346 W 14 Discussion

 [Name of the Writer]

[Name of the Institution]

346 W 14 Discussion

Despite being the tourist destination Miami also has some real life-threatening health issues that are often neglected. Although the government and many health care facilities have joined hands to prevent and cure chronic diseases yet there still are many diseases that needed attention. One such disease that require attention is Diabetes. It is the fifth deadliest disease in the US. According to the survey conducted by the health council organization in 2008, the death ratio due to diabetes in Miami-Dade was highest than any other city in Florida (“Statistics About Diabetes | ADA,” n.d.).

Diabetes can be described as a metabolic disease in which the blood sugar level of the person increases. Diabetes is of two types that are Type 1 and Type 2 Diabetes. In Type 1 the body loses its ability to make insulin while in Type 2 although the body produces insulin yet still the cells in the body do not respond to it effectively. Several reasons increase the risk factor of getting diabetes one such factor is obesity (American Diabetes Association, 2010).

It is necessary to spread awareness among people through community health education program about maintaining a healthy lifestyle to prevent diabetes. As research shows that changing lifestyle can help in preventing and delaying of diabetes. This happens because a balanced diet will help improve weight problems and by having a controlled weight the chances of getting diabetes will decrease significantly. Also, events like free diagnosis camps should be organized so that most people can get benefit from it. Diabetes is a common ailment in some families it is important to regularly check the blood sugar and engage in physical activities while maintaining a healthy lifestyle to control the disease.

To meet the health needs of patients a patient-centered approach is recommended. According to this approach a comprehensive plan regarding preventing the side effects caused by diabetes should be included. As patients with diabetes have an increased risk of getting cardiovascular diseases so it is important to prevent smoking, address blood pressure as well as lipids control and weight management to avoid any further issues.

**References**

American Diabetes Association. (2010). Diagnosis and classification of diabetes mellitus. *Diabetes care*, *33*(Supplement 1), S62-S69.

Statistics About Diabetes | ADA. (n.d.). Retrieved August 16, 2019, from https://www.diabetes.org/resources/statistics/statistics-about-diabetes