

# Diabetes Type 2 Presentation

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Course:

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# What Is Diabetes?

- Diabetes Type 2 is a health condition where the body does not make or properly use insulin or the body completely fails to produce insulin.
- Diabetes Type 2 is summarized as follows.

**% 0 insulin production**

**Inadequate insulin production**

**Resistance to insulin effects**

**Diabetes Type 2 is treatable but incurable.**

# Onset of Diabetes Type 2

- Adults and children are both at risk of developing diabetes.
  - Overweight persons are at greater risk
  - Mostly adults aged 40 and over are prone to diabetes type 2
  - Diabetes is predominantly a lifestyle disease
  - Diabetes Type 2 can result to sexual dysfunctionality, amputations, and heart attack

# Symptoms of Diabetes Type 2

- General body weakness
- Unusual thirst
- Extreme hunger and appetite
- Frequent urination
- Sexual dysfunctionality,
- Fast heartbeats when critical that can cause cardiac arrest.
- Poor healing of wounds resulting in amputations

# Statistics of Diabetes Type 2

- 29.1 million Americans have diabetes type 2
- 8.1 million patients are undiagnosed or unaware of having diabetes type 2.
- 120 million Americans are at risk of developing diabetes type 2
- There are 1.7 million new cases of diabetes type 2 in the U.S.
- In 2004, there were 3.4 million deaths due to diabetes type 2 worldwide.

# Statistics of Diabetes Type 2 Contd.

- Over 80% of diabetes-related deaths do occur in low- and middle-income families.
- In developing countries, over 50% of all diabetes type 2 go without diagnosis.
- WHO is worried that by 2030, the number of deaths due to diabetes type 2 will double.

# People's Perception

- Most believe life is over when diagnosed with diabetes type 2
- Some ethnicities especially from the continent of Africa associate diabetes type 2 with evil and social stigma is inevitable in such social set ups.
- Most give up on treatment
  
- There are 1.7 million new cases of diabetes type 2 in the U.S.
- Men are at greater risk than women.
- Some are afraid to learn they have the disease, so they avoid screening and diagnosis. This increases the risk.

# Treatment

- Diabetes type 2 can be treated but not cured. This means a patient can only regulate the blood sugar level by injecting insulin into the bloodstream and the sugar reduces for some time. Self- and home-care are crucial to the management of diabetes type 2.
- Artificial Soluble insulin is administered intravenously. Oral administration is not recommended because insulin is of protein in nature and might be digested by protein enzymes in the stomach.
- Unfortunately, insulin injection is the only treatment method, which is extremely painful.
- Due to the agonizing nature on insulin injection and the lack of loved ones for home-care, some patients simply stop medication.

# Prevention

- Go to hospital for diabetes type 2 screening.
- Engage in regular physical exercises to burn the excess blood glucose
- Develop a healthy eating habit and lifestyle. Avoid liquid calories, high-fat foods/milk/milk products. Eat more fiber and remember to eat and drink low-sugar stuff.

# REFERENCES

Diabetes Care Tasks at School: What Key Personnel Need to Know. Diabetes Basics. American Diabetes Association. Retrieved from <http://www.ada.org>

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