

Hartnell College

Human Disease Project

Type 2 Diabetes

Gemma Curtis
Spring 2012

Human Disease Project – Type 2 Diabetes

Table of Contents

Introduction	2
Cause.....	2
Symptoms	2
Remedies.....	2
Cure.....	3
Poster	3
Works Cited.....	4

Human Disease Project – Type 2 Diabetes

Introduction

I have chosen type 2 diabetes because my fiancé, Jeff, is afflicted with this disease. His cells do not accept insulin like they are supposed to. I want to learn more about this disease so I can care for him when he needs me. Diabetes is basically a metabolic disorder caused by a shortage or lack of insulin. In patients with Type 1 diabetes, also known as Juvenile Diabetes, the pancreas will fail to produce sufficient levels of insulin. With Type 2, also known as Adult-onset Diabetes, the problem is insulin resistance, this is when the cells in your body will not accept and use the insulin like it is supposed to. Occasionally, pregnancy can cause a form of diabetes in women called gestational diabetes that will last through the term of the pregnancy.

Cause

Diabetes can be passed on genetically but it can also be a result of bad lifestyle choices. “Type 2 diabetes develops most often in middle-aged and older people who are also overweight or obese. The disease, once rare in youth, is becoming more common in overweight and obese children and adolescents. Scientists think genetic susceptibility and environmental factors are the most likely triggers of type 2 diabetes.” (Diabetes Prevention) Many risk factors can lead to type 2 diabetes; such as obesity or lack of physical activity, a family history of diabetes, a history of gestational diabetes, high blood pressure, ethnicity and more.

Symptoms

When a person is feeling the effects of their diabetes, they will have an increasing impairment of their motor skills. Confusion will also set in; often Jeff firmly believes that he has been hit in the head. This is due to one of the early signs of a diabetic emergency, headaches, this is always how I know that an emergency is coming on. While experiencing these emergencies, one’s breath will smell as if they have been drinking alcohol. My fiancé’s family often mistakes this and thinks Jeff has been drinking, and this is very scary for me.

Many of the most common symptoms to watch out for if you think you might have diabetes are:

Frequent urination	Unusual thirst
Extreme hunger	Unusual weight-loss
Extreme fatigue and irritability	Frequent infections
Blurred vision	Cuts/bruises that are hard to heal
Tingling/numbness in the hands/feet	Recurring skin/gum/bladder infections ⁱ

Remedies

One of the things I’m able to do to help Jeff when he is feeling the symptoms is to feed him. When the symptoms are severe when his blood sugars are low and I cannot get him to eat I will squeeze a packet

Human Disease Project – Type 2 Diabetes

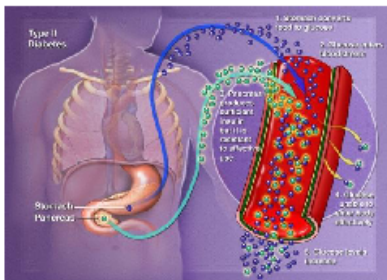
of honey into his mouth, his body will absorb it and balance out his blood sugars. When this happens, I can watch him gradually make his way farther and farther back into lucidity, second by second.

Cure

Currently, there is no cure for any form of diabetes but we do have ways to help manage it. The most common is medication but doctors also recommend a proper diet and plenty of exercise.

Poster

Type 2 Diabetes



Type 2 diabetes is caused when the body can no longer use insulin in a proper manner.

It is caused by bad lifestyles choices, being overweight, and even be passed down from family.



Being overweight and heredity are two risk factors for diabetes

#ADAM



Medication and sometimes insulin shots, along with a healthy diet and exercise are the only ways of managing type 2 diabetes.

Works Cited

Diabetes Prevention Program Research Group. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *Lancet*. 2009;374(9702):1677–1686.

<http://diabetes.niddk.nih.gov/dm/pubs/causes/#type2>

Human Disease Project – Type 2 Diabetes

“Symptoms.” American Diabetes Association. 04 May 2012. Web. <http://www.diabetes.org/diabetes-basics/symptoms/>

¹ <http://www.diabetes.org/diabetes-basics/symptoms/>