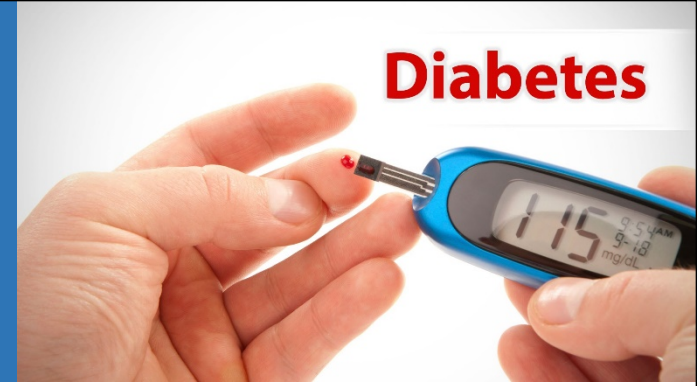


Diabetes

A Serious Health Issue to Take Care of

Diabetes



WHAT IS DIABETES??

Diabetes is a chronic health condition that increases the sugar level of the blood in the body.

SYMPTOMS

- Increased thirst
- Extreme hunger
- Fatigue
- Slow healing of sores
- More skin infections
- Weight loss
- Increased urination
- Irritability

RISK FACTORS

- Family history
- Geography
- Environmental factors
- Weight
- Inactivity

PREVENTION

- Losing weight
- Following healthy diet
- Regular exercise
- Regular check-up
- No smoking

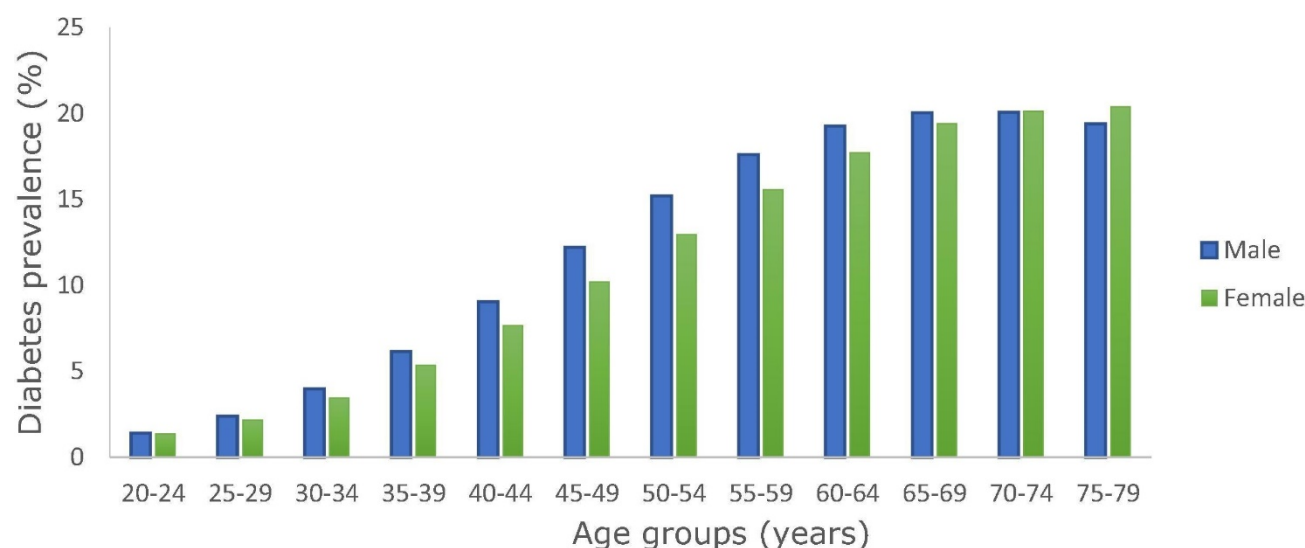
TREATMENT

Though there is no cure of diabetes, but certainly there are some ways of remitting this health issue.

- Medication
- Healthy diet
- Insulin
- Alternatives

EXERCISES

- Walking
- Resisting exercises
- Aerobic activities
- Sports



According to the global and regional analysis, there has been seen that most of the affected people by diabetes are from middle-old ages. The range has increased more from the age of 60 to 79.

