Health

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Health is the most important thing to consider in one’s life as it determines the quality and length of life one has to live. Ensuring one’s body is in good shape by taking in the proper nutrients as well as engaging in activities such as exercise that help keep the body fit. However even though one’s lifestyle is kept in check certain risk factors increase the chances of one developing a precise form of illness or disease (Henningfeld, 2009). A risk factor refers to something that may increase a person’s chance of developing an illness or disease such as smoking which is a risk factor for developing lung cancer while obesity is a risk factor for developing heart disease. There are lifestyle choices that contribute to the existence of risk factors. For example, smoking is a lifestyle choice that can cause heart disease. There are two types of risk factors biomedical and behavioral. Behavioral risk factors can be modified such as one maintaining a healthy diet. Biomedical risk factors refer to bodily states that are influenced by behavioral risk factors ("Risk factors to health (AIHW)", 2016). For example developing diabetes due to being obese. There are genetic factors that are not caused by lifestyle choices but rather are influenced by the biological and genetic makeup of an individual that present themselves as risk factors to a person. Some of these genetic factors predispose a person to develop certain diseases that are said to be inherited since they have been traced back to one’s family line over the years. Such diseases are usually chronic meaning they develop and last over a period, and their effects are detrimental.

A chronic illness refers to a condition that develops over an extended duration of time, persists over a prolonged period of time and has long lasting effects. The common chronic diseases include coronary heart disease, obesity, stroke, depression, asthma, osteoporosis, chronic obstructive pulmonary disease, cancer, chronic kidney disease, chronic respiratory illness and diabetes. According to the World Health Organization, chronic diseases are the leading cause of rising mortality rates across the world and 80% of deaths due to chronic illness happen in middle and low-income countries. It is described as an invisible epidemic since most people are not aware of the rising number of mortality rates caused by chronic illnesses. Out of the people who die from chronic diseases, half are below seventy years and half bare women (Henningfeld, 2009).

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Based on my family history diabetes among the rest of the chronic illnesses is prevalent and disposes individuals in our families to develop it when triggered by a few behavioral factors. Diabetes is a lifelong disease that causes one’s level of blood sugar to become high. There are two main types of diabetes namely, type one and type two diabetes. Over ninety percent of all adults who suffer from diabetes have type-two diabetes ("Diabetes - NHS Choices", 2016). Many others have blood sugar levels that are above the given normal range but are not high enough to be diagnosed with diabetes. However this is usually known as pre-diabetes, and the risks of developing full-blown diabetes are higher. Medical experts say it is crucial for diabetes to be diagnosed early before it progresses into a worse condition due to being left untreated. The main symptoms of diabetes ate urinating more frequently especially at night than usual, weight loss, feeling thirsty, itching and frequent episodes of having thrush, blurred vision, and cuts that heal slowly ("American Diabetes Association," 2016). Type one diabetes can develop faster over weeks or days while type two is more progressive people can have it for years before realizing since the early signs and symptoms are general.

Diabetes is caused by high levels of blood sugar. Typically the amount of blood sugar is controlled by a hormone referred to as insulin produced by the pancreas a gland that is located behind the stomach. When food is digested it enters the bloodstream, insulin transports the blood sugar to the cells where it is broken down to energy. This is the standard functioning of a healthy body however when one suffers from diabetes; the body is not able to give out the blood sugar into energy resulting in an excess of glucose in the body. This happens when there is not enough insulin to transport the glucose or the insulin that is produced does not function properly.

Type one diabetes has a close link to genetic risk factors from both parents. Research has shown that those suffering from type one diabetes have a certain form of autoantibodies in their blood years before its onset. Type two diabetes had a close connection to a family history and lineage more than type one does though it also depends on environmental factors to trigger it. Twin studies have shown that genetics play a crucial role in the development of this kind of diabetes. Lifestyle is also a significant influence of developing type two diabetes. Obesity runs in families since families tend to have similar eating patterns and exercise habits ("American Diabetes Association", 2016).

People in my family tend to develop diabetes after they reach forty. Some of them are overweight while others maintain a normal body mass but have a tendency of not eating healthy. People tend to suffer in silence until it becomes unmanageable thus it is sometimes difficult to know their plight and collect data that would be useful in securing the future of the next generation. Some find giving out information concerning their illness intrusive and do not answer truthfully to not be perceived as weak in any given way. Doctor’s reports could be helpful in collecting more information however some staff members look at it as a business venture and require one to part with a few coins before they release the reports.

However based on my findings, I would encourage my children to maintain a healthy diet since obesity seems to be a trigger. Eating proper meals and exercising regularly would hello the body to maintain the proper body mass and thus, in turn, avert the risk of developing diabetes that is triggered by excessive body fat. Frequent visits to the doctor would also be of great importance to arrest the onset of ant form of diabetes. Once pre-diabetes develops the chances if it becoming full blown diabetes is high thus finding out its early development would be useful in averting the progression into worse conditions.

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