

Social behavioral and psychosocial causes of disease: type 2 diabetes (t2d) resea...

[Health & Medicine](#), [Diabetes](#)



Type2 diabetes (T2D) is a common type of disease, in almost every country of the world affecting any gender regardless of the age. It is a disease in which the pancreases fail to produce adequate insulin or its production doesn't occur properly hence the sugar level in the blood is not controlled and rises to abnormal level. The difference between this type of T2D and the diabetes mellitus type1 (T1D) is that in diabetes mellitus type 1 there is absolute insulin deficiency due to the destruction of islet cells located in the pancreas, that aids in insulin production.

Global survey indicates that the diabetes type2 diabetes is more common than type2 in almost every country in the world and the U. S. A. is not exceptional. In America several people have been diagnosed with diabetes type 2 which is more related to obesity. Most of these patients have excess body fat especially due to lack of body exercises. In USA the development of this disease is also associated with over working and lack of sleep which usually, has effects on metabolism process.

However the rate of diabetes type2 in America is not that high compared to most of the developing countries. This may be attributed to the cost of treating the disease as well as awareness of its existence and the major causes to the citizens. Most people are not even aware of the T2D existence and whose causes of development are combination of lifestyle and the genetic factors. Let's say the genetic factors such as age are out of one's control while lifestyle factors such as diet and obesity are in the hands of every individual. Being a patient of diabetes type2 especially in LDC countries is a huge burden mainly due to the cost of treatment unlike in USA where accessing medical would be much easier.

For those diagnosed with type 2 they need to be given enough support as well as required courage from time to time to ensure their quick recovery. Also the aerial one get to the physician and from time to time keeps on checking the progress of his or her blood sugar level, is the most important step to ensure that every one is safe from T2D. In the working places the people should be educated about both the diabetes type1and2 and the correct measures to avoid it. For instance body exercises should be encouraged and after work, a gym be provided for the worker to ensure they keep fit. The causes that are associated with the high rise of type 2 such as high alcohol taking as well as high sugar consumption should be discouraged at work places. Worker should be educated of proper diet that doesn't encourage more glucose increase in the blood stream. Most important of all there should be a frequent diagnosis by physician employed by the company to check glucose level of the workers and other stuff of the firm.