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Introduction

Many people think of diabetes as the “sugar disease.” But that’s only part of the story. Diabetes mellitus, more commonly referred to simply as diabetes, is a chronic disease in which high levels of glucose (sugar) build up in the blood stream. The term “diabetes” is derived from the Greek word for siphon (a tube bent in two through which liquids flows) and the Latin word “mellitus,” which means sweet as honey. ¹

Diabetes is a disorder that affects the way your body uses food for energy. Normally, the sugar you take in is digested and broken down to a simple sugar, known as glucose. The glucose then circulates in your blood where it waits to enter cells to be used as fuel. Insulin, a hormone produced by the pancreas, helps move the glucose into cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, if you have diabetes, this process breaks down, and blood sugar levels become too high. ²

Cause

- ❖ Heredity
- ❖ Obesity
- ❖ Life Style
- ❖ Physical Inactivity
- ❖ Insufficient Insulin Available
- ❖ Diet

Symptoms

- ❖ Frequent Trips to the Bathroom
- ❖ Unquenchable Thirst
- ❖ Losing Weight Without Trying
- ❖ Weakness and Fatigue
- ❖ Tingling or Numbness in Your Hands, Legs or Feet
- ❖ Blurred Vision
- ❖ Dry Skin
- ❖ Itchy
- ❖ Frequent Infections

¹ <http://search.ebscohost.com/login.aspx?direct=true&db=hxh&AN=60720124&site=ehost-live>

² <http://diabetes.about.com/od/whatisdiabetes/p/whatisdiabetes.htm>

Treatments

Diabetes is a complicated disease. It can affect many areas of your body as well as many areas of your life. Treatments for both type 1 and type 2 diabetes can bring on many new challenges. What you eat, medication, testing your blood glucose, exercising... all these plays a role in successful management of diabetes.

❖ Nutrition:



Good nutrition is a key element of managing diabetes. What, When, and How much you eat all influence your blood sugar.

❖ Oral Medications:



There are six classes of oral drugs that are used to manage most type 2 diabetes patients: sulfonylureas, biguanides, thiazolidinediones, alpha-glucosidase inhibitors, meglitinides, and DPP-4 inhibitors. Each of these classes of drugs works in different ways to help maintain good glucose control.

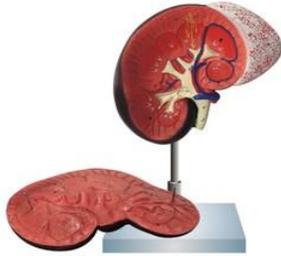
❖ Insulin:



Insulin is necessary when treating type 1 diabetes. Type 1 diabetes occurs when the pancreas stops making insulin. People with type 1 need to inject insulin to keep their blood glucose from soaring out of control. Insulin is also used for

type 2 diabetes, if oral medications are not enough to keep blood glucose levels in a normal range.

❖ **Dialysis/Kidney Transplant:**



Diabetes is one of the most common causes of kidney disease. What's the connection? Learning the signs of kidney disease can help you connect with treatment options earlier on.³

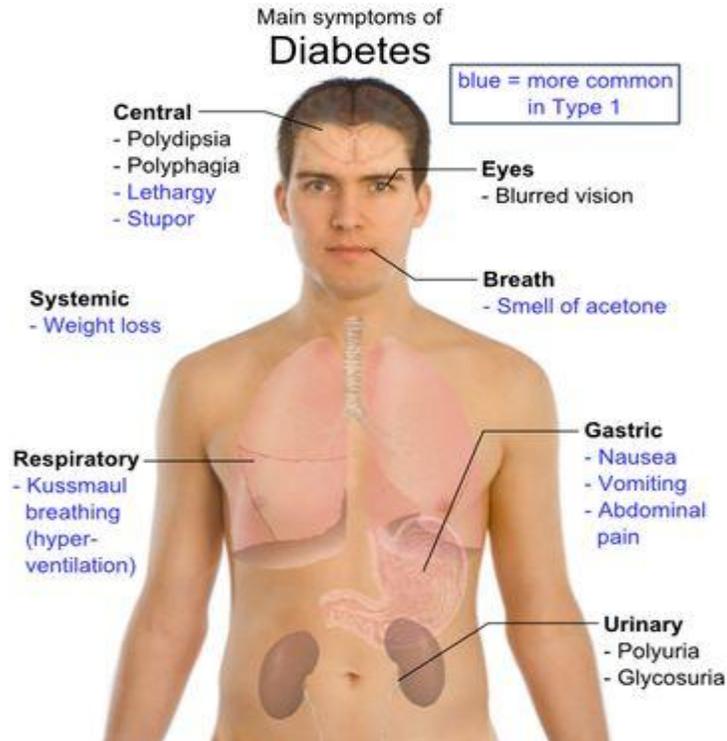
Cure

At the moment there is no cure for diabetes. However, there are some treatments that can be used to manage this disease.

³ <http://diabetes.about.com/od/doctorsandspecialists/u/diabetestreatments.htm>

Poster

Diabetes



Data

Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011).

Total prevalence of diabetes.

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|---------------------|---|
| Total: | 25.8 million children and adults in the United States -8.3% of the population- have diabetes. |
| Diagnosed: | 18.8 million people. |
| Undiagnosed: | 7.0 million people. |
| Prediabetes: | 79 million people. |
| New Cases: | 1.9 million new cases of diabetes are diagnosed in people aged 20 years and older in 2010. |

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Interview

This is an interview from a person who has lived several years with diabetes. I interviewed her in order to show people that when someone is diagnosed with diabetes it is not the end of world. Our doctors can help us to manage it by teaching us how to change our life style.

Esmeralda is 45 years old and she has lived with diabetes since she was 37.

Miriam: Hi Esmeralda, How are you? I would like to ask you some questions about diabetes.

Esmeralda: Of course, you can ask me whatever you want. I have diabetes since 7 years ago, so I think I have learned too much about it.

Miriam: How was your life before be diagnosed with diabetes?

Esmeralda: Well... I had a physical inactivity life; I mean did not used to do exercise so often. Also, I had an unhealthy diet. And I think these were the main causes to get diabetes.

Miriam: So did you change your life style and your diet?

Esmeralda: Sure. My doctor taught me how to eat healthy. He explain me why I can eat some foods and why I cannot eat others. He also recommended me to make a routine of exercises. He said that a good diet and a good physic condition would help me to manage diabetes.

Miriam: And are you taking some treatment?

Esmeralda: Yes, I am taking medications that help me to keep my blood sugar level in the normal levels.

Miriam: I realized that you have a "normal" life, right? You just do what everyone should do, eating healthy and exercising. Thank you so much for sharing this information with me. It was so helpful.

⁴ <http://www.diabetes.org/diabetes-basics/diabetes-statistics/>

Conclusion

I decide to write my Human Disease Project about Diabetes because I know that it is a common disease that can affect anyone. Diabetes is a disorder of the human immune system that makes it difficult for the body to produce insulin. Without insulin, the body cannot convert sugars from food into nutrients for cells. Excess sugar builds up in the blood stream and may eventually cause severe damage to organs and premature death. However, we can prevent or manage it changing our life styles. I am also interested in this disease because I have a family history of diabetes on my mother's side. So I want to know more about it. I want to prevent it, but also I would like how to manage this disease, so I will be able to help my family to manage it.

Work Cited

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