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MODULE: INTRODUCTION TO PHYSIOLOGY

ASSESSMENT: I

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INTRODUCTION

- *The reasons why we measure lifestyle-related health information in health and social care is because living a healthy lifestyle can help prevent chronic disease and long term illness.*
- *It can also help you feeling good about yourself and taking care of your health are important for your self esteem and self image.*
- *Based on the completed questionnaire if patient A, lifestyle is not change, he will definitely be diagnose type 2 diabetes.*

WHAT IS TYPE 2 DIABETES ?

Type 2 diabetes is a life long chronic disease in which there is a high level of sugar (glucose) in the blood

Type 2 can affect your everyday life as you may need to change diet, take medication and have regular check up.

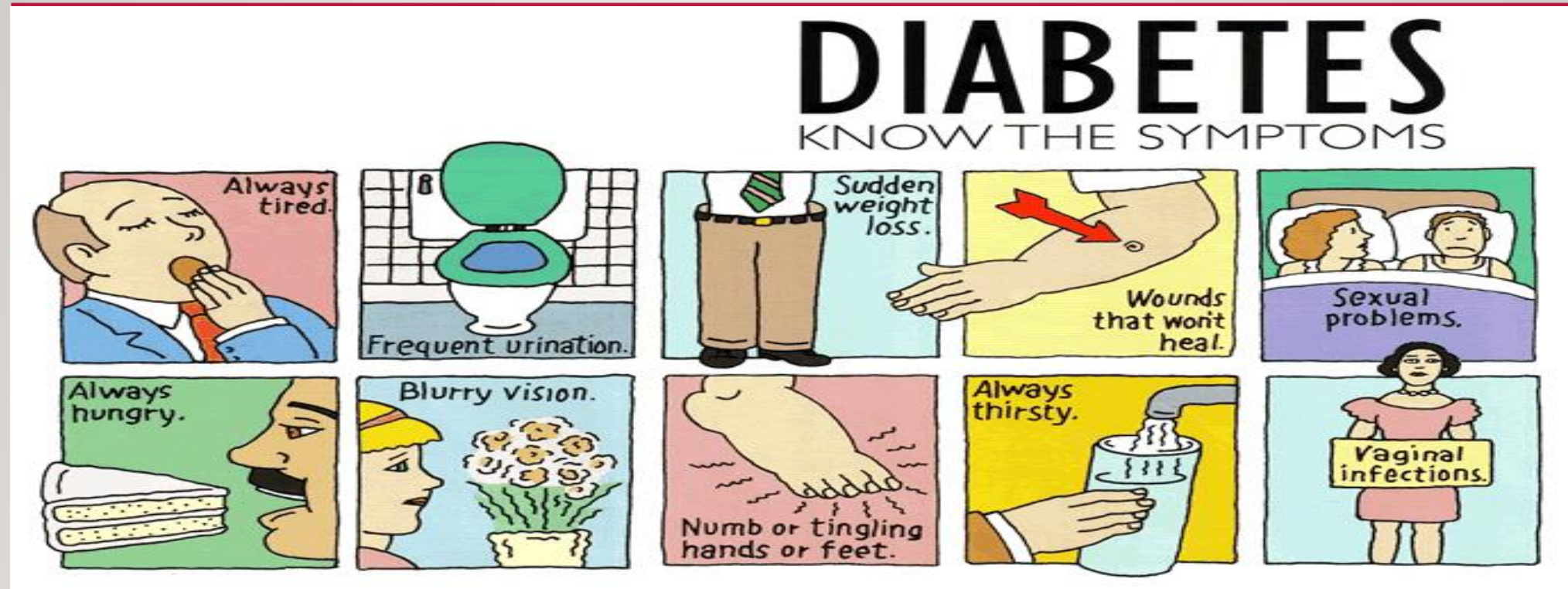
Type 2 diabetes is the most common form of diabetes

One in ten people over 40 years in UK have type 2 diabetes

There is no permanent cure for diabetes yet but strong evidence show some people can put their type 2 diabetes into remission by losing weight (diabetes UK, 2017)



SIGN OF TYPE 2 DIABETES



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WHAT CAUSES OF TYPE 2 DIABETES

Type 2 diabetes occurs when hormone insulin is not use effectively by the cells in your body

Insulin is needed for cells to taking glucose from bloodstream and convert it into energy

