



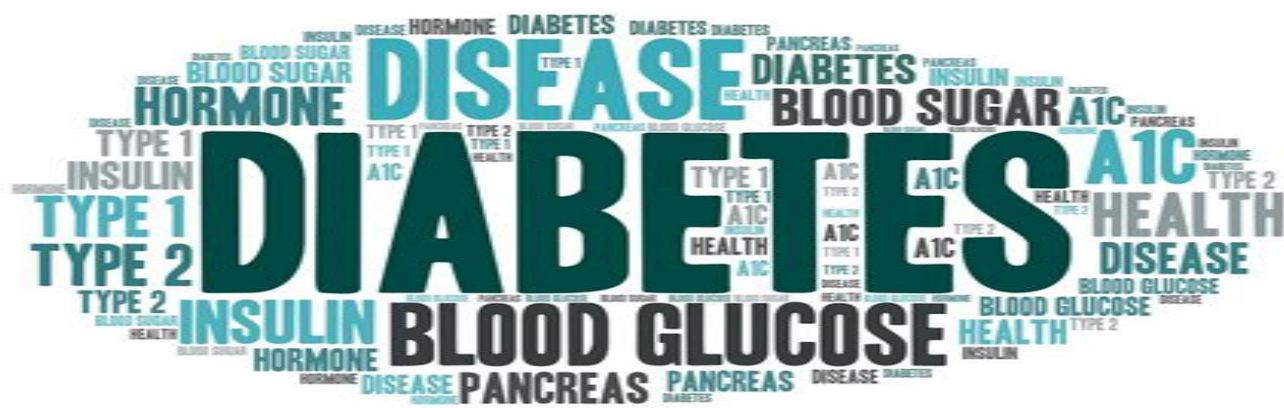
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DEFINITION:

Diabetes is a condition that makes the body's sugar level to become high throughout their lifetime. Two types of this illness exist, type 1 and type 2 (NHS, 2019a)

PHYSIOLOGY

Type 1 diabetes is a disorder of the immune system that results in the immune system attacking the cells(beta) in the pancreas that produce insulin and destroying the ability of the pancreas to produce insulin. The blood glucose volume becomes too high because of the unavailability of the insulin hormone. (Olsen, 2020)

PHYSIOLOGY

Type 2 diabetes is the condition that the insulin from the pancreas cannot function properly or fails to make enough insulin which means the blood glucose quantity continues to rise leading to further complications (Diabetes UK, 2017a) Some of the **symptoms** are urinating frequently, being thirsty, genital itching or thrush, wounds healing slowly, blurred vision, being tired and weight loss. (Diabetes UK, 2013)

CAUSES/RISK FACTORS PATIENT X

- **At 48 years** the patient's risk of getting **type 2** diabetes is higher (Huizen, 2019). **Smoking** risk is higher for women, and it reduces the effect of insulin (Centre for Tobacco Products, 2019)
- **Having a High BP is a risk factor** for type 2 diabetes (Prelipcean, 2019).
- History of **heart attack** in patient's family increases the risk of type 2 diabetes (Mühlenbruch et al., 2020),
- **High cholesterol in patient** family history and **BMI** calculated as **obese puts the patient at risk of getting type 2 diabetes** (NHS, 2018a), and is 80 times more likely to develop type 2 diabetes (Editor, 2019)
- **Eating chips** frequently is a risk (Mandl, 2020).
- Excess **alcohol is a risk factor** (Diabetes UK, 2017b) and can lead to **Pancreatitis which is the inflammation of the pancreas** (Zeratsky, 2017)

INTERVENTIONS

- A balanced diet, regular exercise, weight reduction and stopping smoking (Spritzler, 2017) by using smoking cessation services (NHS, 2018b)
- There are no lifestyle changes to lower the risk of type 1 diabetes (NHS, 2019)

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