

MEDICINE 2 PAPER

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Q.1

Sign and Symptoms of Diabetes:

- Frequent urination
- Increased thirst
- Always feeling hungry
- Feeling very tired
- Blurry vision
- Slow healing of cuts and wounds
- Tingling, numbness, or pain in the hands or feet
- Patches of dark skin
- Losing weight without trying to
- Chronically dry, itchy skin
- Fatigue
- Irritability
- Nausea
- Vaginal infection
- Sexual problems

Guidelines for Diabetic Patients:

- Keep your blood glucose level as near to normal as possible by balancing food intake with medication and activity.
- Maintain your blood cholesterol and triglyceride levels as near the normal ranges as possible.
- Control your blood pressure. Your blood pressure should not go over 140/90.
- Decrease or possibly prevent the development of diabetes-related health problems.
- Planning what you eat and following a balanced meal plan.
- Exercising regularly.
- Taking medication, if prescribed, and closely following the guidelines on how and when to take it.
- Monitoring your blood glucose and blood pressure levels at home.
- Keeping your appointments with your healthcare providers and having laboratory tests completed as ordered by your doctor.

Q.2

Distinguish B/W UTI and Renal Failure:

If a person having UTI...He/she will experience :>

UTI:

- A burning feeling when you pee.
- A frequent or intense urge to pee, even though little comes out.
- Cloudy, dark, bloody, or strange-smelling pee.
- Feeling tired or shaky.
- Fever or chills.
- Pain or pressure in your back or lower abdomen

Renal failure:

If person having Renal failure, he/she will experience :->

- Decreased urine output, although occasionally urine output remains normal.
- Fluid retention, causing swelling in your legs, ankle or feet.
- Shortness of breath.
- Fatigue.
- Confusion.
- Nausea.
- Weakness.
- Irregular heartbeat.
- Muscle cramps or twitching.
- Poor appetite.
- Headache, lethargy.