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English 12B, 1<sup>st</sup>  
14 April 2011

## Diabetes Awareness

### I. Introduction

A. Attention Getter-Everyday one walks by hundreds of people and one never quite knows their stories or who they really are. Living in the state of Michigan there are 10,079,985 people; within this number there are 271,292 males and 315,647 females, making up 15.6% of Michigan's population that have diabetes. The most common age of people who live with diabetes is between the ages of 45-64 ("Michigan: Juvenile Diabetes..."). Those are high statistics for just one disease alone, and it makes one wonder what is going on within the lives of the people around them.

B. Thesis Statement- It is important to have a common knowledge of a disease that affects so many in the community.

### II. Body

#### A. Main Point #1 Symptoms

##### 1. Type 1 (Source F)

- a. Frequent Urination
- b. Unusual thirst
- c. Extreme hunger
- d. Unusual weight loss
- e. Extreme Fatigue and irritability

##### 2. Type 2 (Source F)

- a. Any of type 1 diabetes symptoms
- b. Frequent infection
- c. Blurred vision
- d. cuts/ bruises that are slow to heal
- e. Tingling/ numbness in the hands/ feet
- f. Recurring skin, gum or bladder infection
- g. most people with type 2 diabetes have no symptoms

##### 3. Childhood diabetes (Source C)

- a. Comes on over a few weeks
- b. thirst
- c. tiredness
- d. weightless
- e. frequent urination
- f. tummy aches
- g. headaches
- h. behavior problems

#### B. Main Point #2 Causes

1. Not entirely understood in either adults or children (Source C)
  - a. probably a combination of genes and environmental triggers
2. Majority of children don't have a family history of diabetes (Source C)

3. Type 1 cause: genetics and unknown factors that trigger the onset (Source B)

4. Type 2 cause: genetics and lifestyle (Source B)

C. Main Point #3 Myths (Source B)

1. Diabetes is not that serious of a disease

a. Causes more deaths a year than cancer and AIDS combined (2-3 die from heart disease or stroke)

2. If you are overweight or obese, you will eventually develop type 2 diabetes

a. A risk but other risks also play a role, most overweight people never develop type 2 diabetes

3. If you have diabetes, you should only eat small amounts of starchy foods such as bread, potatoes, and pasta

a. Healthy meal plan. Portion size is important, 3-4 servings of carbohydrate-containing food is right

4. People with diabetes can't eat sweets or chocolate

a. Eat as part of meal plan, combine with exercise, no more "off limits" than people without diabetes

5. Fruit is a healthy for; therefore, it is ok to eat as much of it as you wish

a. Is healthy but it contains fiber and lots of vitamins and minerals as well as carbohydrates, therefore it needs to be included in meal plan

D. Main Point #4 Treatment

1. Insulin (Source C)

a. use frequent daily dosage regimes of fast acting insulin during the day and a slow insulin at night

b. Small children don't need night injections

c. increase number of older kids use insulin pumps

2. Diet (Source D)

a. Not restrictive, healthy eating plan that's naturally rich in nutrients and low in fats and calories with emphasis on fruits, vegetables, and whole grains

3. Recommended foods (Source D)

a. Healthy carbohydrates

b. fiber-rich foods

c. heart-healthy fish

d. 'good' fats

4. Foods to avoid (Source D)

a. Saturated fats

b. trans fats

c. cholesterol

d. sodium

E. Main Point #5 Children/ Teaching

1. Ask Questions (Source A)

a. Ask what they already know

- b. helps to understand if the children believe any myths or if they have a general understanding
- 2. Aware of Symptoms (Source A)
  - a. Tell a trusted adult and write down when these symptoms occur
- 3. Something can be done (Source A)
  - a. Change diet
  - b. Eat more fiber
  - c. Five or six smaller meals instead of three larger meals
- 4. Insulin (Source A)
  - a. Show testing supplies
  - b. Have a dummy to demonstrate on
  - c. Have to keep track of blood sugar
- 5. Exercise (Source A)
  - a. Get some after every meal (Help digest food)
- 6. Not Contagious (Source A)
  - a. Should not shun classmates
  - b. Treat them as a normal child
- 7. Support (Source A)
  - a. Provide support group cards (Important to talk)
- 8. Parents of children (Source D)
  - a. Understand the different aspects of diabetes and treatment requires patience
  - b. Diabetes teams at the hospital
- 9. Long Term (Source D)
  - a. Children diagnosed will have conditions longer
  - b. Longer you have diabetes, higher risk of affecting eyes and kidneys
  - c. Starts after puberty
  - d. Regular checkups for late-stage complications beginning age nine (once a year)

### III. Conclusion

- A. Restate Thesis It is important to have a common knowledge of a disease that affects so many in the community.
- B. Summarize Main Point #1- Symptoms
  - 1. Often the same no matter what type or your age
- C. Summarize Main Point #2- Causes
  - 1. Not positive
  - 2. Many different factors including lifestyle
- D. Summarize Main Point #3- Myths
  - 1. Many myths but none of them true
- E. Summarize Main Point #4- Treatment
  - 1. Many different kinds and it is important to see all forms and take into consideration all types
- F. Summarize Main Point #5- Children/Teaching
  - 1. Take a positive approach

2. There is help for everyone and you are going to get out of it what you put into it

**E. Concluding Sentence –Call to Action**

1. If one suspects diabetes or suspects it in another, research can be done by going to the American Diabetes Association website and by talking to your doctor. Next time one walks by someone, think about what they are going through, don't just walk by or ignore them as if one doesn't care. Diabetes is affecting the lives of people and they need to know that they have people who care.