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Course

Date

Prevalence of Diabetes Mellitus in Aging in Northern Africa

Diabetes Mellitus, as known the world over, is the accumulation of glucose or sugar from ingested foods (carbohydrates, which is caused by, insensitivity of insulin, an endocrine hormone, or the inefficiency of B-cells that are biologically located in the pancreas (islets of Langer hangs). In many parts of the globe, diabetes has been the main cause of morbidity and mortality. The insulin hormone regulates the level of glucose in the blood by stimulating the B-cells to produce insulin, which in turn controls the level of glucose or sugars in the bloodstream. Type 2 diabetes is the most common of all forms of diabetes, which is usually long term (chronic) and claims the lives of individuals worldwide (Spranger, 2003).

Diabetes is one the significant noncommunicable maladies (NCDs) that is quickly pulling in the consideration of the worldwide therapeutic network, coming full circle in a United Nations political announcement on NCDs in September 2011 with follow-up meeting on Political Declaration of the High-level gathering of the General Assembly on the Prevention and Control of NCDs in May 20131. Globally, the weight of diabetes is quickly expanding. As indicated by International Diabetes Federation (IDF) Diabetes Atlas More Details, by the end of 2013, there were 382 million (or 8.3% of total grown-up populace) individuals worldwide with diabetes of which 80% live in low-and-center salary nations; this number is evaluated to arrive at 592 million in <25 years (by 2035).

Right now, sub-Saharan Africa is assessed to have 20 million individuals with diabetes; about 62% are not analyzed, and the number is required to arrive at 41.4 million by 2035 or expansion of 109.1%. In sub-Saharan Africa, Nigeria has the highest number of individuals with diabetes, with an expected 3.9 million individuals. Several research studies estimate that type 2 diabetes occurs in about 47% of all other non-communicable diseases in northern African

countries; for instance, Tunisia the percentage rate that also corresponds with the price of the prevalence of cardiovascular diseases such as coronary heart disease in the same region. T2D is popularly known for its characteristic tendency of attacking the aging people of age ranging from 45 to 65 years of age, most of who have been clinically diagnosed with obesity and or, overweight. In future, the spread rate of this disease condition is expected to rise to about 160%. This disease condition is more prevalent mostly in obese women than men, according to gender-based statistics done in recent years. The purpose of this paper is to study systematically and identify the population-based on effects of diabetes

PICO statement showing the occurrence or etiology of Type 2 Diabetes

Etiology of type 2 diabetes in the northern African (in Tunisia, for instance) is rating at about 47% following the recent statistics, which is associated with causative factors such as environmental, behavioral and biological, factors(Belder, 2018). Environmental factors being mentioned are definitely food consumption habits, influenced by food availability and access. Behavioral causes like the habitual smoking and drinking of alcoholic beverages are involved and are known to disrupt normal body functions (physiological and or, biological) resulting in the development of the disease condition. Biological factors involved in the occurrence of type 2 diabetes are genetic-based, which is the passing of type 2 diabetes-associated genes from one generation to the next. The PICO statement below describes the etiology and the proposed intervention in type 2 diabetes.

Problem: Occurrence of type 2 diabetes.

Intervention: proper eating habits including food supplementation, strict adherence to medically prescribed drugs, avoidance of sedentary lifestyle (smoking or drinking, or both).

Control: improper eating habits and or over-dependence in the use of diabetes drugs.

Observation/outcome: reduced cases of diabetes occurrence and prevalence, influenced by improved food consumption habits and elimination of smoking and or alcohol, calorie-based, or caffeine-containing beverages.

Factors that Contribute to Type 2 Diabetes

This disorder is influenced by many different aspects, as mentioned earlier, as per various research studies, issues like the environment, individual behavior, and genetics. Since type 2 diabetes is chronic, meaning that there is no identified cure, it can be controlled through different measures that are precisely, medically prescribed to the type 2diabetic patients to strictly adhere to all through their lifetimes.

Environmental Factors

These are the environmental influences that determine the development of the disease disorder in a particular region. Availability and access to food have a strong influence in type 2 diabetes mellitus development. In developed countries, type 2 diabetes is associated with the low class citizens, who generally cannot afford to access various organic foods, due to the fact that they are expensive compared to the genetically improved or rather processed food stuffs that are relatively cheaper and more available in the market (Zheng, 2018).

Behavioral Factors

Type 2 Diabetes can also be aggravated by individual mannerisms based on smoking cigarettes, alcohol drinking, drinking caffeine-containing beverages that usually have health implications for individuals with time.

Biological Factors

The condition depends on heredity, whereby it is passed from a generation to the next, with the notion that it is most likely to occur with the intensity of closure relative to the offspring. The

disorder also can most probably occur to the offspring if the previous victim was the father (the dominant gene) than the mother (the recessive gene).

Interventions

Type 2 diabetes is a long term disease; however, it can be managed through various therapeutic interventions. Some of the responses are:-

- Healthy eating (clinically or medically recommended)
- Food supplementation
- Exercise and stress management
- Drinking enough fluids as per medical advice

Conclusion

Type 2 diabetes affects mostly obese people and mostly women than men. Its prevalence rate is about 47% in North Africa. the price of the prevalence of cardiovascular diseases such as coronary heart disease in the same region. T2D is popularly known for its characteristic tendency of attacking the aging people of age ranging from 45 to 65 years of age, most of who have been clinically diagnosed with obesity and or overweight. In addition, this disease condition is more prevalent mostly in obese women than men, according to gender-based statistics done in recent years

Work Cited

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