

Prevalence of diabetes among native americans

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Task: What did you find to be the most interesting aspect of anatomy and physiology? Why? Among the many aspects of anatomy in physiology, I find respiratory system to be the most interesting. It is because the system is capable of performing dissimilar tasks such as exchanging the required gas in the living cells. The system works in a certain manner that when one exhales, carbon dioxide gets out, while when inhaling oxygen goes to the lungs. The system contains two tracts, which include the upper and lower respiratory system and they are in different portions, each performing a definite function. The system has pulmonary ventilation, which helps in the inhalation and exhalation (Jango-Cohen 12).

It is also interesting because it exchange gases inside the body by circulating gases from the lungs to the body cells. It modifies the gases that enter the body before it reaches the gas exchange surface. The system has a coarse air at the entrance, which shields oversized elements, microbes and insects from inflowing the lungs. The lungs consist of mucus that helps the epithelium not to dry thus forming a lining that produces lysozymes, which kills bacteria in the respiratory system. The upper respiratory tract has the nose, which is vital in inhaling and exhaling.

Finally, the mechanism of breathing involved in the respiratory system is interesting whereby to inhale, the outside intercostals muscles bond making the ribcage to move up and out. This makes the diaphragm to move upwards thus leading to unconstructive strain in the thorax. The lungs then expand outwards creating pressure inside making air to come inside via the upper and lower air paths (Jango-Cohen 19).

“ Prevalence of diabetes among Native Americans”

Diabetes refers to a disease that affects the aptitude of the human body to
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respond to insulin, which is imperative in the body cells because it supplies energy. Diabetes occurs in two types, which include the type 1 diabetes that happens during childhood and adolescence while type 2 diabetes happens after the age of 45. It is classifiable as a chronic disease because it lacks cure. Amongst the Native Americans found in US the rate of diabetes is 12.2% for those of age 19 and above. Approximately, 50% of the American Native tribes with the age of 30 and 60 have diabetes. Currently, diabetes among the Native Americans, has reached epidemic level leading to most deaths among the Native American populace resulting from diabetes difficulties (Burrows, Geiss & Engalgau 1787)

In addition, the type 2 diabetes has amplified among the youth population. According to research conducted by the “ Federal Centers for Disease Control and Prevention”, the incidences of diabetes among the American Native have highly increased. In between 2000 and 2009, the rate of diabetes among their population increased by 30%. At that period, diabetes rates were higher in women compared to men even though the increasing rate was higher in men than women because men’s rate was increasing by 37% while women by 25%. The highest rate of diabetes is in Alaska entailing 76 %, and the lowest is in Northern plains areas having 16%.

Currently, there are high rates of diabetes among the Native Americans, and this is mainly evident in the increasing rates of confiscation, sightlessness and kidney malfunctions. This is true because 10-20% of individuals with kidney diseases have diabetes. Because of the rising rates of diabetes among the Native Americans, the American health care professional team in diabetes is collaborating to put the disease under control by monitoring its prevalence. They are also promoting education among individuals with <https://assignbuster.com/prevalence-of-diabetes-among-native-americans/>

diabetes for them to know how to control it (Marso 157).

Works Cited

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