The Social Impact of Diabetes

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Introduction

Everyone must be informed about the social implications of diabetes. Diabetes is an increasing disease that affects people directly and indirectly. These affects hurt an individual economically, physically, and emotionally. Therefore, diabetic health care costs are estimated to be costing the U.S. taxpayers about $147 billion annually. Furthermore, diabetes also contributes to a loss in an individual’s contribution to the workforce. Alzheimer’s is hurting the economy, and it is also damaging an individual’s normal health. Diabetic patients are more likely to suffer from mental diseases such as depression. Depression can lead to alcohol and drug abuse. This abuse diminishes the chances of a diabetic patient to overcome diabetes. If a diabetic patient doesn’t attempt to take their medication, to exercise, or to have a healthy diet, he or she may suffer serious physical consequences such as blindness, coma, or even death.

Type 1

Type 1 diabetes (T1D) is an autoimmune disease in which a person’s pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body’s immune system attacks and destroys the insulin-producing cells in the pancreas, called beta cells. While its causes are not yet entirely understood, scientists believe that both genetic factors and environmental triggers are involved. Its onset has nothing to do with diet or lifestyle. There is nothing you can do to prevent T1D, and it is treatable, but incurable:
- 10% occurs after viral infection
- Results from beta-cell destruction in pancreas
- Absolute insulin deficiency
- Occurs in children/young adults

Symptoms

- Excessive Thirst
- Excessive Hunger
- Irritability
- Sudden Weight Loss
- Frequent Urination (bed-wetting in children)
- Fatigue
- Blurry Vision

Treatment & Prevention

- Insulin
- Exercise Regularly
- Maintain Healthy Weight
- Diabetic Diet/Healthy Diet

Type 2

Type 2 diabetes is a lifelong (chronic) disease in which there are high levels of sugar (glucose) in the blood. Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin resistance, which is the inability of cells to respond adequately to normal levels of insulin, occurs primarily within the muscles, liver, and fat tissue.
- 90% of cases of diabetes
- Results from insulin resistance
- Mostly occurs in adults that are overweight

Diagnosis

Diabetes Blood Test
- Normal – BG below 100
- Pre-diabetic – BG 100-125
- Diabetes – 125 or higher

Gestational Diabetes

Usually around the 24th week during pregnancy, many women develop gestational diabetes. A diagnosis of gestational diabetes doesn’t mean that a person had diabetes before, or that a person will have diabetes after giving birth. However, it is important to follow a physician’s directions carefully.

Acknowledgements


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