**IQRA NATIONAL UNIVERSITY INU PESHAWAR**

**Paper: Medicine**

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***Answer****#1*

**Diabetes:** Increase the sugar level in the blood which as called diabetes.

OR

Diabetes is the metabolic disease in which cause the high blood sugar (hyperglycemia). The hormone insulin move sugar from the blood into your cells to be stored or used for energy. Diabetes body doesn’t make enough insulin or can’t effectively use the insulin it does make in which they damage different organs in the body like…

* Kidneys
* Eyes
* Peripheral neuropathy
* Neuropathy
* Alzheimer’s disease
* Cardiovascular disease
* Blood vessels

**Types of diabetes:**

There two main types of diabetes mellitus

1: Type 1(formerly insulin dependent diabetes mellitus)

2: type 2(non-insulin dependent diabetes mellitus)

* **How will we detect that a person is having diabetes:**

Diabetes is diagnose by the different types of tests like as….

* **Fasting plasma glucose** (FPG)

(Less than 110 mg/dl= normal fasting glucose)

(Greater than 110mg/dl and less than 126mg/dl=impaired fasting glucose)

(Greater than 126 mg/dl= considered must be diabetes)

* **Oral glucose tolerance test** (OGTT)

**(2** hours post load glucose less than 140mg/dl=normal)

**(**2 hours post load glucose above than 140mg/dl=less

Than 200mg/dl= impaired)

(2hour post load glucose above than200mg/dl=diabetes)

* **Random blood sugar test** (RBs)
* **Urine analysis**
* **Signs Symptoms of diabetes**

* Slow healing process
* Blurred vision
* Irritability
* Fatigue
* Weight loss
* Extreme hunger
* Increase the excretion of urination
* Increase thirst
* High blood level of glucose
* **Suggestion and guideline for diabetic patients**
* Avoided sugar
* Avoided smoking
* Avoided alcohol
* Use medical shoes for the protection of diabetic foot
* Use medications time to time
* Keeping daily exercises and activities
* if the patient are in obesity categories they should be decrease weight and extra fat
* routine careening for plasma glucose
* if the patient condition is not good they should be taking insulin injection
* Avoided pure sugar and sweet etc.

***Answer*#2**

**Differentiate between urinary tract infection (UTI) and renal failure**

**Urinary tract infection** (UTI):

**Introduction**: urinary tract infection UTIis the infection in urinary system.

Majority cases in lower infection in bladder and urethra.

Causative agents of UTI E-Coli bacteria

Urinary tract infection can be occur in

* Kidney
* Ureter
* Bladder
* urethra

**Symptoms of urinary tract infection:**

* Urine burning
* Excessive urination
* Blood in urine
* Pain in abdomen
* Fever

**Treatment of UTI:**

* Antibiotics
* Pain killers
* Drinks a lot of water
* Antispasmodic
* Crainberry

**Kidney failure:**

**Introduction:** Renal failure is the condition in which the kidney doesn’t work properly. They damage completely or partially, normally kidneys perform its work to filter the blood and when acute kidney failure occur the kidney suddenly unable to filter blood and unable to remove the waste material into the body

**Signs and symptoms of renal failure:**

* Reduced the level of urine
* Swelling in legs, ankle and feet
* Shortness of berating
* Nausea and vomiting
* Confusion
* Pain
* Pressure in chest

**Treatment of kidney failure:**

There are two types of treatments choice treatment

**1# Dialysis:** remove the waste material to the body through the artificial machine.

**2# Kidney transplantation:** transplant the normal kidney and remove damage kidney.

***Summery for the differences of UTI and renal failure:***

***The above differentiation which discuss on the bases of symptoms, causes and treatments etc*.**