Epidemics of Diabetes

Submitted by

Affiliation

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Diabetes is a disease due to imbalance of glucose in body. When body doesn’t make enough insulin or not able to use it properly , it leads to diabetes. An article written by Larisa Brass, that talk about diabetes in detail including; the types of diabetes, why it is called epidemic? Underlying causes of diabetes or in other words factors that can lead to diabetes, how to control diabetics from occurrences and if present then how to control it with food, exercise and medicine.

This is an interesting and informative article that not only need to read by diabetic patients, their families but also to general public. It provide great details of information about diabetics from sign and symptoms to underlying causes and prevention. As it is written in a very simple and easy to understand language so any one can read and understand it easily. The most informative thing is about the link between age, weight and diabetes. One important advice that the author give is related to diabetes control and all the three factors are important in it including medicine , food and exercise.

Another article by Larisa Brass is related to the epidemics of diabetes and she called it as “invisible epidemics”. In this article a new term introduced to audience and it is “pre diabetes” because usually people get aware of any disease after it occurred but there is a state of body ,in which likelihood of diabetes increased and it is known as prediabetes. According to author 1/3 American having prediabetes and 90% of them are unaware of it and it is a big reality. So the article talks about the importance of public awareness regarding diabetes. The state of pre diabetes can be diagnose , if one having fasting glucose level in between 100-120mg or 140-199mg after 2 hours of taking food. There is a checklist added in this article so the audience can read it and check them where they are standing. The last part of article provide advices to fight with this epidemic before it start. There are few factors including healthy diet, exercise, leave smoking and proper sleep. And with help of these factors one can fight or reverse diabetes. This is very informative article related to diabetes. The author tell the readers about the diabetes and prediabetes condition. Prediabetes is important to monitor because the probability to get diabetes in future may increase in pre diabetic state.

Adam provided the great account of type 1 diabetes in her article that is as related to adolescences and how nursing strategies can help to promote wellbeing. She tells the importance of linking between nurses and chronic diseases like diabetes and especially among adolescences and their families. According to author social, cultural and spiritual aspects are important in dealing with diabetics’ patient. Adam provided the case study of Lisa to demonstrate the importance of all the three factors i.e., including social , cultural and spiritual in dealing with chronic disease. At the end of this article, Adam provides nursing strategies that may help society to support well being and dealing with diabetes including dietary guidance, health education and disease awareness including monitoring. This article not only provide the interesting information about the diabetes but also the impact of chronic disease on family and social life. It is significant to have proper knowledge of disease and how family and society can help adolescence to spend healthy life while having diabetes type1.

An article by Zimmet, explores the epidemics of diabetes and considers it as the biggest epidemics of world. If accidental scratches and wounds do not heal for a long time, if you become worse at seeing, this is also a serious reason to contact an endocrinologist. And even if there are no such symptoms, it’s still very easy to donate blood for sugar. After all, 4.35 million people are ill with diabetes in our country, of which 92 percent are type 2 diabetes. But studies show: the figure can be doubled, because every second diabetic does not suspect that he is sick and does not take measures until a serious complication - heart attack, stroke - “breaks out”. Contrary to the widespread myth that diabetes mainly threatens the populations of rich countries, 77 percent of diabetics live in low- and middle-income countries. In this case, only one out of ten develops diabetes of the first type, the cause of which is a "malfunction" in the immune system. More than 90 percent have type 2 diabetes, which for the time being develops completely imperceptibly. This is the insidiousness of the disease. Stress, smoking, poor ecology. All this increases the risk of getting sick. Two out of three patients with diabetes are citizens. Take care of improving the quality of life. Proper nutrition. Food should be varied, complete proteins are needed - low-fat meat, fish, milk, sour-milk products. In addition, one need to learn how to deal with stress. And not with a glass of wine and a cigarette, but with “healthy” activities. In general, it is worth giving up smoking - when the sores associated with it begin, a person quickly forgets how good a morning cigarette with a cup of coffee is and curses itself for frivolity.

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