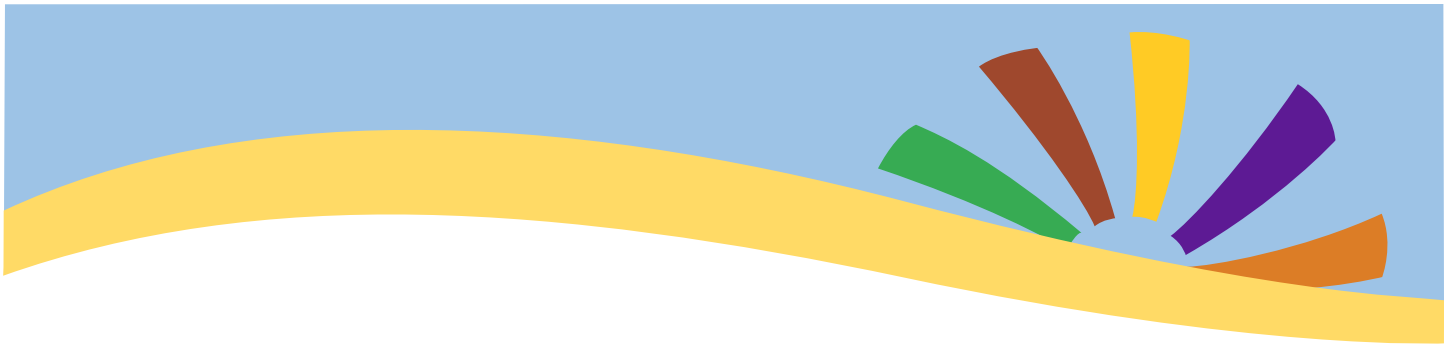




Diabetes Day

* In this publisher I decided to set a side a day to educate my fellow students on the different ways diabetes affects us, the approach to diabetes patients and trends in the disease which is common in the community today

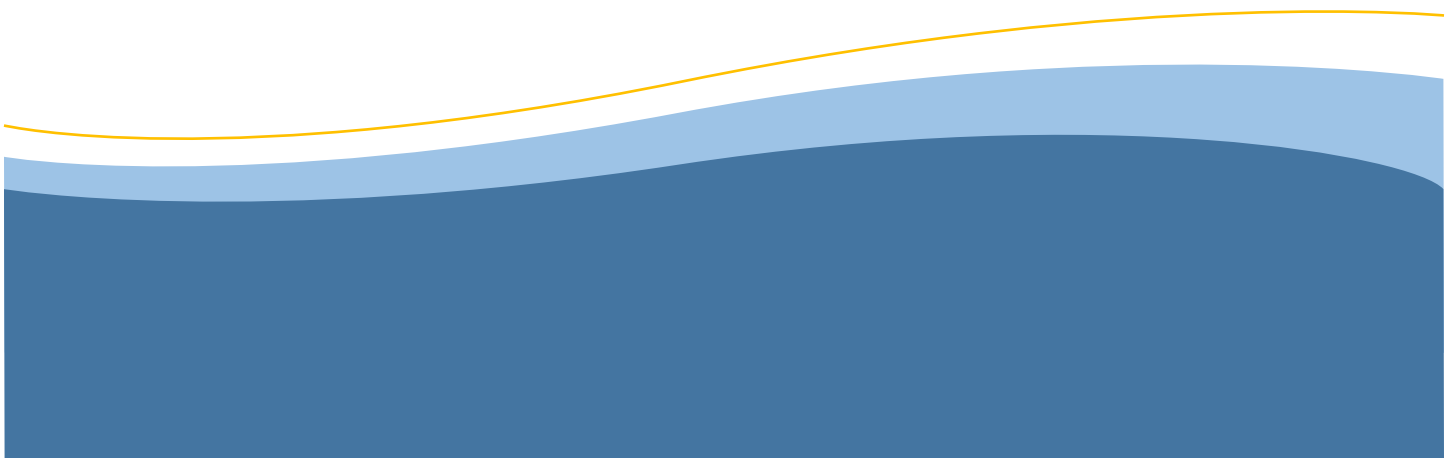
July 1st, 20138, 6 to 8 p.m.

