

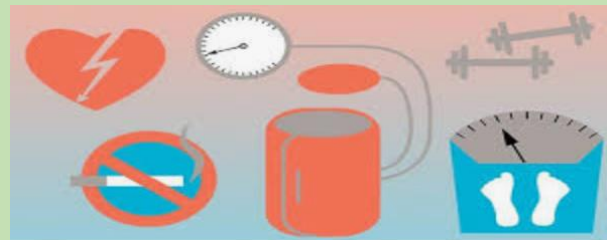
DIABETES TYPE TWO

Module: BMHP5003 Student name: Ana Maria Stanciu Student number: 1909953 Lecturer name: Adesewa Ajayi

SIGNS OF DIABETES

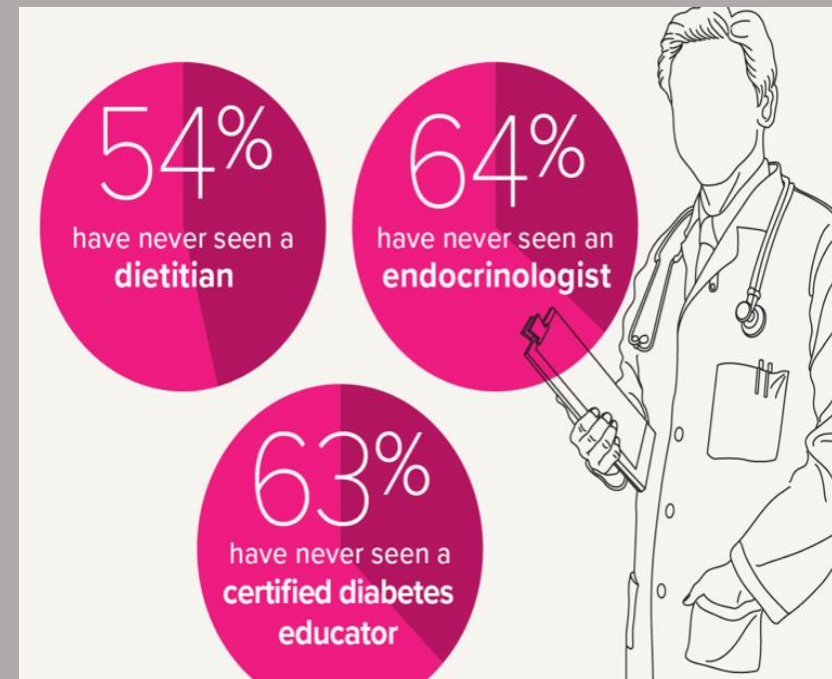


- Unexplained weight loss
- Continuous exhaustion
- Existence of velvety dark patches of skin normally evolved around the neck or armpit
- Reduced vision
- Reactive hypertension



RISK FACTORS

1. Positive family past
2. Age (common after 45 years of age)
3. Overweight
4. Inactive lifestyle
5. Existence of hypertension



BACKGROUND

According to Diabetes UK (2009), diabetes type two is the cause of the pancreas malfunction, the pancreas does not create enough insulin, or the insulin created does not work appropriately. Likewise, all that process makes the glucose in the blood gets high.

Unlike Type one diabetes who evolves when the body does not create any insulin at all, Type two diabetes evolves when the body creates insufficient insulin, or the insulin created is not functioning appropriately. Type two diabetes develops usually after the age of 45.

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MANAGEMENT OF TYPE TWO DIABETES

Type two diabetes cannot be healed entirely, nevertheless, it can be successfully managed by medicated treatment, dietary modifications, implementation of physical activity and vitamins.

Glitazones, Biguanide, Sulfonylureas, Insulin and Meglitinides - are insulin sensitizers that work on improving on the insulin sensitivity when need it.

Changing diet

On modern days, people are used to consuming more energy-dense foods such as bread, rice, pasta and potato-based food which are more filling but not favourable for those who have an inactive lifestyle. Therefore, vegetables which are low on calories and they also furnish a mixture of nutrients and helps to maintain blood glucose under control.

Sport

A good way of controlling blood glucose is physical activity. Having a regular physical activity will make the body muscles work, doing so they will take glucose from the blood and liver. Also exercising help on losing weight.

Vitamins

Vitamin D- it is well known that those who lack vitamin D are more likely to develop type two diabetes. (Kalsi et.al. 2015).

Vitamin E and C- works as an antioxidant for blood cells therefore it controls the blood glucose

