

# Example of statement of the problem research paper

[Business](#), [Management](#)



## **Management of Diabetes Mellitus**

Diabetes mellitus is a chronic progressive metabolic disease that affects a lot of people worldwide. According to the World Health Organization more than 436 million people worldwide have diabetic mellitus; however that number will likely double by the year 2030 without any intervention. The needs of diabetic patients are not only limited to adequate glycemic control but also correspond with preventing complications, disability limitations and rehabilitation. There are a lot of essential care behaviors in people with diabetic which predict good outcomes such as healthy eating, being active, monitoring blood sugar, compliant with medications, and risk reduction behaviors. Diabetic mellitus is associated with complications such as cardiovascular diseases, nephropathy, retinopathy and neuropathy, which can lead to chronic morbidities and mortality. Recent surveys indicated that 80% of diabetes deaths occur in low and middle-income countries.

When a person suffers a condition, where his body fails to utilize the ingested glucose, he has diabetes mellitus or diabetes. A person with diabetes lacks hormone insulin or the available insulin does not work effectively. The pancreas does not have enough insulin or does not produce any insulin to help the blood glucose enter the cells of the body. In digesting carbohydrates and by the liver, glucose is produced. The blood glucose or blood sugar in the body is too high. The body needs glucose for daily activities like playing, talking etc. Diabetes is widespread all - time unhealthy condition. The excess sugar is not only found in the blood it is also found in the urine, diabetes is also known as pissing evil in the 17th century (Mandal 2012). Type 1 diabetes and Type 2 diabetes are the two main types

of diabetes. Type 1 diabetes has no insulin to unlock the body cells while Type 2 diabetes has no enough insulin but the insulin is not working properly.

### **Objectives:**

(1.) Providing Screening: proper eye care, foot care once a year (2.) Healthy eating habits reading food labels at the grocery shops before buying. (3.) Lifestyle modification, compliance with medications and being physically active.

### **Review of the Literature**

Eye and foot problems in diabetes

Changes in the retina (the back of the eye) is mainly observed in patients with diabetes. The small blood vessels in the retina change during the course of the disease. These vessels swell and prevent the growth of new blood cells. This is the primary reason of vision loss in diabetics around the globe. Vision loss is referred to blindness in more than 85% of diabetics. Eye disease in diabetics can be prevented. Blurred vision and changing vision are early signs of retinopathy. Early signs of diabetes should be treated as soon as possible.

Circulation in the lower foot extremities is decreased in diabetics. This can lead to risk of infection and slower healing of wounds. Feet sensitive to cold or heat, can suffer from nerve damage. People with diabetes have high risks of acquiring foot problems due to the reasons mentioned above. Nearly 40% of people with diabetes undergo lower limb amputations in Scotia. However, more than 50% of the health issues concerned with foot problems can be

prevented. Diabetes management combined with health education is a proven method to prevent complex health issues in diabetics.

### **Healthy eating habits for diabetics**

The researcher in the paper examined the link between diet and type 2 diabetes. They implied the importance of diet for diabetes to the public. Researchers in this paper compiled data from various articles to focus on the nutritional elements that can be used in the prevention and management of diabetes. They also discussed the role of fiber, carbohydrate and fatty acids in diabetes. Micro-nutrients played an important role in diabetes. It is also understood that dietary habits and diabetes are associated to a significant extent. Researchers concluded that adherence to a healthy diet by diabetes patients improved their quality of life. (Lazarou, C1., Panagiotakos, D., & Matalas, AL. 2012)

### **Lifestyle changes reduce diabetes risk**

Interventions for changes in behavioral lifestyle have shown significant improvement in diabetic patients. Adherence to the intervention for 4 to 6 months is essential to find clinically meaningful results. Weight loss is the primary factor that could induce positive impacts on an individuals' health. Efficacy studies showed that patients who underwent regular therapeutic interventions had improved glycemic and blood glucose levels. Patient self-management programs have been implied to increase the health care system in diabetes. Physical activity, weight and diet monitoring increases the quality of life in type 2 diabetics. Social aspects influence a person's weight loss. It was concluded that social support and interactive feedback

process influence an individual's capacity to lose weight. It also influences the adherence to diabetes interventions. (Venditti, EM1., & Kramer, MK. 2012)

Implementation: Proper foot and eye care is mandatory for diabetic patients. It is suggested that patients with diabetes check their feet daily and report any problems to their doctor immediately. Most problems include: (1) plantar warts/calluses/blisters/corns (2) cracks/dry skin (3) sores/cuts (4) swelling (5) bruising/reddened areas (6) foot/toe shape changes (7) Skin breakage between the toes (8) Temperature and color changes. A qualified health professional should assess the feet of diabetics at least once a year. Proper footwear is mandatory in case of foot problems. Footwear prevents the recurrence of a foot problem. Washing the feet regularly helps prevent infection. Avoidance of harsh chemicals and extreme water temperature is ideal.

Eye disease in diabetes can be treated and prevented in a number of ways. Vision loss and blindness are the main health issues in diabetics. Diabetics are recommended to undergo a dilated eye exam at least once a year. Doctors use eye drops to dilate and examine the eyes. The eye drops enlarge the pupils and enable the doctor to see the inside of the eye. Cataracts and glaucoma can be prevented if eye check-ups are conducted periodically. It is suggested that diabetics inform their health care professionals immediately in case of blind spots, blurry vision or cloudiness. The biggest risk factors that individuals can control are obesity and inactive lifestyle; people should strictly monitor their weight. Healthy diet and good exercise are best ways to prevent and control diabetes and proper

medication to regulate blood sugar effectively. Exercise should be monitored as well since over exercising could lead to more complications. Diet is very important because it aids with weight loss, some foods like nuts even in small amounts can supply health benefits in the regulation of blood sugar level. Avoiding sugary, foods high in cholesterol is highly recommended for patients with type 2 diabetes. (Stolar W. 2010)

## **Importance of Diabetes Management**

Diabetes is a fatal disease and affects nearly 500 million people worldwide. It is estimated that the number of diabetics would increase 10-fold by 2020. Lifestyle and irregular eating habits have caused the rise in new diabetic cases. Eye and foot problems are the major health issues found in diabetics. This paper is of great importance since it educates the general public about the health issues caused due to diabetes. It also enlightens the public about the methods by which diabetes could be prevented. Lifestyles changes and regular health check-ups form the basis for preventing diabetes. This paper also educates about the management of diabetes in a simple manner. It can be concluded that a combination of therapeutic agents along with physiological diabetes management can prevent and reduce the number of diabetics worldwide. (Rambiharilal, S. et al; 2013)

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