

Respons post

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



Diabetes Response Post Insert Here Insert Insert Activity Response Post Hi there, I enjoyed reading your post. It was very interesting to read about the different types of insulin that people with diabetes may work with such as the syringe and insulin pump. I think one of the problems with this particular disease is that it has become so commonplace in our society that I think some people don't consider it to be a very big or serious problem. Because of this mindset, I think there are most likely many cases where a person is not diagnosed as soon as they should be, or they aren't as concerned about treating the condition because they might not be aware of the potential consequences. According to the Mayo Clinic, if a person has a long struggle with diabetes, there are a plethora of potential complications including "cardiovascular disease, nerve damage, kidney damage, eye damage, cancer, and brain problems ("Complications," 2011). Many of these complications are due to the fact that diabetes damages blood vessels, especially when left unchecked/untreated, which leads to the deterioration of these body systems over time.

I think that America as a whole is seeing more cases of diabetes mellitus because of the general lifestyle. Many people are developing Type 2 diabetes because of poor diet and lack of exercise. There appears to be a connection between obesity and Type 2 diabetes specifically, and since Type 2 diabetes seems to be on the rise, I think it is fair to link the high fat and high sugar diets of Americans to the rise of this disease for the most part.

I think that what you said about your grandfather is really important in terms of controlling the disease and preventing the complications. You said he is eating healthier and exercising more. I think for many people this is a key

factor in staving off the illness. Of course, this may not be the case for everyone, particularly those with Type 1 Diabetes, but I think for a good portion of those facing diabetes, diet and exercise would be very important. I think it is a good idea to become more aware of the amounts of sugar, salt, and fat in our food because with more attention paid to it, it is more likely that people will not consume as much of them and possibly save themselves from a fight with this illness.

Reference

Diabetes: Complications. (2011, March 9). Mayo Clinic. Retrieved December 8, 2011, from [http://www.mayoclinic.com/health/diabetes/DS01121/DSECTION= complications](http://www.mayoclinic.com/health/diabetes/DS01121/DSECTION=complications)