

**INTRODUCTION TO PHYSIOLOGY
ASSESSMENT 1
BMHP5003
LECTURER: DR. LAILA SURANI
LIFESTYLE AND HEALTH BEHAVIOURS OF DIABETES

AUDREY ASANTEWAA BOANSI
2018137**

THE OBJECTIVE OF THIS PRESENTATION IS TO EXPLAIN HIGH RISK BEHAVIOURS THAT MAY LEAD TO TYPE 2 DIABETES AND IT'S RELATED COMPLICATIONS

- Excessive alcohol consumption
 - Unhealthy foods
 - Lack of exercise
 - Smoking
- (kingsfund.co.uk)



MEASURING LIFESTYLE-RELATED HEALTH INFORMATION IN HEALTH AND SOCIAL CARE

Diet, exercise, smoking and alcohol are all lifestyle aspects to consider.

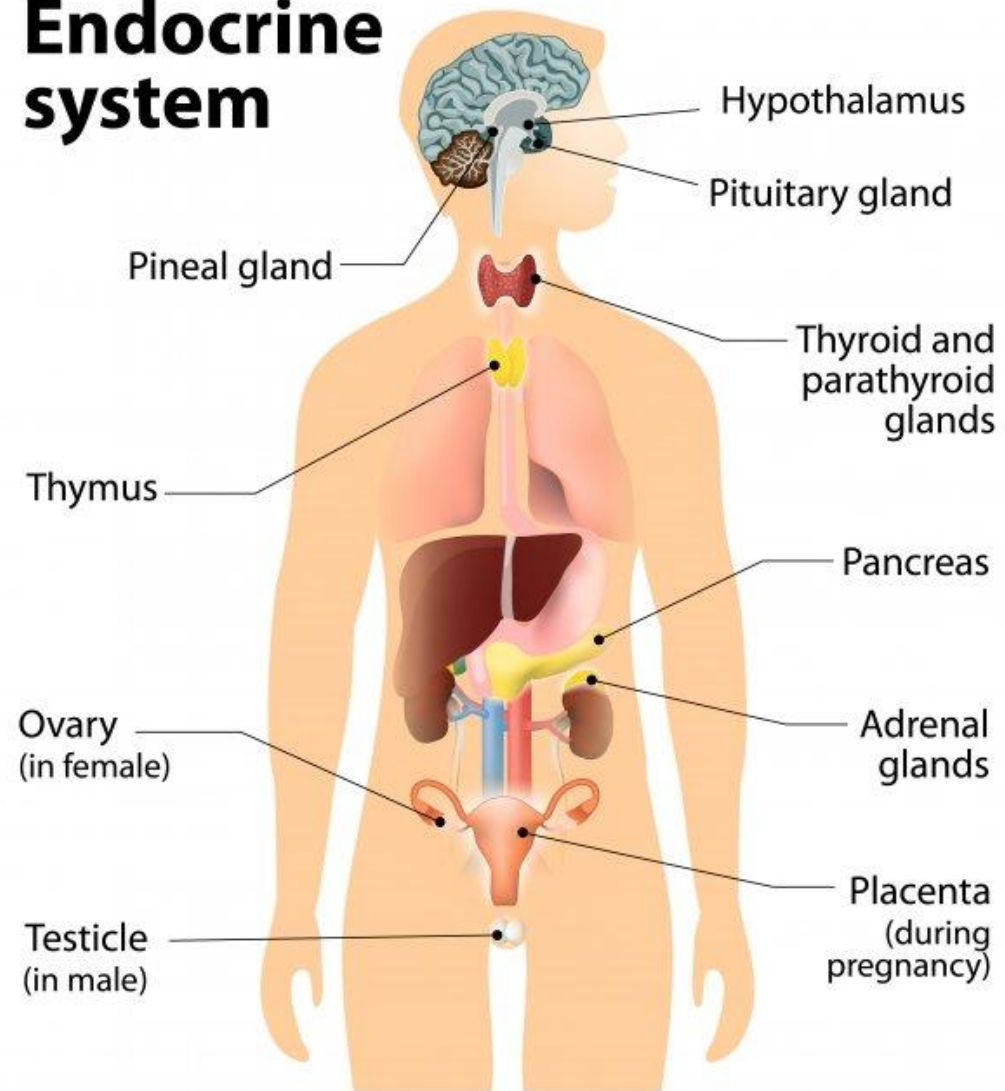
(digital.nhs.UK 2022)



