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NAME MODUL: INTRODUCTION TO PHYSIOLOGY

MODULE CODE: BMHP5003

DIABETES TYPE 2

WHAT IS IT ??

Diabetes is a condition that causes a person blood sugar level to become high. Type 2 Diabetes is when the pancreas does not produce enough insulin or the body cells do not react to insulin. National Health Service(n.d)

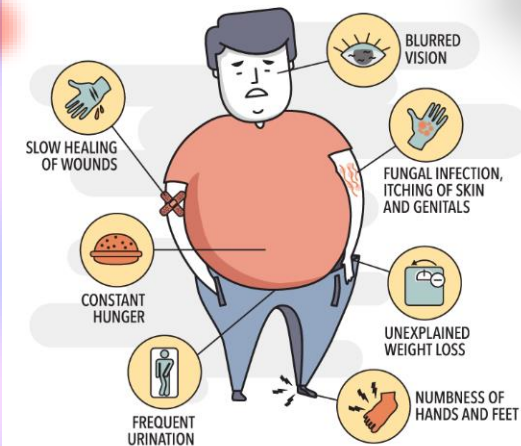
RISK FACTORS:



SYMPTOMS

- feeling very tired
 - constant hunger
 - feeling thirsty all the time
 - urinate more than usual
 - blurred vision
 - losing weight
 - slower healing from wounds
 - itching around genital parts or more often thrush infections.
- National Health Service (n.d)

7 COMMON SYMPTOMS OF TYPE 2 DIABETES



PREVENTION:

- Healthy eating (lower in fat and calories)
 - Active lifestyle
 - Losing weight.
 - Checking your blood sugar level regularly.
- NIDDK(2016)

TREATMENT :

- Metformin is one of the first choices of medication that doctors are offering for patients with type 2 Diabetes. Diabetes UK (n.d).
- Keep active at least 30 minutes daily
 - Food rich in fiber and healthy carbohydrates. Diabetes UK (n.d).

REFERENCE LIST :

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