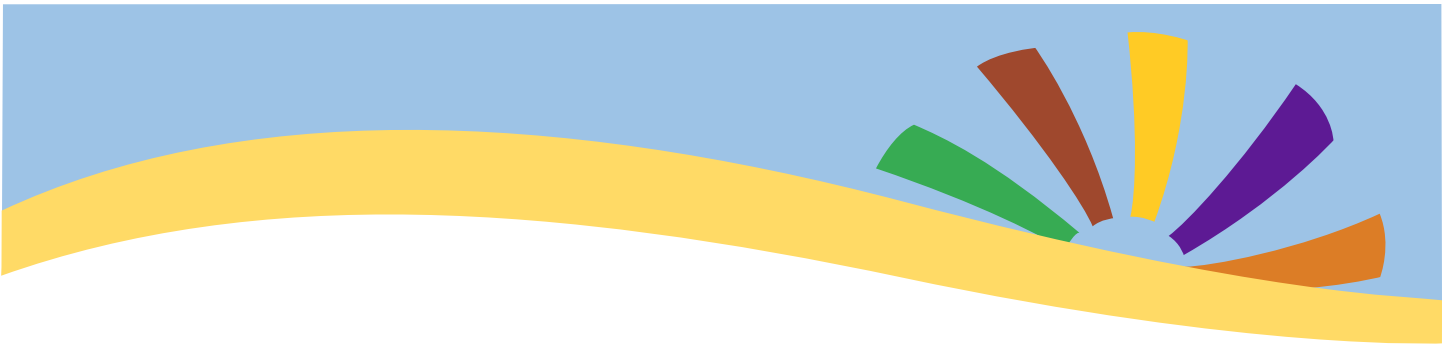
Meeting at the Gymnasium

Contact organizers: XXX

RSVP to ourschool@exdiabetes.com

[School website address]





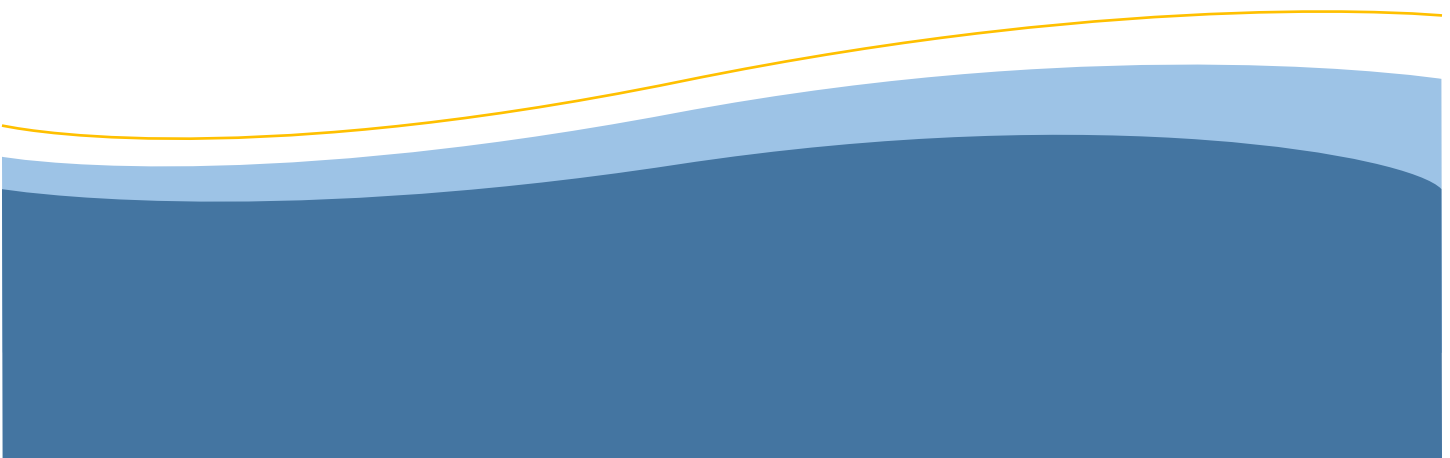
Today, diabetes has become a common disease in the community and it came to my mind that we all need to come together and discuss the disease. In our discussion, we will educate one another on ways to stay healthy and avoid the disease at all costs. Another issue why I chose the topic is to discuss a number of ways we can ensure patient safety from people with diabetes (Weinger, et. al., 2015). It is important to understand that there are different types of diabetes namely;

