**DPT 8th Semester**

**Course Title: Medicine II Instructor: Dr. Ahmed Hayat**

**MID Term Assignment Marks: 30**

Q1: How will you detect that a person is having diabetes, what will be the sign & symptoms.

Which guidelines you will suggest to that person to cope with this condition?

* **DETECTION OF DIEBETES:**
* The first sign that can help the detection of diabetes is having an increase level of glucose than normal.
* Other warning sign of diabetes include :
* **Unexplained weight loss:**
* If the body cannot get enough energy from foods ,the body will cause the burning muscle and fat .
* **Irritability**
* **Delayed wound healing:**
* Continuously high blood pressure can effect nerve damage and the body are unable to heal wound.
* **Dry mouth and itchy skin:**
* Loss of more fluids from body caused the body dehydrated and feel dry mouth and itchy skin.
* **Pain ,burning and numbness on feet:**
* This can occur due to nerve damage.
* **Reactive hypoglycemia**
* **Blurred vision**:
* Changing fluid level in body cause swell up of lenses.
* **Impotence or erectile dysfunction:**
* **Increase thirst and peeing more:**
* Normalperson has to pee in between four to seven times in 24 hours ,but diabetes patient may need a lot.
* **Extreme hunger and frequent fatigue:**
* Body does not make enough insulin ,due to which the glucose can’t get into them and have no energy which make the person hungrier and become more tired.
* **A1C /HbA1C test :**
* In diabetic patient the hemoglobin amount is 6.5 or above.
* Fasting plasma glucose test (FPG)a is 126 0r above.
* Oral glucose tolerance test (OGTT) is 200 or above.

**TREATMENT GUIDELINES FOR DIEBETIC PATIENT**

* Controlling blood sugar is the first line of treatment in order to prevent complication.
* Type1 diebeties can be managed through insulin intake as well as exercise.
* Types2 diebeties can be managed with non-insulin medication , insulin , weight reduction and dietary changes.
* Regular exercise can help weight lose and increase insulin sensitivity.
* Control your carbohydrates intake because it breaks down into sugars ( glucose) and then insulin moves the sugars into cells.
* Increase your fiber intake , because it slows carb digestion and sugar absorption.
* Drinking enough water can help you to keep your blood sugar levels within healthy limits.
* Portion control helps regulate calorie intake and can lead to weight loss.
* Control stress level because it can affect your blood sugar levels.
* Measuring and monitoring blood glucose levels can help to control them.
* Getting enough sleep feels great and is necessary for good health .
* Eat foods that is rich in chromium and magnesium.
* Try to drink apple cider vinegar.
* Make sure to check with your doctor before making lifestyle changes or trying new supplements.

Q2: How can you distinguish between UTI and Renal failure?

* DISTINGUISH BETWEEN UTI AND RENAL FAILUR:

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| UTI | RENAL FAILURE |
| Urinary tract infection is an infection in any part of urinary system , which include kidney , ureter, bladder and urethra. | Renal failure is the loss of renal function to sufficiently filter the waste product from your blood and less than 10 to 20 per GFR remains. |
| UTI may have kidney infection , bladder infection , urethral infection or ureter infection. | Kidney infection is basically the one type of UTI. |
| Depend on the area of infection the symptoms may include dysuria , frequency and urgency of urination pyuria , heamaturia , fever and painful micturition , low back pain , lower abdominal pain. | Clinical menifestations may include oliguria ,possible edema and fluid retention , elevated blood urea nitrogen levels and serum creatinine, and alteration in serum electrolytes. Other symptoms may include poor appetite , pale skin , dehydration and headache. |
| It is caused by gram negative enteric becteria and gram positive cocci, also caused by viruses and fungi. | It can be caused by metabolic acidosis , reduced H+ excretion , loss of tubular function , impaired erythropoietin , accumulation of metabolic wastes , accumulation of ammonia and nitrogenous waste ., loss of calcium and minerals. |
| Diagnosis include ,microscopic examination of urine , urinalysis , urine culture , CT scan and MRI. | Diagnosis include ultrasound ,CT scan ,kidney biopsy and routine laboratory test. |
| Laboratory findings show the urine cloudy appearance and foul smell , also there is the presence of WBC and bacteria. | BUN and serum creatinine levels will be increased, hyperkalemia or low bicarbonate level may be present, and hypoalbuminemia also present. |
| Treatment include antibiotic i.e trimethropim , cephalexin ,ceftriaxone.  Home remedies include drink plenty of water ,  Avoid drink that irritate bladder, use a heating pad | Treatment include dialysis and kidney transplant.  Life style changes , medicine for controlling of high blood pressure and high cholesterol.  Use of diuretics , management of fluid and electrolytes. |