BSc Health and Social Care

BMHP5003 Introduction to Physiology

Assessment 1

Student Name: Badmus Adeshola Omotosho

Student ID: 1914925

Module code: BMHP5003

Lecturer: Noura Mohamed

Assignment Title: Poster Presentation

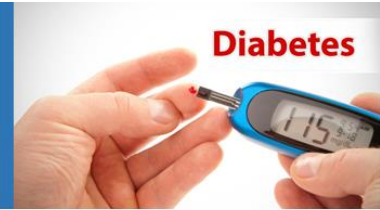
Table of Contents

Diabetes (Poster).....	3
Introduction	4
What is diabetes?	5
Diabetes symptoms	5
Risk factors	6
Diabetes prevention.....	8
Diabetes treatment	9
Exercises for diabetic patients	10
An analysis of the diabetic patients.....	11
Conclusion	12
References.....	13

Diabetes (Poster)

Diabetes

A Serious Health Issue to Take Care of



WHAT IS DIABETES??

Diabetes is a chronic health condition that increases the sugar level of the blood in the body.

SYMPTOMS

- Increased thirst
- Extreme hunger
- Fatigue
- Slow healing of sores
- More skin infections
- Weight loss
- Increased urination
- Irritability

RISK FACTORS

- Family history
- Geography
- Environmental factors
- Weight
- Inactivity

PREVENTION

- Losing weight
- Following healthy diet
- Regular exercise
- Regular check-up
- No smoking

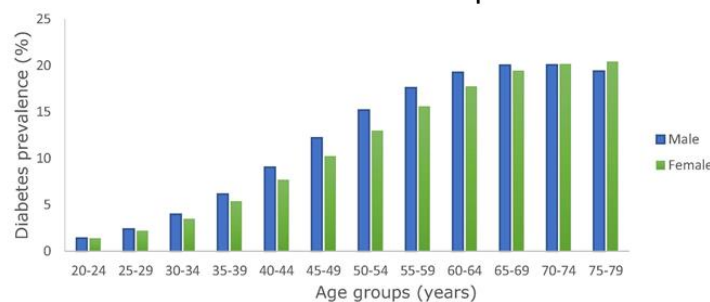
TREATMENT

Though there is no cure of diabetes, but certainly there are some ways of remitting this health issue.

- Medication
- Healthy diet
- Insulin
- Alternatives

EXERCISES

- Walking
- Resisting exercises
- Aerobic activities
- Sports



According to the global and regional analysis, there has been seen that most of the affected people by diabetes are from middle-old ages. The range has increased more from the age of 60 to 79.

Figure 1: Poster of Diabetes

Introduction

Diabetes is a serious health issues around the world. This health disorder affects millions of people every year. Besides it is the roots of many severe diseases. Especially the elder people are affected more by this disease. Therefore, this report has chosen diabetes as the health issue and has discussed on it based on the findings of questionnaire.

What is diabetes?

Diabetes is a long-lasting or chronic health issue that affects the procedure of eating foods turning into energy. The food is eaten or taken by individuals, is broken down to sugar. This is also known as glucose. After consuming food, this is released into the bloodstream. As soon as the sugar from blood goes higher, it signals the pancreas to let insulin be released. In this health condition, the body cannot perfectly process the food into energy. Insulin acts as a key that let the sugar in the blood enter into the body cells to use that as energy.



Figure 2: Diabetes (Hedgepeth, 2020)

If anyone has diabetes, the reason can be either the body not producing enough insulin or not using the insulin as it should be used. If there is not enough insulin or if the body cells stop reacting to the insulin, the sugar in the blood stays in a higher range. With time, this can also cause vision loss, kidney disease, and heart diseases.

Diabetes symptoms

There are some symptoms that can show the signs of an individual having diabetes. These may not work for every individual, but these are common to the maximum number of people who have diabetes.

Some of the symptoms are discussed down below-

- **Increased range of thirst:** In diabetes, people tend to have more thirst for water and other liquids (Stephens, 2020). Thirst for water may be common for many people, but even for them, the range may seem to increase.
- **Extreme hunger:** People may tend to be hungrier for any food. The extreme increased range of hunger may leave an individual to fall back on his/her diet plan (Stephens, 2020).
- **Fatigue:** Too much tiredness and exhaustion can be a serious issue in diabetes. People may not feel like working or doing anything.
- **Slow healing of sores:** The sores may be late to be healed. Any cut or infection may seem to be healed late or in many cases, those may be unhealed.
- **More skin infection:** Due to the extremely increased level of sugar, the other components of the body may get weaken. Thus, it can cause any little or serious infection easily to the people who have diabetes.
- **Weight loss:** People who have diabetes, can have extreme weight loss sometimes (Stephens, 2020). This may not be the same for every individual but this is one of the symptoms people having diabetes may have.
- **Increased urination:** The range of peeing of an individual may get increased. This is one of the most noticeable symptoms one may have. The pressure of increased sugar level puts an individual in the pressure of excess urination (Maclaren, Maclaren and Cioffi, 2021).
- **Irritability:** Due to extreme fatigue, tiredness, and exhaustion, one may feel too irritated to work or do anything. This is a common irritation of people who have diabetes.

