Endocrine System

Pancreas

Pathophysiology: an organ in the body containing alpha and beta cells that produce both endocrine and exocrine function

- → Alpha cells: secretes glucagon
- → Beta cells: secrete insulin
- Endocrine function: hormones assist body with metabolization
- Execrine function: secretion of enzymes to help assist with food digestion



Diabetes

Pathophysiology:

- → DM 1: there is insufficient insulin
- → DM 2: there is insulin resistance

Causes:

- → DM 1
 - · Past viral infection
 - · Genetic predisposition
- → DM 2
 - Poor lifestyle choices

Polyuria & Polydipsia

The blood is thick, making it hard for the heart to supply blood and O2 to the body. The body tries to thin the blood by pulling excess H2O, causing an increase in urine and thirst.



Signs & Symptoms:

- Increased urine
- Increased hunger
- Increased thirst
- Increased fatigue
- Blurred vision (early onset) that can lead to chronic complications
- → Pins/needles feeling in the feet
- → Unexplained weight loss (DM1)

Prevention

- Glucose control
- Diet
- Exercise
- Medications
- → Urine testing for ketones

REFER TO DM1 & DM2 CARE PLAN FOR DETAILS

Why is it important?

 Poor diabetic control can lead to heart and vessel damage, kidney failure, and nerve damage.

Diabetic Sick Day Rules

- → Monitor blood glucose every 4 hours
- → Test urine for ketones (>240 mg/dL)
- Continue to take medications unless a provider says otherwise
- → Increase fluid intake to prevent dehydration
- Eat meals at regular times

Risk Factors

→ Hypertension (damages the blood vessels

CALL DOCTOR IF:

- → Persistent N/V/D
- Moderate to high ketones
- → Blood sugar >250 and not responding to insulin
- → Illness longer than 2 days
- → Fever 101.5 or higher for more than 24 hours

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Raffaela Di Napoli

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