Men’s Health Assignment 2

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# Health Topic

The health topic chosen for the sake of this assignment is Type 2 Diabetes also known as diabetes mellitus. It is a metabolic sickness that causes blood sugar to become too high. The condition of this diseases differs from patient to patient, for some making a little change to the lifestyle can be very advantageous in managing the disease (Information, Pike, MD, & Usa, 2018). While some people having Type 2 diabetes need to take insulin or medications. Some of the symptoms associated with this health condition are excessive thirst, tiredness and the need to pee a lot. Like any other diseases, type 2 diabetes is also caused by many factors and poses a high risk for the patients. Insulin is a hormone that is required to change food into energy and it is made by the pancreas. If the process of the body absorbing blood from the sugar does not work in a proper manner and the sugar in the blood is not consumed in the usual way, its level rises. The medical term referred to this situation is hyperglycemia (Information et al., 2018). This causes insulin resistance and eventually, the blood sugar level starts to rise.

The risk factors associated with type 2 diabetes include being obese and lack of sufficient physical activity, a diet truncated in fiber and high sugary and high-fat diet, smoking, different medicinal drugs that may disrupt blood-sugar metabolism, etc. there are also some genetic factors such as type 2 diabetes is a normal ailment in some families. Statistics reveal that the most general type of diabetes is type 2. Almost 90 to 95 percent of diabetes patient in the US have this type of diabetes and only 5 percent have type 1 diabetes, according to CDC. In addition, according to the statistics of 2015, it has remained as one of the leading causes of deaths in the US and a total of about 252,806 death certificates mentioned this as a leading cause of death. In addition, diabetes is also a very common disease among the youth in America and almost 193,000 Americans are diagnosed with type 2 diabetes (“Statistics About Diabetes | ADA,” n.d.). In addition, statistics also reveal that it was one of the most prevalent diseases in America in 2015 and almost 9.4% of the population was suffering from it. The rates of diagnosis as per the racial and ethnic background are 12.1% of Hispanics, 7.4% of non-Hispanic whites, 15.1% of American Indians, 8.0% of Asian Americans, and 12.7% of non-Hispanic blacks. So the specific difference between the ratio of men and women was found. The cost of diagnosed diabetes is $327 billion in the US comprising $237 billion for straight medical expenses and $90 billion was in diminished efficiency (“Statistics About Diabetes | ADA,” n.d.)

# Treatment

This health issue can be diagnosed utilizing Glycated hemoglobin (A1C) test, Fasting blood sugar test, Random blood sugar test, and Oral glucose tolerance test. The diagnosis of this type of diabetes should be conducted in the age of 45 especially if the symptoms are visible and one is overweight (“Type 2 diabetes—Diagnosis and treatment—Mayo Clinic,” n.d.). After diabetes has been diagnosed, the type of diabetes must be identified since each can have a different set of treatment. The treatment of type 2 diabetes is impacted by a number of factors such as the age of the patient, life conditions, over-all physical state, other health issues and individual goals in life. The basic treatment is to change the lifestyle such as initiating efforts to lose weight and vacating smoking. Sometimes making lifestyle changes is enough to deal with this type of condition. Another form of treatment for type 2 diabetes is medications that regulate the blood sugar level. These include taking drugs or injecting insulin in body or medications referred to as incretin mimetics. The most well-known drugs exploited to cure type 2 diabetes (antidiabetic drugs) are metformin and sulfonylureas (Marín-Peñalver, Martín-Timón, Sevillano-Collantes, & del Cañizo-Gómez, 2016). More up to date antidiabetic medications are additionally accessible – yet there are numerous unanswered questions concerning their effects. Different kinds of medications are used to reduce the risk of other associated risks with type 2 diabetes (Information et al., 2018).

Study report that metformin and sulfonylureas, two most popular medications for the type 2 diabetes result in weight gain and owing to the high risk of hypoglycemia, its use is imperfect in limited in renal failure. A large amount of drug interaction also interferes with this consumption. There is also diverse range of oral and injectable drugs, for treating the type 2 diabetes such as insulin, TZD and alpha-glucosidase inhibitors, then a newly included RA-GLP1 receptor agonists, iDPP4 and iSGLT2. In addition, insulin analogs have also been developed that arouse endogenous insulin secretion. All these treatments are known to be effective for enhancing the quality of life of type 2 diabetes patients based on the health condition of the patient. Each one of those has little side effects such as weight gain, fluid retention, nausea, dissipates, headache, etc. some of the drugs and treatments also comes with the high cost such as Thiazolidinedione, and GLP-1 Agonists. Lifestyle management remains one of the most appreciated and successful ways of dealing with type 2 diabetes and third line pharmacological agents come after that (Marín-Peñalver et al., 2016).

# Wellness behaviors

The first thing diabetes must do after the judgement of type 2 diabetes is changing the typical lifestyle and adopting a healthier lifestyle to reduce the risks associated with this disease. However, studies report that patients freshly diagnosed with type 2 diabetes are not conscious about adopting a healthy approach towards living (Chong et al., 2017). In order to keep the blood sugar level to normal to prevent further risks weight loss is the first strategy to be used. Losing weight can make a huge difference in the blood sugar level. For this purpose, portions of food must be controlled and low-fat foods, fruits, and vegetables must be made an essential part of the diet. There is no specific diet for a diabetes patient, however, healthy eating is pivotal to reduce further risks. It is must to based diet on more vegetables and fruits, less calories, less foods having saturated fats, and more foods with fiber. Dietitians can help a diabetes patient in this regard (“Type 2 diabetes—Diagnosis and treatment—Mayo Clinic,” n.d.).

A routine comprising a physical activity is also imperative for the people having type 2 diabetes. However, the exercise plan must be confirmed by the physician. Activities like biking, walking, and swimming must be included in daily routine. A moderate 15 to 30 minutes of aerobic exercises alongside the combination of other exercises can be more advantageous. Nevertheless, the blood sugar level must be examined before starting any physical activity. A patient on diabetes medications may need to eat a snack beforehand exercising. Another significant element of wellness behavior is monitoring blood sugar regularly, in fact, several times a day. Vigilant monitoring will guarantee that the blood sugar level stays in the target limit (Chong et al., 2017).

The most authentic and reliable sources of information for health-related information are National Institutes of Health and the American Diabetes Association. Mayo Clinic also provides extensive research-based information about a disease or health problem.

# References

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