

38<sup>th</sup> International Conference on

# NURSING & HEALTHCARE

October 16-18, 2017 | New York, USA

## Diabetes and it precaution, to have a healthy life

**Nafeesa Nomi Samson**

Pakistan Healthcare Trust Hospital, Pakistan

Diabetes is defined as the body's inability to produce insulin. There are two major types of diabetes: insulin dependent, and non-insulin dependent. Non-insulin dependent is the most common in adults. Those who have a history of this disease in their family are most at risk. They feel that heredity and diet have a great deal to do with it. These people should take care of themselves and watch out for the warning signs such as excessive thirst, extreme hunger and irritability, and unexplained weight loss. Alternative approaches to the treatment of diabetes is a general term for a disease caused by defective carbohydrate metabolism and characterized by abnormally large amounts of sugar in the blood and urine. Diabetes is considered a group of disorders with multiple causes, rather than a single disorder. The human pancreas secretes a hormone called insulin that promotes the entry of sugar glucose into all tissues of the body, providing energy for bodily activities. In a person with diabetes, however, the entry of glucose is impaired, either because of deficiency in the amount of insulin produced or of a blocking of the action of the insulin. Consequently, sugar builds up in the blood and is discharged in the urine. In a Type I diabetic, the problem is almost always a severe or total reduction in insulin production.

### Biography

Nafessa Nomi working as a RN (nurse), done my nursing from Holy Family Hospital, Pakistan and a computer diploma holder from a reputable organization in Pakistan, Faculty at Seventh day Hospital, Pakistan. And my research is on Diabetes, and also medical consultant to the entire diabetic walking patient, emphasizing on daily excise with their diet plan and medicine. As a part time working and practicing critical cases or Emergency case with regards to the diabetes and surgery if required. Working in a church camp program on every Sunday with concern to the health program and awareness to all age groups, sharing note on common diseases and sharing healthy practice and precautions.

nafeesa.nomi@gmail.com

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