

Module: Introduction to Physiology

Assessment: term 2 A1

Topic: Diabetes

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Introduction

- ▶ This assessment aimed to study anatomy and physiology as well as risk factors in Diabetes disease also lifestyle-related recommendations for patient care.
- ▶ *Create awareness about how the patient could improve his disease through her lifestyle, giving some recommendations and looking for significant others different opinions.*



Diabetes

- ▶ According to (NHS, 2019) diabetes is a lifelong condition that becomes when a person reaches high sugar levels in the blood. It can be divided by two types
- ▶ **Type 1** is when the immune system fight along the cells that produce insulin.
- ▶ **Type 2** is when the body's cells stop to producing insulin or neither react to it.

Questionnaire

in order to find out more about the diabetes disease in our patient we provide the patient a lifestyle questionnaire which included different kinds of questions regarding how the lifestyle of the patient is involved in the fact of suffering the said disease. Such a:

- ▶ *-smoking habits*
- ▶ *-alcohol consumption*
- ▶ *-Family history*
- ▶ *-Medical history*
- ▶ *-Ethnicity*
- ▶ *-physical activity*

Lifestyle health-related information of the patient

Along the lifestyle questionnaire we reached to know that the patient. A woman of 38 years old.

- ▶ *She is a current smoker.*
- ▶ *She is not an active drinker alcohol.*
- ▶ *She has a family history with regarding Heart attack*
- ▶ *She is into the ethnicity group of mixed white and black African*
- ▶ *She is in full-time employment.*
- ▶ *She has one children. 1 boy of 4 years old*

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Health Risks

Suffering diabetes take a high risk to develop a heart disease also called cardiovascular disease or coronary disease. that's why is important to protect yourself controlling your high blood pressure and your cholesterol(NIH, 2019) some of these diseases are:

- Heart attack
- Angina(chest pain).

It's important to consider a huge list of different factors may be considerate.to avoid any heart disease.(Diabetes UK, 2017) such as:

- controlling the weight
- regular exercise and balanced diet
- avoid or quit smoking
- and limit the amount of alcohol drinking.

Recommendations

- ▶ According (NIH, 2019) smoking raises the risk of developing heart disease in patients suffering diabetes
 - we recommended at our patient to take at look at different organizations in the UK that works along to help people quit smoking one of them is the Nhs which has a designated area working in this theme.(NHS, 2020)
 - we also recommended being in touch with an organization where that can guide her on how to treat her disease. In this case, we will mention **The British Diabetic Association operating as Diabetes UK**, they work along to help people to prevent diabetes type 2 and also support everyone with all types of diabetes.

Conclusion

after all our study about our patient and her lifestyle, our major concern is from his resume at smoking. Although diabetes has been considered a serious illness is an alarming number of people suffer the disease each year.

That is why is important to advance understanding on how to live day by day with diabetes looking after yourself and being awareness with the lifestyle related interventions.

References

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