



**University of Wales**  
Trinity Saint David  
**LONDON**

**STUDENT NAME: HARRIET ANYANWU**

**STUDENT NO: 196050**

**LECTUER NAME: NOURA MOHAMED**

**TOPIC: DIABETES**

**COURSE TITLE: INTRODUCTION TO PHYSIOLOGY**

**COURSE CODE: BMHP5003**

**DATE: 26<sup>th</sup> July 2021**

## INTRODUCTION

This report will focus on the two main types of diabetes and how they affect the human body. Also, in this report an investigation into the responses from patient A's questionnaires, on how they relate to Diabetes, and how the answers could provide a healthy response to managing lifestyles choices that has risk factors to the issue of Diabetes.

## WHAT IS DIABETES

Diabetes is a chronic illness that occurs in the human body due to the body's inability to produce enough insulin or have the available insulin in the body to regulate the body's blood sugar (glucose) level. **(WHO, 2021).**

### TYPE 1 DIABETES

- This chronic medical condition
- Insulin-dependent
- 10% of diabetes carriers have the type 1 variant

### TYPE 2 DIABETES

- Most common variant
- Over 90% of Diabetic patients live this variant, **Nhs, (2019).**

## ANALYSIS OF DIABETES

- Diabetes is either present within the human body from birth, or as an effect of one's lifestyle.
- Biological determinants but also has some social determinants, **(Saudek, 2002).**

## EVALUATION OF POLICIES IN DIABETES

- I interviewed patient A who identifies as a smoker.
- From my observations of patient A's smoking habit and their blood pressure level which records as 140/90, it can be deduced that patient A is experiencing early signs of stage 2 high blood pressure which can be classified as an indicator of a possible diabetes outcome in the future.

## RECOMMENDATION OF POLICIES

- To intervene and promote health
- Not every diabetes is genetic
- There is no known cure for diabetes currently, it can only be controlled, and to ensure this, patient A must adhere to serious lifestyle changes, **(Speight, 2013).**

## REFERENCES

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