When pancreas is unable to produce enough insulin to mange blood sugar level

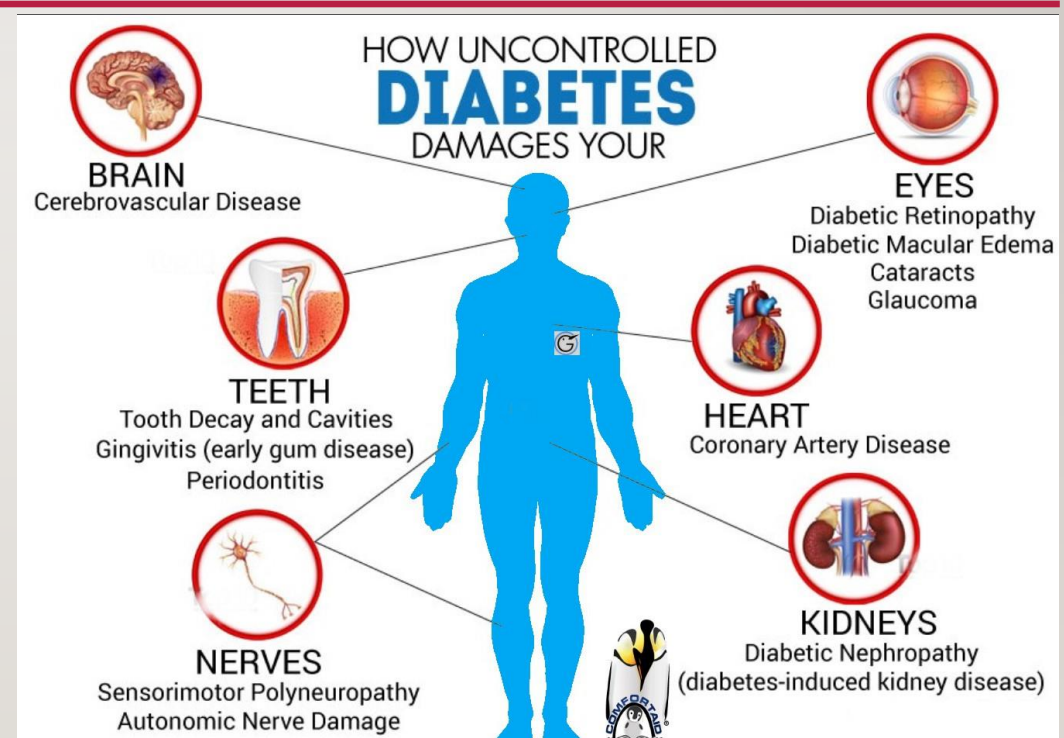
Ineffective use of insulin result the body becoming the body resistance to insulin which also known as insulin resistance.

In advance stages type 2 diabetes may cause damage to insulin producing cells in the pancreas leading to insufficient insulin production for your body needs (Diabetes UK, 2019)



TYPE 2 DIABETES COMPLICATION

- Heart disease
- Stroke
- Kidney disease (nephropathy)
- Eye disease (retinopathy)
- Nerve damage (neuropathy) which raise the risk of amputation.
- (Diabetes UK, 2018)



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HEALTH RISKS (PATIENT A)

- *Smoking - smoking causes cancer , heart disease, stroke, lung disease, diabetes and chronic obstructive pulmonary disease (COPD)*
- *Alcohol –Can cause long-term health risk. Excess alcohol use like the case of patient A, can lead to high blood pressure, liver disease, diabetes and digestive problem.*
- *Lack of exercise –Like exercise is a health problem for patient A ,because he unemployed and don't do no physical exercise like swimming, running ,jogging etc. poses a serious health risk*
- *Ethnicity- People black African,Caribbean,and South Asian are more like to develop type 2 diabetes*
- *Family history –One of patient A parent has had angina before age 60 (Diabetes UK,2018)*

LIFESTYLE HEALTH-RELATED INFORMATION OF THE PATIENT A

Age – Patient A is 44 years

Ethnicity –Black African heritage

Occupation –unemployed

Lifestyle –(alcohol 12-15 pint a week)

Lifestyle (smoking 10 cigarettes a day)

Physical exercise (none)

Family history (one parent heart attack)



RECOMMENDATIONS

- *Encouraging people to have risk assessment*
- *Risk Identification stage 1*
- *Risk identification stage 2*
- *Matching intervention to risk*
- *Intensive lifestyle change programmes*
- *Raising awareness of the important of physical activities* (NICE,2012)

CONCLUSION

- *Age- patient A is over 40 years old that put him at risk of having diabetes ,heart attack or stroke*
- *Ethnicity -patient A ethnicity is African decent there is high risk him having diabetes, heart attack or stroke as people from African, Caribbean and south Asian are at risk of the disease.*
- *Family history- one of patient A parent had heart attack before age 60*
- *Lifestyle – Patient A drink excess alcohol and smoke 10 cigarette a day*
- *Physical exercise ..Patient do not exercise and he is unemployed .*
- *So inconclusion if patient A don't change his lifestyle in 10 years time he will be diagnose with type 2 diabetes or have angina or heart attack.*

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