Risk factors

There are some crucial risk factors that tend to cause diabetes. Each and every factor works differently for individuals. Some of the factors are described down below-

- **Family history:** The most common and known reason for having diabetes is the family history. It has been known in an analysis that people who have diabetes, their families forward may also have so in any of their ages (Maclaren, Maclaren and Cioffi, 2021). The people who had their father and mother in diabetes, tend to have this as well in middle or old age.
- **Geography:** The geographical environment also tends to affect individual to have diabetes. A geographical situation shows a lot about people, foods, and living, which is considered as a factor of risk for diabetes. The sunlight, timing or the status of ancestor's health conditions have a large impact on this.
- **Environmental factors:** Environmental factors work more for the living of individuals, which also the work nature, pollution of the environmental components, physical activities or damage to immune cells. Exposure to the enteroviruses and deficiency of vitamins in the body also depend largely on an environment (Maclaren, Maclaren and Cioffi, 2021). All these have a serious impact on having diabetes for individuals.
- **Weight:** People who have overweight have a risk of diabetes at any age. This is almost a very common factor of risk for any individual, that may cause diabetes. Being overweight can easily increase the risks for having diabetes. The more extra weight a patient has, the more resistant the tissue cells and muscle become to his/her insulin hormone (Stephens, 2020).
- **Inactivity:** The people who are not active in work or do not work much, have the risk for diabetes. This brings fatigue and exhaustion to individuals and leads to diabetes.

Diabetes prevention

Prevention simply means the precautions and activities that may be followed by every individual so that he/she does not get affected by diabetes. The prevention methods may be different for individuals (Fung and Teicholz, 2018). Here are some common ways of prevention for diabetes described down below-

- **Losing weight:** People who have overweight are prescribed to lose weight in diabetes. Since overweight is known as a risk factor of diabetes, it is really important for individuals to lose weight and keep it in the required range.
- **Following a healthy diet:** A healthy diet is necessary for anyone, not only for the prevention of diabetes. A healthy diet does not refer to only eating fruits or vegetables, but also instructs to have everything in a normal and effective range (Fung and Teicholz, 2018).
- **Regular exercise:** One must follow regular exercise and maintain a proper health line to prevent any kind of health issues. It is necessary to stay fit and follow a proper diet plan to prevent diabetes. The exercises can be anything that is suitable for the patients, judging his/her age, activeness and other components (Maclaren, Maclaren and Cioffi, 2021).
- **Regular check-up:** People who have other health issues such as, blood pressure, cardiovascular diseases, must go to the health center or personal health advisor regularly for a check-up and for assuring the proper maintenance of health (Fung and Teicholz, 2018). Also, those who do not have any health issues should go through regular check-ups under personal health advisors.
- **No-smoking:** Smoking is not good for health, rather it is injurious. Smoking causes many disfunction to the body and leaves it unprotected for any other health issues (Stephens, 2020). Also, for diabetes, smoking can be a great risk factor. Thus, avoiding it as much as possible is effective for preventing any health issues.

Diabetes treatment

There is specifically no cure for diabetes, but some methods can be surely followed to keep it in a normal range. Some of the ways are prescribed by any doctors or health advisors to keep it in range. Those are described down below-

- **Medication:** There are prescribed medicines for patients with diabetes. But these are different for any individual. The doctors prescribe the patient's different medicines after understanding the requirements and situation of the patient. But there is also a common medication that is glucose, which can be taken by any patient (Fung and Teicholz, 2018). Also, here is something to be noticed that is, the medications are different for any range of diabetes. If the level is more, here is one type of medicine. And for lower levels, the medicines are different.
- **Healthy diet:** Diabetic patients are usually prescribed a whole different type of diet by doctors. They have to eat food with less or no sugar (Stephens, 2020). They must also eat fewer fatty foods. From any other health issue, the diet plan for diabetes is totally different. Thus, the range of sugar levels can be maintained easily.
- **Insulin:** People with more diabetes and higher sugar level are prescribed to take insulins. This is basically a hormone made in the pancreas (Fung and Teicholz, 2018). It is injected into the body to control blood glucose levels. Different types of insulin are taken in different cases for different types of patients.
- **Alternative ways:** Here are some medications and healthy food diet plans that are not always prescribed by the doctors, but these are most common for any patient with diabetes. Such as Apple cider, Zinc, Aloe vera, Cinnamon, Fiber and barleys, etc. (Stephens, 2020). These are known as natural remedies for diabetes.