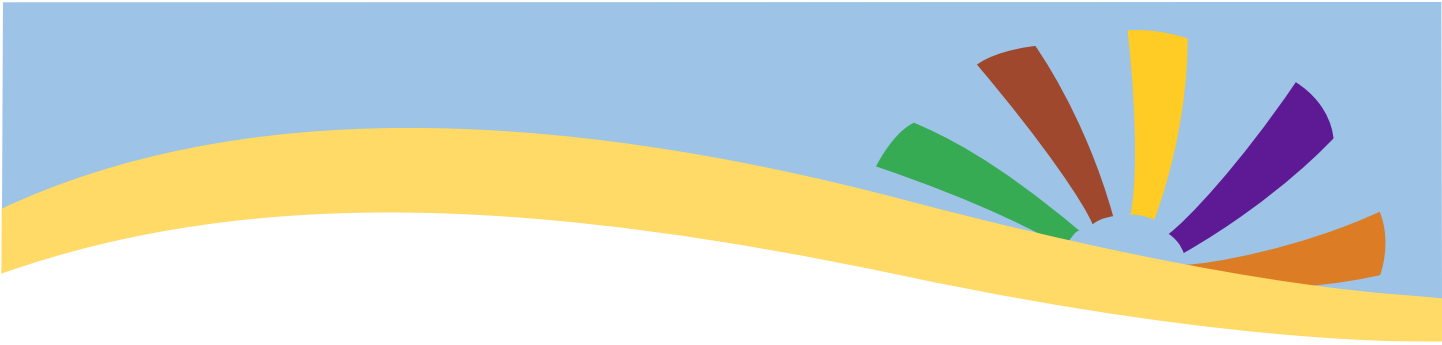
1. diabetes 1

* 2. Diabetes 2

Major causes of the disease include;

- * Pancreatitis or pancreatectomy as a cause of diabetes
- * Glucagonoma. Patients with glucagonoma may experience diabetes because of a lack of equilibrium between levels of insulin production and glucagon production.
- * Cushing's syndrome. Polycystic Ovary Syndrome (PCOS). One of the root causes of PCOS is obesity-linked insulin resistance, which may also increase the risk of pre-diabetes and type 2 diabetes.
- * Family history of diabetes
- * Overweight (Todd, et. al., 2017)

