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Introduction to physiology

BMHP5003

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DIABETES

Diabetes is a chronic disease which occurs when the pancreas does not produce enough insulin or when the body cannot use the insulin it produces effectively.

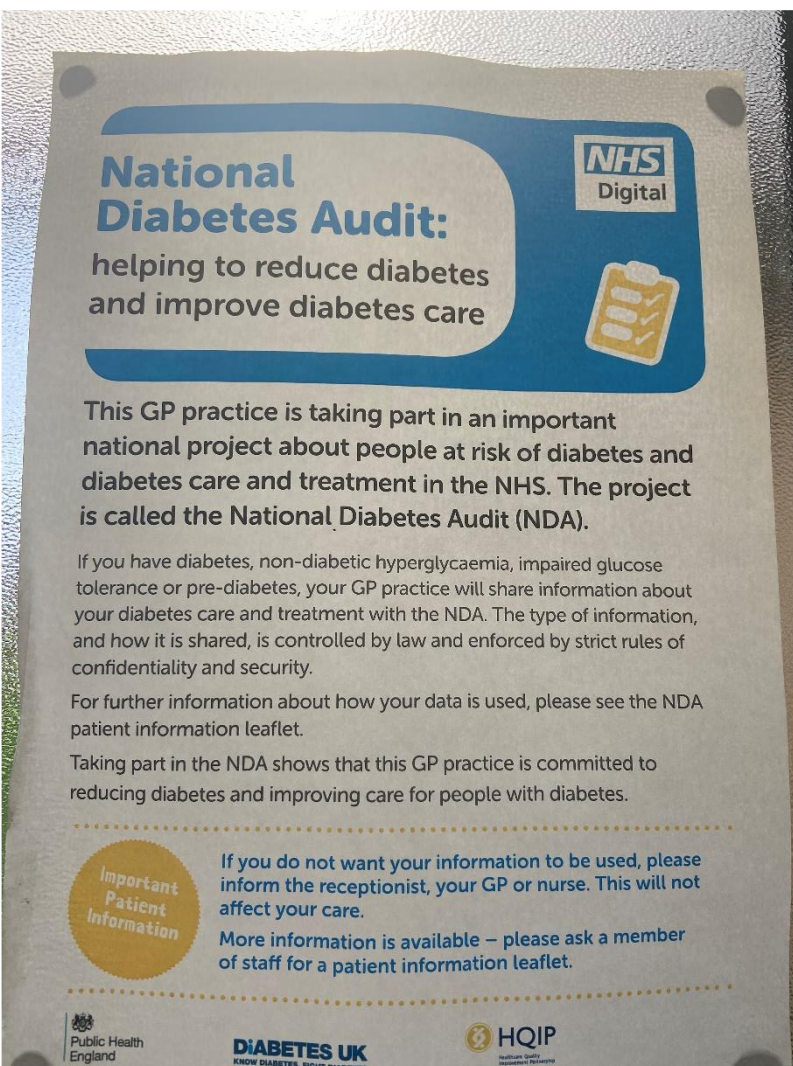
Although type 1 diabetes cannot be prevented, effective approach has been made available to prevent type 2 diabetes in order to prevent complication and premature deaths. research has shown that overweight and obesity are the strongest risk factors for type 2 diabetes

Complication caused by diabetes

- *heart attack
- *stroke
- *kidney failure
- *leg amputation
- *loss of vision
- *nerve damage

Managing diabetes.

- *control blood glucose
- *combination of diet/portion intake.
- *physical activity
- *monitoring your blood sugar level
- *increase your fiber intake
- *drink water and stay hydrated



KEY MESSAGE

*DIABETES OF ALL TYPE CAN LEAD TO COMPLICATION IN MANY PARTS OF YOUR BODY AND MAY INCREASE OVERALL RISK OF PREMATURE DEATH.

8DIABETES IS A CHRONIC AND PROGRESSIVE DISEASE CAUSED BY ELEVATED LEVELS OF BLOOD GLUCOSE.

Speakers note

For my poster I have chosen Diabetes.

According to (Time,2016) diabetes is a chronic disease that occurs in the body when the pancreas is not able to perform or produce enough insulin (a hormone that regulates the blood sugar or glucose). Diabetes is a major public health problem which has increases over the past decades.

For my poster I have include a picture I obtain from my GP practise with information on help that is available for anyone who has diabetes and where they can get further help from such as their GP practise, NHS, and Diabetes UK which they run a program called national Diabetes Audit (NDA). I have also included information on diabetes, what diabetes is, some of the complications caused by diabetes and ways on how to help manage your diabetes.

Cite

Roglic G. who global report on diabetes: a summary .int J Non-Commun dis 2016;1:3-8

References

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