Exercises for diabetic patients

Knowing that there is no cure for diabetes, diabetic patients can follow certain exercises that may help them to keep their sugar level in the range.

- **Walking:** The most important exercise for a diabetic patient is walking. Walking regularly for about 30-45 minutes is necessary for usually any individual. But for diabetic patients, it is a must. Walking regularly for a fixed period of time can lower down blood glucose and improve controlling diabetes (Maclaren, Maclaren and Cioffi, 2021).
- **Resisting exercises:** Usually diabetic patients are suggested to take resistance training twice a week. This training may include jogging, biking, cycling, swimming, and others. If a diabetic person can follow this training on a weekly or regular basis, he/she must not worry about diabetes. It is considered that person can follow this training on a weekly or regular basis, he/she must not worry about diabetes. Because the sugar in the bloodstream stays in the range.
- **Aerobic activities:** Aerobic dance or other activities boost up the immunity and manages blood sugar. It helps to maintain weight and improve more balance in diet plans (Maclaren, Maclaren and Cioffi, 2021). All these ensure the perfect health condition and maintain diabetes.
- **Sports:** This is not as mandatory as other ones. But this is really effective. Those who are already engaged in the sports activities, are prescribed to maintain it on a regular basis. The patients who are not involved in sports can skip this exercise, since sports in unprotected health condition can react negatively in many cases.

An analysis of the diabetic patients

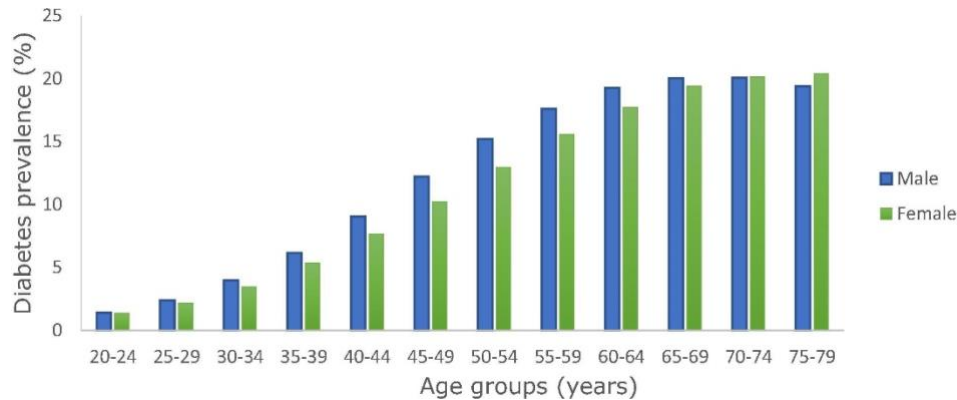


Figure 3: An analysis of diabetic patients (Williams, 2019)

This is a global and regional analysis of diabetes patients over years. According to the analysis, it can be seen that most of the diabetes patients are people of middle-old ages. There are diabetes patients mostly within 60-79 ages. The most surprising factor here is that even the young adults in the age of 20-29 tend to have diabetes, but in a lower range (2%-2.5%). In adulthood, people of age 30 tend to have diabetes at an increasing level. At the age of 60-79, people tend to have the most risks of having diabetes. The number of male diabetic patients is always more than female patients. This has the only variation in the age of 75-79. In this age range, females are seen to get affected more by diabetes.

Conclusion

Since this health issue is serious enough to not have any cure, the range of diabetic patients is increasing much with time. People who are not conscious enough about their health, tend to get affected more by this.

References

Adam Brown. 2017. BRIGHT SPOTS & LANDMINES.

Brown, A. and Close, K., 2017. Bright spots & landmines.

John Hill, 2006. Diabetes Care at Diabetes Camps. 30(Supplement 1), pp.S74-S76.

Fuhrman, J., 2014. The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes (Eat for Life). Harper Collins Usa.

Fung, J. and Teicholz, N., 2018. The diabetes code.

Maclaren, N., Maclaren, S. and Cioffi, V., 2021. Maximize your metabolism.

Lan K. Smith M.D. 2017. Blast the Sugar Out!. Griffin.

Spencer, T., 2016. The insulin resistance diet plan & cookbook.

Stephens, G., 2020. *Fast. Feast. Repeat : The Comprehensive Guide to Delay, Don't Deny® Intermittent Fasting--Including the 28-Day FAST Start*. St. Martin's Press.