321 W12 discussion response

[Name of the Writer]

[Name of the Institution]

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**Response 1**

Hello, Gabriella, I read your post and I must say that you did an excellent job. The questions and answers technique helped a lot in grasping the case study you have described. Type 2 diabetes is a chronic condition that is associated with weaker sugar metabolism. In most common cases the body is incapable of making enough insulin however in some cases the body resists the effects of insulin. As you have mentioned in your case study that the woman you choose changed her eating habits I would like to add that many studies have shown that changing the lifestyle can help in controlling diabetes. While discussing the causes of diabetes many factors lead to diabetes except genes. The factor you have discussed is the over-weight (obesity) which is indeed a greater issue that causes lots of diseases. In the case study as you have mentioned that taking a controlled portion of meal helped the women reduce weight I also agree that controlled food portion not only help the people with their weight loss but it also covered their nutritional requirement that is necessary for maintaining good health. However, motivation is required to follow this balanced diet routine and as well as nutritionist guidance is necessary to avoid any future health risks (Abbott, 1997).

**Response 2**

Hello Vanessa, first of all, I would like to commend you on the efforts you did to explain the nutritional information and how it is related to an individual’s health. Hypertension is a long term medical condition in which the blood pressure in the arteries is always high. People having HTN should have a balanced diet so that they can prevent heart and kidney diseases associated with high blood pressure. In your assessment, you have selected your father which is a plus point as children are aware of their parent’s health and their eating habits. As you have mentioned that the reason for your father’s disease is eating disorders that he suffered during his childhood I would like to add that certain other factors are also involved in causing HTN such as stress, lack of physical activity and genetics, etc. However, it is important to diagnose the disease in early-stage to avoid future health risks. The methods you have mentioned to diagnosis HTN helps not only in diagnosing HTN but also providing the information about the nutritional information about the person. However, it is also important to understand the type of HTN for effective diagnosis and treatment (Redon, 2001). It is, therefore important to check the blood pressure regularly and maintain a healthy lifestyle as a balanced diet is the key to reduce all the health issues.

**References**

Abbott, R. (1997). Food and nutrition information: a study of sources, uses, and understanding. *British food journal*, *99*(2), 43-49.

Redon, J. (2001). Hypertension in obesity. *Nutrition, metabolism, and cardiovascular diseases: NMCD*, *11*(5), 344-353.