

Introduction of Physiology

(BMHP5003_LON)

Poster

Presentation

Name: Carlene Campbell

ID: 1908537

Lecturer: Adesewa Ajayi

Date: 16 November 2020

TYPE 2 DIABETES



Diabetes is an illness where the human body is incapable of regulating the blood sugar on its own (Duffy, 2018, p. 7)

Type 2 Diabetes: develops when the body opposes the insulin or when the pancreas is unable to supply enough insulin to regulate the glucose (Colberg, 2018, p. 12).

Diabetes risk factors:

- Being overweight or obese
- Living a stationary lifestyle.
- Having a family history of diabetes.
- Poor diet
- Lack of exercise
- High blood pressure (Hypertension)
- Small amount of “good” cholesterol
- High levels of natural fats and oils in the blood (Fox and Kilvert, 2014, p. 16, 19)

A long-term problem of Type 2 diabetes: Abnormal levels of glucose will affect the capillaries and they can become ineffectual, drippy and may impend the eyesight (Taylor, 2020, p. 33)

Managing Diabetes:

- Metformin is one of the most primary medication for treating type 2 diabetes
- Metformin has no side effects that increase weight
- It may diminish the risk of cardiovascular episodes (Rubin and Jarvis, 2011, p. 198-199)
- Moderate exercise daily walk, cycle, swimming or dancing
- Healthy diet eat less sweet foods and more fruits & veggies
- Cut food portion size, drink water
- (Cavan, 2014, p. 4-5)

Canva., Design. Available at: [//www.canva.com/design/](https://www.canva.com/design/)
(Accessed: 06 November 2020).

Cavan, D. (2014) *Reverse Your Diabetes*. London: Vermilion

Colberg, S.R. (2018) *Diabetes & Keeping Fit for dummies*. New Jersey: John Wiley & Son.

Duffy, R. (2018) *The Essential Guide to Diabetes*. series Editor. Great Britain: need2know.

Fox, C. and Kilvert, A. (2014) *Type 2 Diabetes in Adults and All Age*. 2nd edn. UK: Class Publishing Ltd.

Rubin, A.L. (2011) *Diabetes For Dummies*. 3rd edn. West Sussex: John Wiley & Son Ltd.

Taylor, Roy. (2020) *Life without Diabetes*. Croydon: short Books.