

Module: Introduction to Physiology

Topic: Diabetes type 2

Assessment 1 Presentation

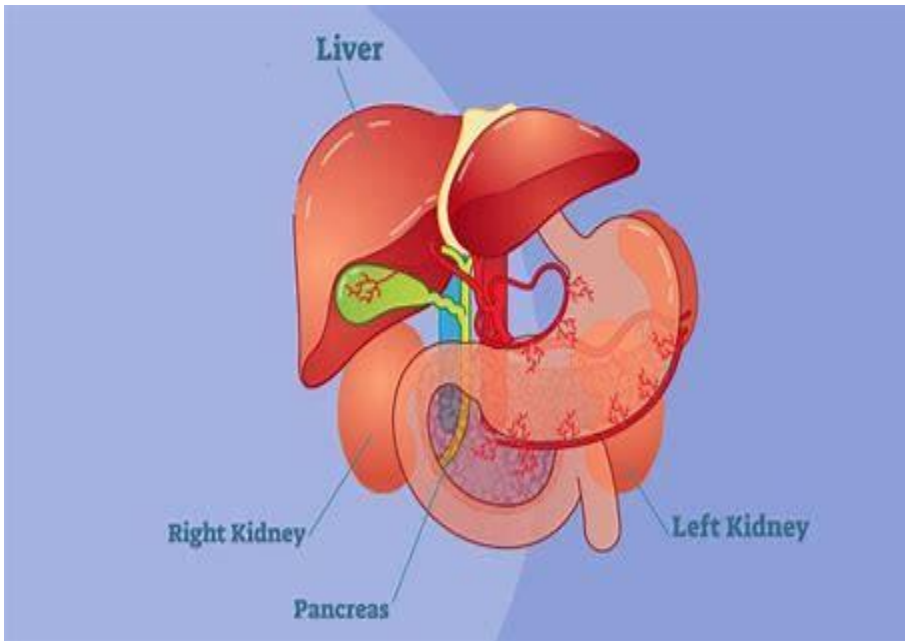
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Introduction

- The aim of this assignment is to discuss lifestyle related diseases
- I have chosen to focus on diabetes type 2, which is a lifestyle related disease
- Diabetes type 2 is a health condition where your blood glucose level remains high (Diabetes UK, 2019)
- Lifestyle related health information is measured in health and social care because developing lifestyle related diseases can be hugely minimized through healthy living

