Case Study

[Name of the Writer]

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**Introduction**

 The case study is about the person who faced a sudden health problem and got admission in the hospital. The patient was male and 55 years old. Mr A is short in height, and his BMI recorded was 16.6kg/m2 (overweight). The patient is white American maintaining his personal business that is a stationery shop. His resident is near his store; therefore, he has hired people to look after his store while he most of the time stay at home with his wife. The patient has two sons who are doing jobs in other cities.

The patient got fainted at his store from where he brought to the hospital. The patient had a headache since morning, and he was feeling tired and drowsy. His insulin level was really high, and blood pressure too which created health issues. The doctor diagnosed him with diabetes (type 2). Family history of the patient indicates a record of blood pressure issue and depression. The patient faced depression and took counseling from the psychologist ten years ago. However, he has recorded a sudden weight loss in the past few months without changing his diet routine.

**Patient History**

 The patient does not use alcohol or any other drug substance. However, he uses lovastatin (one tablet) at night due to his overweight and high cholesterol level. The tablet is prescribed by the physician to reduce the chance of any cardiovascular disease and to maintain health with lifestyle and age changes. The patient is financially stable, so he does not face any issues regarding nutrition. He loves food which made him obese due to overeating habit. Patient lifestyle is not much healthy because he eats a lot and does not bother about exercise. Most of the time, he stays at home, which reduces physical activities even more. He also faces the blood pressure issue due to high cholesterol level and takes one tablet each day to control blood pressure. The patient did not diagnose with diabetes in the past.

**Discussion**

**Symptoms**

The patient was admitted to the emergency department. He was short of breath, and his blood pressure was low. He was found conscious and alert on examination, and the doctor noticed his sugar level, respiratory rate, cardiovascular testing, and other tests. In the evening, he was diagnosed with type 2 diabetes. The symptoms which indicated that patient has diabetes include; sudden weight loss, thirst and hunger feeling, vomiting, tiredness, shortness of breath, sweating, and frequent urination.

**Risk Factors**

The risk factors for type 2 diabetes include family history, race, age, inactivity, fat distribution, weight, prediabetes, and depressive symptoms. The race is the not the factor in Mr. A case as he is a white American and reports indicates that Latin, Asian-American, Hispanic, and American Indian have more chances of being diagnosed with type 2 diabetes than the white Americans (Association, 2017). In addition, the patient had several health issues in the past, but he was not diagnosed with diabetes which shows that prediabetes factor is not involved. The third factor that is family history does not directly show diabetes in the family, but the depressive disorder can be the element. Numbers of people who face the issue of depression often diagnosed with diabetes in later age and patient history indicates that he had depression. People who acquire more fats in the abdomen have more chances of type 2 diabetes (Souza et al., 2015). In this case, the patient is obese who overeat and have more fats in the abdomen. He cannot control his eating habits, and with age, this overeating is causing health issue. Another factor behind his problem is inactivity. People who are less active and do not control their weight and glucose level makes their cells sensitive to insulin. The patient also avoids any physical activity and do not maintain his weight and cholesterol level. In addition, he does not prefer healthy food like fruits and vegetable; instead, he intakes more of meat, junk, and desert as a meal.

**Causes**

Diet is one of the main cause behind type 2 diabetes. It is important to intake balanced diet and avoid excessive use of food containing sodium and nitrites. Red meat and processed red meat are rich in sodium and nitrates that increase the chances of type 2 diabetes. In addition, food that has a high level of carbohydrates like potato and rice must avoid controlling the sugar blood level. In the case of the patient, he prefers junk food like a beef burger, hotdog, bacon, potato chips, and deli meats that are his favorite. Intake of this food with proper amount and timing are healthy, but excessive use of these food items become the cause of type 2 diabetes for the patient (Schwingshackl et al., 2017). Genetics is another aspect which is difficult to find out in Mr. A case because the patient's parents were not diagnosed with diabetes, but the depressive disorder can increase the chances of diabetes. Therefore, it can be observed that poor lifestyle, including lack of exercise, unhealthy meal choice, and obesity are the causes of the patient’s current health issue.

**Treatments**

Proper treatment is required to control the health issue of the patient because diabetes in long run can lead to various other health issues like cardiovascular disease, nerve damage, depression, eye damage, kidney issue, and poor skin conditions. The physician can use an appropriate treatment like Metformin, insulin, Meglitinides, GLP-1 receptor agonists, and Sulfonylureas (Kalra, Verma, & Singh, 2017). In addition, it is necessary to control the lifestyle of the patient and help him to adopt a healthy lifestyle with proper nutrition. It is important because there is no cure for this issue, but by losing weight and adopting a healthy diet plan can maintain blood sugar level. Four pillar approach is most suitable for the patient because he is not aware of the disease consequences and how to control it. It consists of four steps to cope with the issue. First, proper guidance is provided to the patient regarding his health condition and consequences of disease, which help the patient to decide about his treatment. Second, the patient gets skills and training to control his health condition, that means health advisor teach patients about self-care. Third, patient get to know about various devices and tools like insulin injection or device that calculate insulin level in blood. Forth, the support network is arranged for the patient, so he can get involved with every health change and acquire useful information about the disease and its precautions (Chiasson et al., 2002).

**Conclusion**

With the help of an interview from Mr. A and analysis of peer-reviewed articles, I have learned that type 2 diabetes is linked to the lifestyle and genetic factor of the person. People have diabetes syndromes in their genes are at high risk of being diagnosed with the issue. In addition, poor diet choice, overeating, overweight, and obesity can cause diabetes. The physicians can use an appropriate treatment like Metformin, insulin, Meglitinides, GLP-1 receptor agonists, and Sulfonylureas. Moreover, it is important to give proper guidance to the patient and for that four-pillar approach is efficient. The patient should improve his lifestyle, especially diet choice to maintain the blood sugar level; otherwise, it can lead to other issues like kidney problem, heart disease, depression, and nerve damage. Diabetes cannot be cured, but it can be controlled through self-care.

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