SYSTEM
INVOLVED

(Thyroiduk.org)

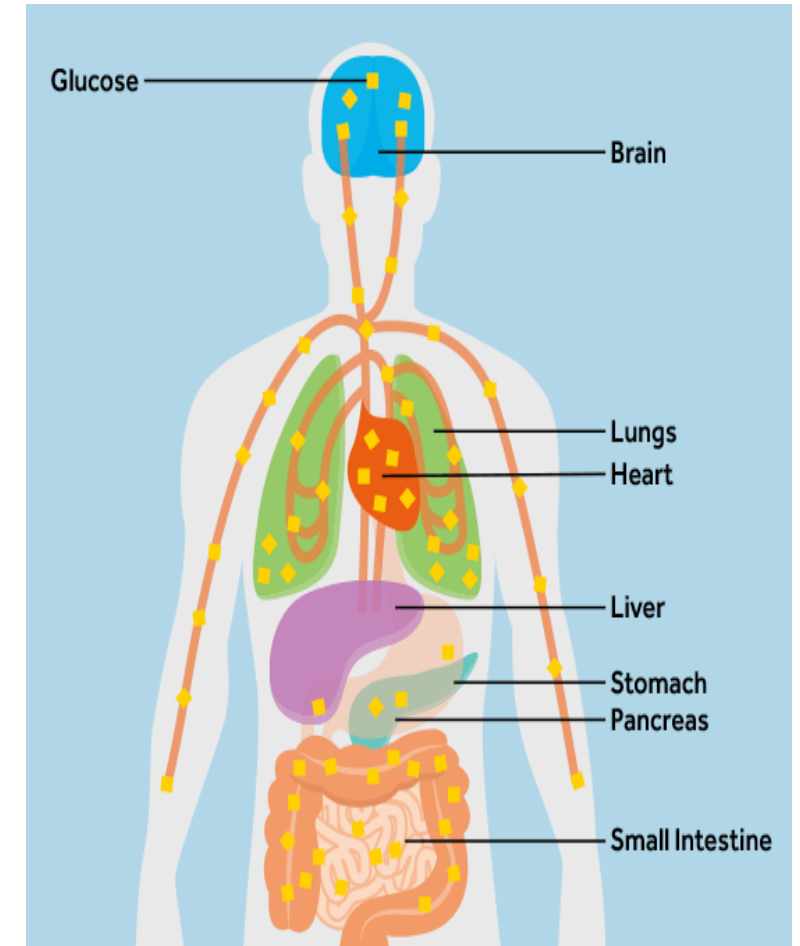
Endocrine system



ANATOMY AND PHYSIOLOGY OF DIABETES

- Glucose: Is the energy source of the body that needs to function properly.
- Pancreas: Pancreatic enzymes are produced by your pancreas during digestion

(medtronicdiabetes.com)



Every cell in the body uses glucose for energy



QUESTTIONNAIRE

The patients' main concerns are Losing weight, exercising, and eating a healthy diet that can increase the body's insulin sensitivity, and therefore the patient's requirement for medications can be reduced.



PATIENT'S LIFESTYLE AND HEALTH- RELATED INFORMATION

- Smoking
- Drinking alcohol
- Close relative who has had heart attack
- Unemployed
- Less exercise
- Failed to do what was expected to do
- Doctors and relatives has been concerned about lifestyle

NEGATIVE IMPACT OF ALCOHOL

- Cancers of the mouth, throat and breast
- Stroke
- Heart disease
- Liver disease
- Brain damage

(NHS.UK 2019)



Anxiety. Cancer. Stroke.

Reduce your drinking.
Reduce the risk.

