
- Moreover, inactivity and laziness are major contributors
- The Patients habit such as smoking and drinking has caused the high chances diabetes (Cho *et al.*, 2018)
- The patient's family history also the major cause of diabetes in the Patient



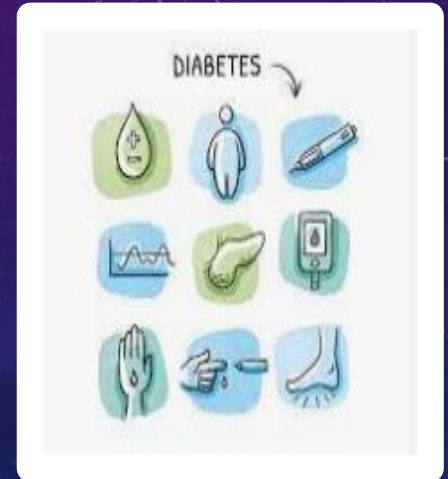
COMPLICATIONS ASSOCIATED WITH DIABETES

- Cardiovascular disease can be a result of excessive diabetes
- Kidney and Nerve damage known as nephropathy and neuropathy respectively
- Alzheimer's disease can be a serious complication of diabetes
- Eye problem or retinopathy is the serious health complication laid by diabetes (Manu *et al.*, 2018)



ANATOMY OF HEALTH CONDITION OF PATIENT A

- When the pancreas fails to make any insulin and without it the cell could not get enough energy from the food. This result in the forming of diabetes
- This diabetes is the outcome of the immune system of the body attacking the beta cell which produce insulin in the pancreas
- The pancreas stop producing insulin as the insulin making cells have been destroyed
- It attacks and destroys the insulin producing cell



PHYSIOLOGICAL RELATED INFORMATION ABOUT PATIENT'S CONDITION

- Due to unhealthy lifestyle and high level of blood glucose can affect the body's organ of the patient
- There can be long term effect and damage to the blood vessels
- It can attack the heart of the patient and even cause problems with kidneys
- The food intake heavily affects the patient dealing with diabetes (Banerjee *et al.*, 2020)



PHYSIOLOGICAL RELATED INFORMATION ABOUT PATIENT'S CONDITION (CONTINUED)

- If the pancreas does not work as it should the body can not use insulin, hence the blood sugar gets very high and result in diabetes.
- It happens when the body of the patient A gets affected by the destroyed immune system
- The patient's behaviour and unhealthy eating habits can be a major contributor to diabetes (Carbone *et al.*, 2019)
- Pancreas has the digestive function. In pancreas the enzymes which are secreted by the exocrine gland helps in breaking down the carbohydrate.



RISK FROM HEALTH SEDENTARY LIFESTYLES

Unhealthy eating habits and family history

- Food intake high in fat and cholesterol increases the risk of diabetes.
- High sugar intake in the Patient A has led to emergence of diabetes
- The family history of the Patient is also one of the reasons for the occurrence of Diabetes (Kotwal *et al.*, 2019)
- As per the NHS questionnaire family history can be a potential cause of diabetes.



HEALTH RISK FROM SEDENTARY LIFESTYLE

Alcohol and smoking

- Alcohol consumption and alcohol abuse are one of the major factors for the increase in diabetes
- High amount of alcohol can lead to high cause of chronic inflammation of the pancreas that leads to diabetes (Bhattamisra *et al.*, 2019)
- Smoking makes it difficult to manage and regulate the level of insulin leading to higher blood sugar
- Thus smoking and alcohol lead to high chances of diabetes in Patient A



RECOMMENDATIONS FOR IMPROVING THE HEALTH OF THIS PATIENT

- Healthy eating
- Healthy eating is one of the most useful interventions for improving the diabetic disease (Liu *et al.*, 2018)
- Patient A must eat food in smaller portion sizes
- NHS is a healthcare service organisation that promotes and offers health dietary plans to the diabetic patient (NHS, 2022)
- NHS offers nutritionist that provides knowledge regarding healthy eating to the diabetic patients



RECOMMENDATIONS FOR IMPROVING THE HEALTH OF THIS PATIENT

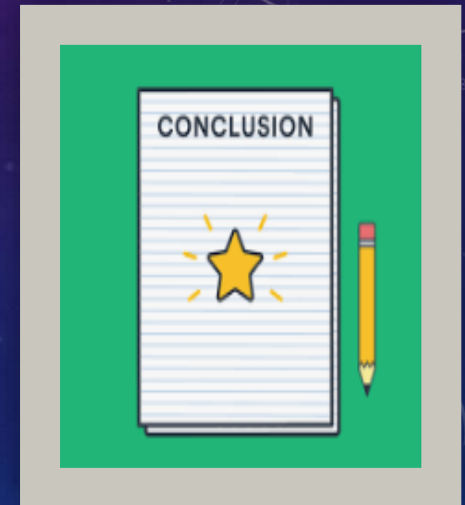
Physical activity

- It is necessary for the diabetic patient to lose weight
- Physical activity is one such intervention that helps in maintaining a healthy lifestyle (Rogers *et al.*, 2018)
- It assists in blood sugar level regulation
- Boost healthy and better lifestyle



CONCLUSION

- It can be summarised that the patient is dealing with diabetes a disease in which blood sugar level gets too high.
- It was found ut in the report that when the pancreas fails to produce any insulin the blood sugar rise
- health-related factors such as health risk owing to lifestyle such as Smoking, Alcohol has been discussed
- Recommendation such as healthy eating, physical activity has been suggested in the report to improve and manage care of this pateint



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