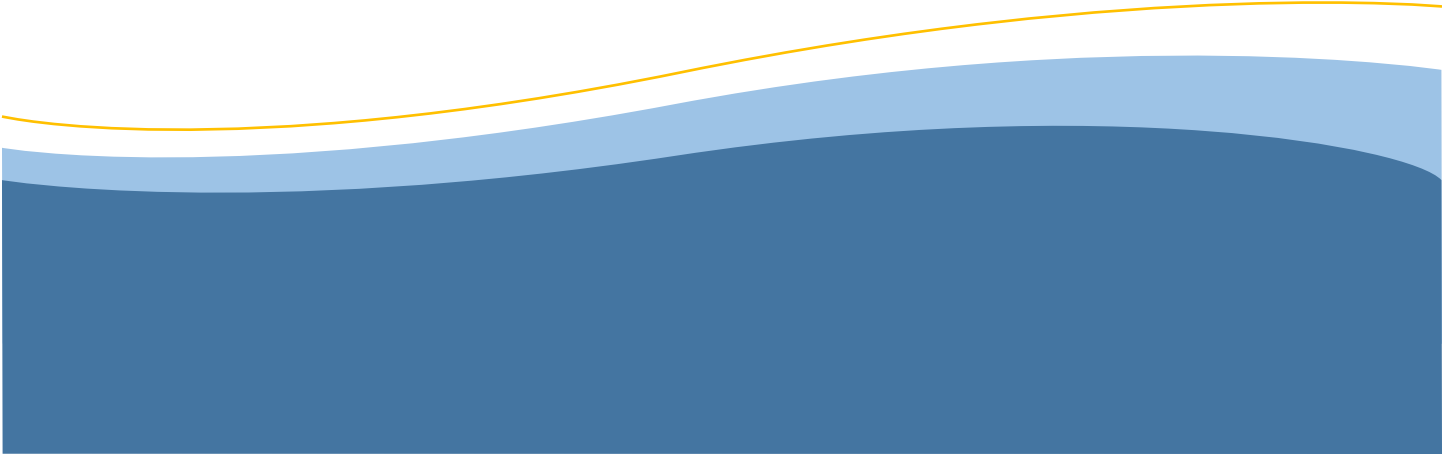


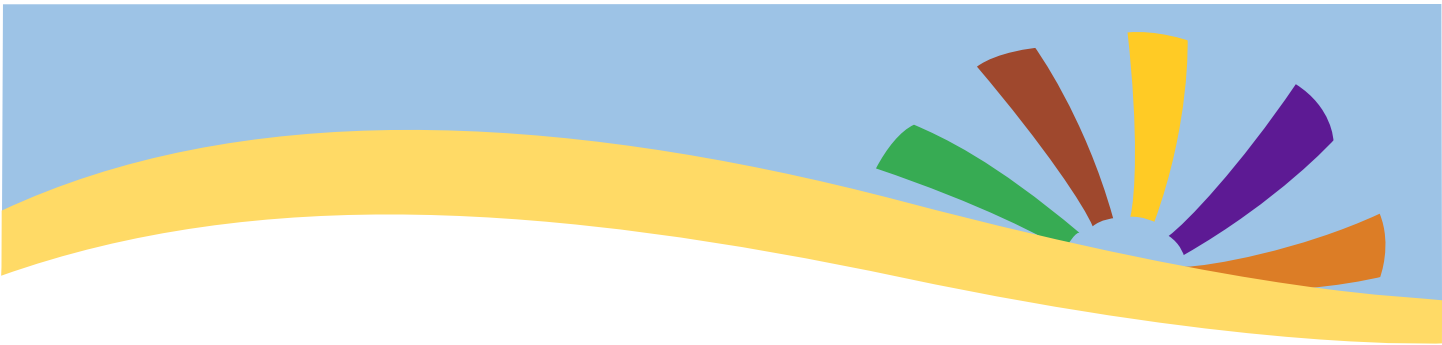


Tips to prevent diabetes

1. Do a lot of exercises
2. Eat a healthy diet
3. Loose excess body fat/weight
4. Stress less
5. Have enough sleep
6. Follow plan based and low calorie diet
- * 7. Keep medical appointments (Byers, at. Al., 2014)

