Title page

Diabetes

Introduction

Diabetes is a serious health issue faced by Australian due to the consistent rise in the rate of diabetic patients. The consistent rise in diabetic patients depicts that need for adopting interventions that maximize health and wellness for the community. Diabetes is affecting people of all age groups including children, youth and elderly. The facts indicate that 1.2 million people are diagnosed with diabetes. Among diabetic patients, 85% are victims of Type 2 diabetes, estimated during the period of 2014-15 (AU, 2018). Changing lifestyles and dietary patterns are considered as effective practices for preventing diabetes.

Causes of diabetes

Type 1diabetes is caused by viral or bacterial infections causing the immune system to damage cells in the pancreas that are responsible for making insulin. The body fails to function properly due to a deficiency of insulin. Chemical toxins in food are also responsible for causing the disease. There are many causes of Type 2 diabetes including obesity, ageing, bad diet and sedentary lifestyle. “Diabetes mellitus or type-2 diabetes, is one of the major non-communicable and fastest growing public health problems in the world, is a condition difficult to treat and expensive to manage” (Asif, 2014). This reflects that type 2 has become a serious issue because most of the diabetic patients are suffering from it. Type 1 diabetes is more prevalent among children and identified as an autoimmune condition. People who are obese are more likely to develop type 2 diabetes.

Symptoms of diabetes

There are many symptoms of diabetes including obesity or weight loss, irritability, nausea, fatigue and tiredness. Diabetic patients experience excessive hunger and thirst. They fail to take part in different activities because they get tired soon. Nausea is irritability is two prominent conditions that exhibit risks of diabetes. The patients with type 2 are at high risks of developing cardiovascular diseases, blindness and disability (Ramachandran, 2014).

Interventions

Several interventions are used in treating diabetic patients. Studies have revealed that diabetes is preventable that depends on the healthy lifestyle choices of the people. dietary intervention stresses on attaining optimal blood glucose concentration and lipid concentration. The food selected for treating diabetic patients allows them to maintain appropriate weight and development such as during pregnancy and lactation. The studies have revealed that controlled diets that contain saturated fatty acids improve health by providing glucose. This diet is obtained from the consumption of fruits, vegetables, fish, poultry products and low dairy products. Fruits, legumes, nuts and cereals are good for maintaining the required level of insulin. The palaeolithic diet is also advised for patients who are victims of type 2 (Asif, 2014).

Physical intervention stresses on engaging in exercise and activities like walk, running and swimming. People who give time to exercise on a daily basis are less likely to develop diabetes. Similarly, diabetic patients who spend time on physical activity improve their health status. Insulin intervention is a common treatment for diabetes. The patients are advised to take insulin dose once or twice in a day this allows them to maintain blood glucose levels. Exercise and diet alone are not adequate for maintaining health and they may cause glucose imbalance.

Conclusion

Diabetes is affecting people of all age groups including children, youth and elderly Australians. Due to the increase in diabetes patients the country needs to provide awareness on diabetes prevention. Dietary and lifestyle patterns can assist people in maintaining a healthy status that eliminates the possibilities of developing diabetes. People who give time to exercise on a daily basis are less likely to develop diabetes.

References

AU. (2018). *Diabetes*. Retrieved 04 14, 2019, from http://www.health.gov.au/internet/main/publishing.nsf/Content/chronic-diabetes

Asif, M. (2014). The prevention and control of type-2 diabetes by changing lifestyle and dietary pattern. *Journal of Educ Health Promot, 3* (1).

Ramachandran, A. (2014). Know the signs and symptoms of diabetes. *Indian J Med Res, 140* (5), 579–581.