LIFESTYLE PATTERN OF TYPE 2 DIABETES IN BATTICALOA DISTRICT

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2015

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ABSTRACT

Insulin, which is produced by the β cells of the pancreatic is lets, increase the uptake of the glucose, fatty acids, amino acid from the blood and into tissue cells. Consequently, insulin decreases the blood concentration of these substances and promotes their metabolism by tissue cells, cheaply skeletal muscles, adipose tissues and liver. In diabetic mellitus glucose cannot enter normally and as results, increases the blood glucose concentration, a condition known as hyperglycemia. In people with diabetes, an inadequate amount of insulin may be produced. In some other affected people, decreased number of insulin may be produced. In some other affected people, decreased numbers of insulin receptors on the target cells make it impossible for glucose may be taken up by the cells even if insulin is present.

Diabetes is roughly translated as excessive sweet urine. The causes of diabetes include less amount of secretion of insulin, life style, food style modification and genetic factors. Diabetic ketoacidosis, polydipsia, polyuria, polyphagia, poor wound healing are the major symptoms for the diabetes. Complication of diabetes like damage to the retina, kidneys, nerves, hyperosmolar etc. Regular diet control, physical exercise, medical treatment like intake of insulin, tablets from the class like sulfonylureas, biguanides, alpha-glycosidase inhibitors etc. are plays a major role in control of diabetes. Ayurvedha food habits also helps in control of diabetes. It can be prevented by avoiding the fat contained food items, less consumption of alcohol, etc. Regular exercise is crucial to the prevention of type 2 diabetes. Intake of nutrient foods help to manage the diabetes. Regarding the prevalence of diabetes, the number of cases of diabetes worldwide in the year 2010 among the adults was estimated to be

382 million and will rise to 592 million by 2035 now we should awake and ready to know about the prevalence in our district.

Therefore a study was carried out to identify the prevalence of diabetes in Batticaloa district and to identify the contribution of risk factors to the susceptibly to diabetes among the people in the selected area. For this a total number of 100 diabetic patients were recruited from Batticaloa district. A general health questionnaire was used to collect information about age, sex, onset of diabetes, smoking, alcohol intake, diet pattern, physical activity, household information and family history of diabetes. All the data collected were subjected to analyze by using SPSS statistical software package. This survey will give an idea about the prevalence of diabetes and their management by the people in Batticaloa district.

In Batticaloa district, about 20% people suffered by diabetes mellitus. They are treated by medicine in general hospital and other clinic by doctors. The medical treatment is depending on the tablet and injection. The diabetic is identified by blood test and urine test. But they don't know about the balance diet and food frequency. They only avoid sugar.

Some people eat special food items and leafy vegetables for the decrease in blood sugar level. About 15% of the patients taste the sugar for the sensory satisfaction. Others omitted the sugar for their health. They consume the sugar very less with tea. Knowledge about balance diet is very important to all people and necessary to diabetic patient for the maintenance of blood glucose level.

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