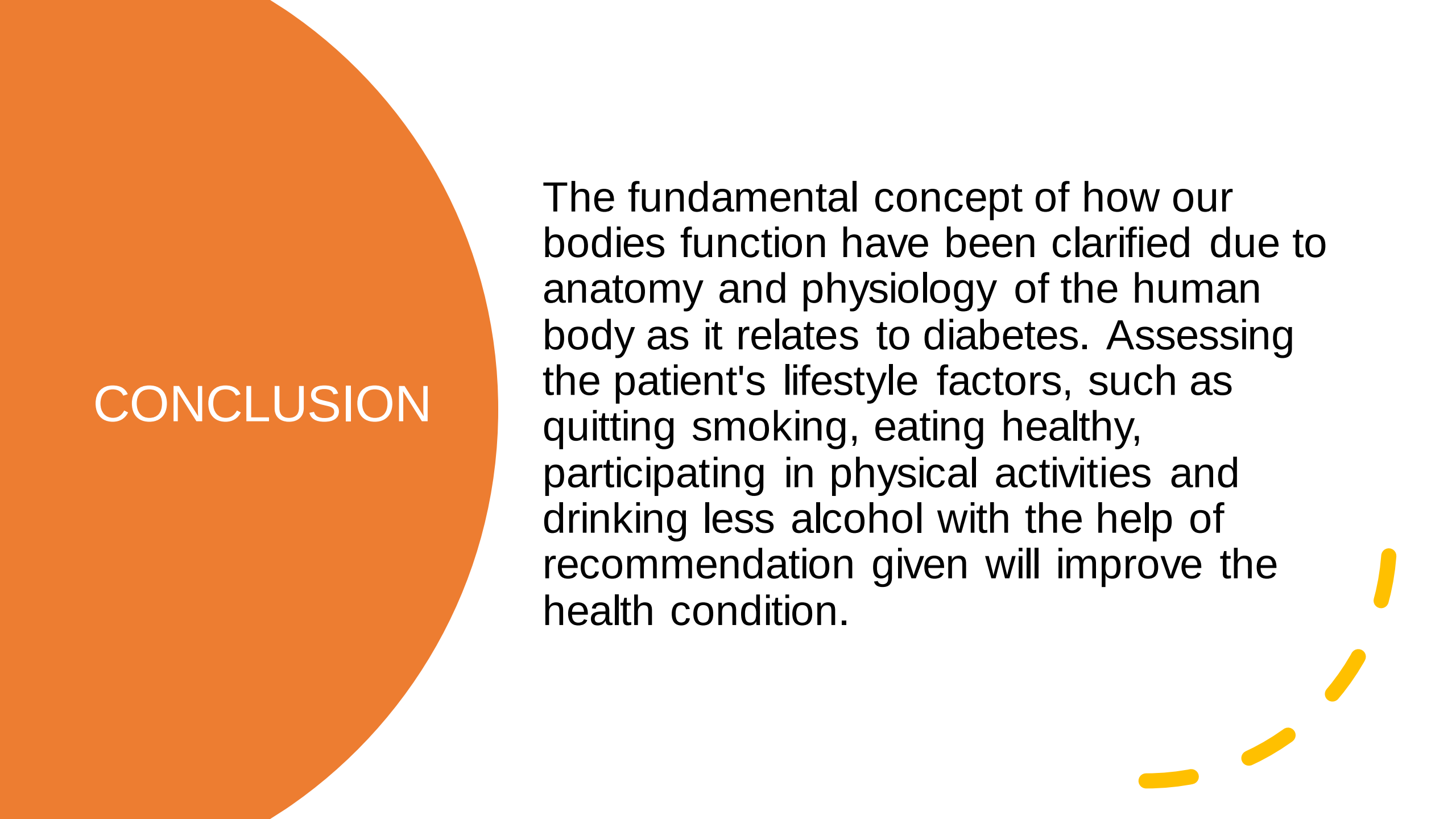
The poster features five tall, slender glasses of beer arranged in a row, with the liquid level decreasing from left to right, visually representing the concept of 'reducing drinking'. The NHS logo is in the top right corner, and the BALANCE logo with the tagline 'Getting the measure of alcohol' is in the bottom right corner.

NHS

BALANCE
Getting the
measure of alcohol

RECOMMENDATION

- www.england.nhs.uk, (NHS diabetes prevention programme) education about diabetes prevention and lifestyle changes.
 - Healthypeople.gov(2020), (Intervention that engages community health workers for diabetes prevention to improve glycemic (blood sugar) control and weight related outcome among people at increased risk.
- 
- A large yellow triangle is positioned in the bottom right corner of the slide, pointing towards the top right.



CONCLUSION

The fundamental concept of how our bodies function have been clarified due to anatomy and physiology of the human body as it relates to diabetes. Assessing the patient's lifestyle factors, such as quitting smoking, eating healthy, participating in physical activities and drinking less alcohol with the help of recommendation given will improve the health condition.

REFERENCES

- Diabetes.org.uk-the basics
- Digital.nhs.uk health survey for England health
- Kingsfund.org.uk/ideas that change health and care
- Medtronicdiabetes.com/about-diabetes
- Thyroiduk.org/an-overview-of-your endocrine-system
- www.nhs.uk/live-well/alcohol-support/therisk-ofdrinkingtoomuch