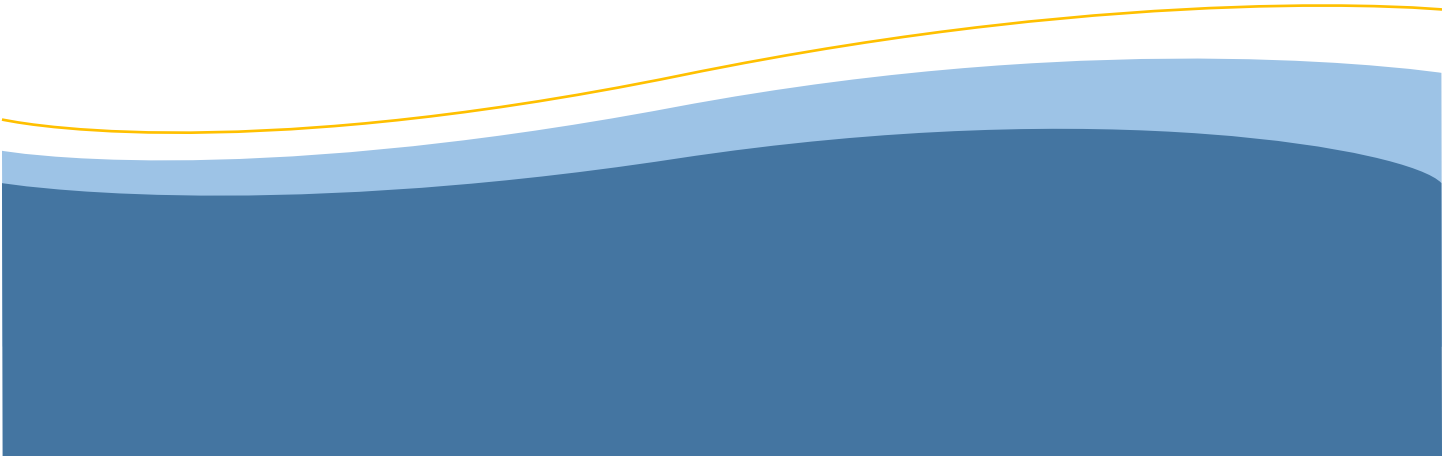
Information that should be shared to caregivers of diabetic patients

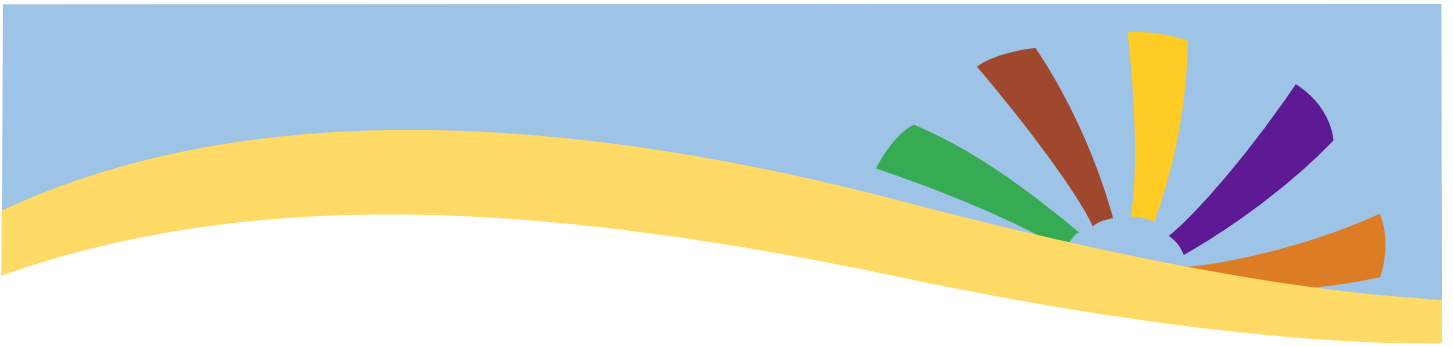
- ◇ It is important for caregivers of diabetic patients to encourage constant checking of the patient's well-being
 - ◇ Caregivers ought to ensure that the patient observes the medication requirements all the time
 - ◇ Caregivers should supervise the diet of the patient and body fitness. For example, walk after dinner (Cristian, 2012).
- 



Resources available locally for diabetes concerns

- 1. American Diabetes Association
- 2. Diabetes Youth Foundation





References

Byers, J. F., & White, S. V. (2014). *Patient safety: Principles and practice*. New York, NY: Springer.

Cristian, A. (2012). Patient Safety in Rehabilitation Medicine, An Issue of Physical Medicine and Rehabilitation Clinics - E-Book.

In Todd, D. W., & In Bennett, J. D. (2017). Patient safety.

Weinger, K., & Carver, C. A. (2015). Educating Your Patient with Diabetes.

