



University of Wales
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TOPIC: DIABETES

COURSE TITLE: INTRODUCTION TO PHYSIOLOGY

COURSE CODE: BMHP5003

DATE: 26th July 2021

INTRODUCTION

This report will focus on the two main types of diabetes and how they affect the human body. Also, in this report an investigation into the responses from patient A's questionnaires, on how they relate to Diabetes, and how the answers could provide a healthy response to managing lifestyles choices that has risk factors to the issue of Diabetes.

WHAT IS DIABETES

Diabetes is a chronic illness that occurs in the human body due to the body's inability to produce enough insulin or have the available insulin in the body to regulate the body's blood sugar (glucose) level. **(WHO, 2021).**

TYPE 1 DIABETES

- This chronic medical condition
- Insulin-dependent
- 10% of diabetes carriers have the type 1 variant

TYPE 2 DIABETES

- Most common variant
- Over 90% of Diabetic patients live this variant, **Nhs, (2019).**

ANALYSIS OF DIABETES

- Diabetes is either present within the human body from birth, or as an effect of one's lifestyle.
- Biological determinants but also has some social determinants, **(Saudek, 2002).**

EVALUATION OF POLICIES IN DIABETES

- I interviewed patient A who identifies as a smoker.
- From my observations of patient A's smoking habit and their blood pressure level which records as 140/90, it can be deduced that patient A is experiencing early signs of stage 2 high blood pressure which can be classified as an indicator of a possible diabetes outcome in the future.

RECOMMENDATION OF POLICIES

- To intervene and promote health
- Not every diabetes is genetic
- There is no known cure for diabetes currently, it can only be controlled, and to ensure this, patient A must adhere to serious lifestyle changes, **(Speight, 2013).**

REFERENCES

- Nhs (2019) Diabetes, Available at: [Diabetes - NHS \(www.nhs.uk\)](https://www.nhs.uk) (Accessed 19 July 2021).
- Saudek D. C. (2002). "*The Role of Primary Care Professionals in Managing Diabetes*". Clinical Diabetes. Available At: <https://clinical.diabetesjournals.org/content/20/2/65.short> (Accessed: 15 July 2021).
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Diabetes defined as a common chronic illness that occurs in the human body due to the body's inability to produce enough insulin or have the available insulin in the body to regulate the body's blood sugar (glucose) level. (WHO, 2021).

Types of Diabetes:

- **Type 1 Diabetes:** happens to be the most chronic of all the types of diabetes. Its level of medical urgency has gained it the sub-name "insulin-dependent" meaning that people with type 1 diabetes are required to take insulin injections every day. This chronic medical condition arises because of the body's inability to produce insulin due to the destroyed insulin cells in the pancreas. 10% of diabetes carriers have the type 1 variant.
- **Type 2 Diabetes:** variant is as a result of the cells inability to normally produce enough or respond to insulin. The type 2 is the most common variant, present in over 90% of Diabetic patients. This variant has been diagnosed to occur mostly in middle-aged and older people although, in recent times, it has been noted to occur amongst youth and children due to health conditions like obesity. It is equally a serious diabetes condition, (Nhs, 2019).

ANALYSIS OF DIABETES:

Diabetes, as it relates to the health conditions of an individual, does not just have biological determinants but also has some social determinants that contribute to the diagnosis and treatment of the illness. Commonly known, diabetes is either present within the human body from birth, or as an effect of one's lifestyle. (Saudek, 2002).

This knowledge allows for the classification of the various diabetes variants into types, and it is in knowing these types that better treatment options can be introduced.

EVALUATION OF POLICIES IN DIABETES:

I interviewed patient A who identifies as a smoker, smoking a little over 39 sticks of cigarette a day. From this observation, it is worthy of note that patient A, who was born in 1976 within the age bracket of 45-50 is unknowingly exposing themselves to Diabetes. What this excessive intake of the nicotine content of cigarettes every day could easily result in is the presence of type 2 diabetes.

From my observations of patient A's smoking habit and their blood pressure level which records as 140/90, it can be deduced that patient A is experiencing early signs of stage 2 high blood pressure which can be classified as an indicator of a possible diabetes outcome in the future.

Additionally, patient A who is 5.2 feet tall, weighs 80kg, and rarely exercised is also risking their health as 80kg for a person of their height is considered overweight and should indulge more in exercise to reduce the compiling health risk factors.

On the other hand, I've also noted that Patient A needs some alcohol education due to their daily alcohol consumption level of 2 units of wine per day. Too much alcohol intake could expose them to diabetes as there could be an inflammation of the pancreas impairing its ability to generate insulin in the body.

Observations gathered from answers from patient A shows a high risk of diabetes lurking around due to their poor health habits. To better manage this situation and not risk encountering type 2 diabetes (which is common for this habit), Patient A will be required to undergo some healthy changes to avoid possible diabetic scars.

For prevention, I recommend that this patient reduces their daily cigarette intake or possibly curtail the habit of consuming cigarettes as their body is already saturated with enough nicotine which could be the source of their high blood pressure. Patient A needs to regulate their blood pressure back to 120/80 and relieving themselves from smoking will enable that.

On the other hand, patient A needs to indulge more in exercises like sports and cycling to regulate their weight, reduce their intake of fast food and junk as this contributes to their weight, as well as moderate their daily alcohol intake.

Following through with these prevention methods will not only improve their health but also distance them a lot farther from diabetes risk factors.

RECOMMENDATION OF POLICIES:

On the other hand, another intervention method is to enable effective sensitisation that educates people on the issue of diabetes and how some of our lifestyles contribute to the growth of this illness.

Not every diabetes is genetic, it also develops through poor health management.

There is no known cure for diabetes currently, it can only be controlled, and to ensure this, patient A must adhere to serious lifestyle changes, (Speight, 2013).

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- Nhs (2019) Diabetes, Available at: [Diabetes - NHS \(www.nhs.uk\)](https://www.nhs.uk) (Accessed 19 July 2021).
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