Project (1): Beat Your Diabetes

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Project Summary:

The most causes of diabetes
Introduction
Definition of diabetes mellitus

➢ Diabetes mellitus (DM) is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.

Types of diabetes:

➢ Type 1 Diabetes.

➢ Type 2 Diabetes.

➢ Gestational Diabetes.

➢ Other Forms of Diabetes.

❖ LADA

❖ MODY

Symptoms of the disease:

- frequent urination

- Weight loss

- Blurred vision

- Thirst

- Numbness Parties

Diabetic complications

Affects the eye and may led to blindness

Led to high level of glucose in the blood

Raises the heart attack

Destruction of kidney

Affects the nerves of the body

Aim of the work

To detect the most causes of diabetes mellitus by making a random survey in many governorates

Material and methods:

Random survey on 700 patients (428 male and 300 females) from different governorates and they divided according to lifestyle , habits, age and medication by a team work in different groups.

Results :

According to males life style the total patients were 428 about 80% above 40 years and 20% less than 40 years, we find that 53% from them were smoker, 48% sportive ,43% eating fast food ,56.5% eating normal food without diet and finally 88.8% were inherited cases. According medication we find that 16.4% take an oral treatments while 50.4% of them injected by insulin and 33.2 have the both treatment

According to females life style the total patients were 330 about 90% above 40 years and 10% less than 40 years, we find that 1.5% from them were smoker, 9.4% sportive ,37.3% eating fast food ,73% eating normal food without diet and finally 30.6% were inherited cases. According medication we find that 30.9% take an oral treatments while 34.2% of them injected by insulin and 34.8 have the both treatment

Recommendation

- Keep your weight
- Eat healthy food
- Practice sport
- Don't smoking
- Stop anxiety and stress
- Taking the drug regularly