

Introduction to Physiology

UNIVERSITY OF WALES TRINITY SAINT DAVID

Poster Presentation

BMHP5003

Lecturer: Adesewa Ajayi

Student's ID: 1818266

Student's Name: Linda Adeyeye

November 2020

What you need to know about Diabetes.

Diabetes occurs when the body is not making insulin, if it is insufficient or if the body cannot use the insulin in the body as expected.*¹ Diabetes is a main killer disease ranking in the world in the top 10 position.*²



Are you itchy? Do you have thrush?



Are you losing weight without trying too?



Feeling tired without knowing why?

Type 1 diabetes is a severe lifetime condition where sugar levels (blood glucose) in the body is too high due to lack of production of insulin. *³



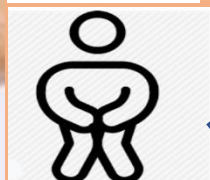
Gestational diabetes is a condition that causes high blood sugar (glucose) levels during pregnancy, but it regulates to normalcy after birth. *⁴



Are you experiencing sudden blurred vision?



Do you feel very thirsty often?



Do you go to the toilet more often?

Type 2 diabetes a critical condition in which there is a malfunction causing the insulin in the body either to not work properly or not produced sufficiently. *⁵



DO YOU HAVE ANY OF THESE SYMPTOMS? MAKE SURE THAT YOU CHECK WITH YOUR GP

Some key facts about Diabetes:

- **Diabetes is a disease that causes stroke, blindness, kidney failure, lower limb amputations, and heart attacks, *⁶**
- **The three main treatments are:**
 - insulin treatments (such as: insulin injection, insulin pump, bolus or meal time insulin)**
 - tablets such as metformin,**
 - surgery such as weight loss surgery and islet cell transplant**
- **Lifestyle choices such as healthy diet and exercise are also used to improve the quality of life as well as help diabetes go into remission.**
- **Diabetes is presently a Public health concern in the UK**
- **NICE recommended Diabetes UK website as an important assessment tool for people to check if they have type 2 Diabetes or if they are at risk *⁷**

information about Diabetes can be found at your GP, Diabetes.org.uk, the NHS website, WHO website, Public Health

Reference: *¹ WHO https://www.who.int/health-topics/diabetes#tab=tab_1 *² WHO <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death#:~:text=Chronic%20obstructive%20pulmonary%20disease%20claimed,than%201%20million%20in%202000> *³ Diabetes.org.uk <https://www.diabetes.org.uk/type-1-diabetes#:~:text=Type%201%20diabetes%20is%20a,all%20need%20insulin%20to%20live> *⁴ NHS website <https://www.nhs.uk/conditions/gestational-diabetes/> *⁵ Diabetes.org.uk <https://www.diabetes.org.uk/type-2-diabetes> *⁶ WHO <https://www.who.int/news-room/fact-sheets/detail/diabetes#:~:text=Diabetes%20is%20a%20major%20cause,high%20blood%20glucose%20in%202012> *⁷ NICE <https://www.nice.org.uk/guidance/ph38/chapter/Recommendations> 1.1.2