Diabetes Mellitus

By Abigail Livingstone
Technical:
Diabetes is a metabolic disease in which high blood glucose levels result from defective insulin secretion.

Simplified:
Condition where body can not maintain normal blood glucose levels.
Diabetes:
• Type 1:
• Type 2:
• Gestational:
Why??

- Diabetes is a National Health Priority area:
  - due to the impact it has on the community
  - and its potential for improved health outcomes.
- Contributes significantly to:
  - Ill health
  - Disability
  - Premature death
Type 1:

- Know also as Juvenile diabetes
- Type 1 = 10-15% of people with Diabetes.
- Deficiency of insulin, the hormone that metabolises glucose.
- One of the most chronic conditions in childhood
- Many new cases among adults.
Symptoms Type 1:

- Excessive thirst
- Frequent urination
- Hunger
- Sudden weight loss
- Extreme tiredness
- Fatigue
- Visual disturbances
  - (blurred vision, nausea and vomiting)
If untreated:

- Life threatening coma
- High blood sugar levels can cause damage to organs:
  - Kidney failure
  - Damage to eyes (including blindness)
  - Heart disease
  - Poor circulation
  - Nerve damage
- Amputations and premature death
More:

• Diabetes is a genetic link

• It can be triggered by environmental factors such as:
  • - Viruses
  • - Diet
  • - Chemicals (stop immune system producing insulin)

• There is NO cure for Type 1 diabetes.
**Type 2:**

- 85-90% of people with diabetes
- Inability of body to produce insulin.
- Associated with being overweight
- One of most chronic diseases among people aged 45 +
- Numbers of people with Type 2 diabetes under the age of 45 is increasing
Management:

• Healthy Diet:
  • little/no alcohol
  • Fruit, Veggies and Lean meats
  • Foods with limited sugars, fats and salt.

• Weight control:

• Regular exercise:
Gestational...

• During pregnancy in some women
• Hormonal changes block the action of mothers insulin.
• **USUALLY** goes away after birth
• Risk health for infant (even after pregnancy)
• Mother is at greater risk of having diabetes later on in life.
Gestational Diabetes

High blood glucose levels in mother

Brings extra glucose to baby

Causes baby to put on extra weight
Biological Factors:

• Genetics:
  • A family risk history is a very strong risk factor in relation to type 2 diabetes.

• Ethnic background

• Age:
  • Age is a risk factor for Type 2 diabetes.

• Body weight:
  • Abdominal obesity (excess weight around the waistline) is a risk factor for Type 2.
**Behavioural Factors:**

- **Lack of physical activity:**
  - Not being physically active is a risk factor for type 2 diabetes

- **Diet:**
  - Having an unhealthy diet that is high in saturated fat and high GI foods is a risk factor for type 2.
## Costs:

<table>
<thead>
<tr>
<th>Individual: Direct</th>
<th>Community: direct</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Fuel costs for regular check ups at a doctors.</td>
<td>- Medications</td>
</tr>
<tr>
<td>- Hand held blood tester</td>
<td>- Specialist visits</td>
</tr>
<tr>
<td>- Private health insurance</td>
<td>- Medicare</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Individual: indirect</th>
<th>Community indirect:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Care givers unable to work</td>
<td>- Gp time</td>
</tr>
<tr>
<td>- Be careful of diet and food intake</td>
<td>- Medicare</td>
</tr>
<tr>
<td>- Effects on family and friends</td>
<td></td>
</tr>
</tbody>
</table>
Intangible costs:

• Symptoms can be stressful on the patient.
• They also develop illnesses (heart disease, strokes and cancer)
• Loss of life:
  • - adds grief to family and friends
  • - costs for a funeral.
National Diabetes Action Program

4 main goals of NDAP:

- Increase community awareness about diabetes being a serious medical condition
- Community awareness of perceived susceptibility
- Understanding of prevention
- Increase community access to info, support and services.
THANK YOU SO MUCH!

For Listening........ ☺