Anatomy

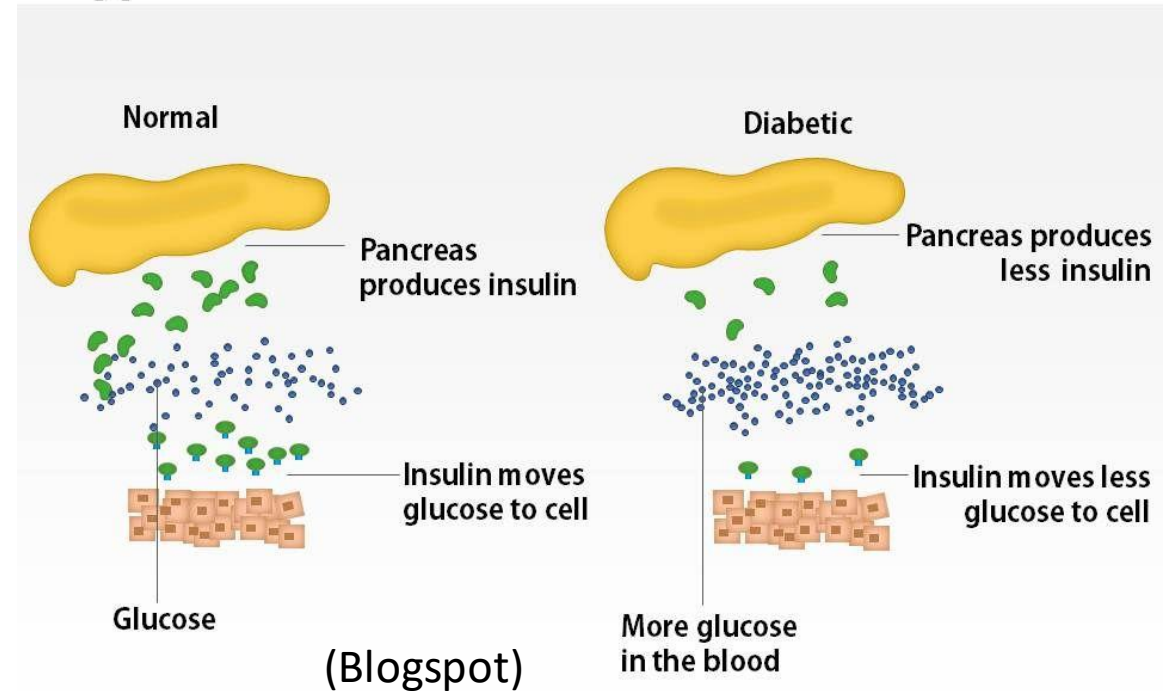


- The pancreas is an organ located just behind the stomach
- Part of the digestive and endocrine system
- Close to the , gallbladder and bowel
- Liver is located in the upper right hand of abdominal cavity, beneath diaphragm
- Cone shaped, reddish/brown colour
- Part of digestive system
- Kidneys – two bean shaped organs, located just below rib cage, urinary system
- (Diabetes UK, 2019)

Physiology

- The pancreas produces insulin, which is used to carry glucose from the bloodstream to the body's cells
- The dominant mechanism that leads to the development of type 2 diabetes is insulin resistance – which is associated with inability of the body to properly respond to the action of insulin
- In people with type 2 diabetes, the body can still produce insulin, but it does not produce enough of it to meet the body's needs, or the insulin that is produced is not used in an adequate way
- (Diabetes UK, 2019)

Type 2 Diabetes



Questionnaire

Main aspects used to measure healthy lifestyle related information:

- Alcohol consumption – to keep health risks from alcohol to a low level, men and women should not regularly drink more than 14 units a week (Drinkaware, n.d.)
- Physical activity – Adults should do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week (NHS, 2021)
- Smoking – Smoking increases your risk of developing more than 50 serious health conditions (NHS, 2018)
- Family/medical history – This information allows health professionals to deliver the best treatment/support
- Ethnicity – Some ethnicities face a greater risk of diseases

Lifestyle health-related information of the patient

42-year-old male:

- Consumes more than eight drinks on one occasion: Weekly
- Has been smoking for the past 20 years – 10 cigarettes daily
- Has family history of diabetes (Mother and sister)
- Spends most of his time at work sitting
- Engages in some physical activity but less than 1 hour (walking and shopping)

Health Risks

- Retinopathy (vision problems) : Vision problems occur in every third person with diabetes (Diabetes UK, 2019)
- Cuts or wounds taking longer to heal
- Kidney problems
- Nerve damage
- Gum disease and other mouth problems
- Heart attack and stroke
- Keeping your blood sugar readings close to normal and leading a healthy lifestyle will help prevent long-term damage to your eyes, kidneys, nerves, heart, and major blood vessels

Recommendations

- There is a lot of help and support for patients with type 2 diabetes:
- NHS offers 2 free education courses to help you learn about how to manage your condition
- **Diabetes education and self-management** is aimed at newly diagnosed patients
- **Healthy living for people with type 2 diabetes** is aimed to provide support with healthy lifestyle choices
- **UK diabetes charity** – diabetes research, online forum, calculate risk of diabetes online tool

Conclusion

- Diabetes type 2 is often linked to
- Being overweight
- Physical inactivity
- Family history
- You can limit the effects of diabetes, but you must change your lifestyle, with the right diet and exercise

References

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