Académie de Nantes, binôme : Anglais/SVT – TOUTES SERIES

Thème 3 – Corps humain et santé
Glycémie et diabète

TYPE 2 DIABETES

Question 1 - How is it possible to detect the type 2 diabetes? Explain the main cause of this disease.
Question 2 - Discuss the use of the app in Doc 3.


Doc 1 - Origin of the type 2 diabetes

From www.diabetesaustralia.com.au, picture: *fr.dreamstime.com*

In type 2 diabetes, your pancreas is still working but not as effectively as it needs to. This means your body is building insulin
5 resistance and is unable to effectively convert glucose into energy leaving too much glucose in the blood. Type 2 diabetes can sometimes initially be managed through lifestyle modification including a healthy diet, regular
10 exercise and monitoring your blood glucose levels.
- Eating well helps manage your blood glucose levels and your body weight.
- Exercising helps the insulin work more
15 effectively, lowers your blood pressure and reduces the risk of heart disease.
- Regular blood glucose monitoring tests whether the treatment being followed is helping to manage blood glucose levels or
20 whether you need to adjust your treatment
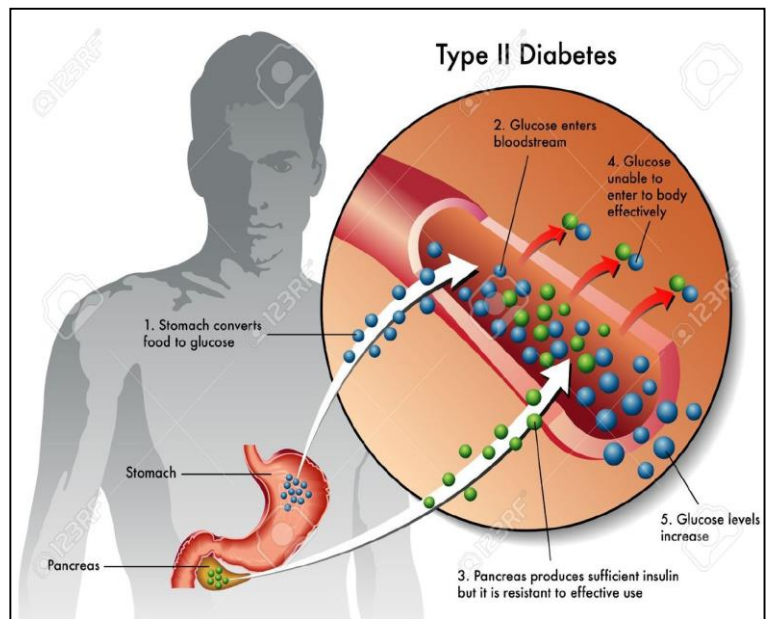
Doc 2 - Glucose level monitoring.

Doc 3 - Diabetes Australia app

The Diabetes Australia app is a great resource for meal planning, the latest news on diabetes and health articles. It's freely available for Android and Apple phones.

You can search for events in your state or territory using the location or map feature. When you find an event you want to attend, you can add it to your calendar, invite friends 5 and set a reminder. You can also use the app to keep track of your appointments. Click on the Health and Wellbeing section for information on when you need to see specialists and set a reminder.

The services section on the home page gives you easy access to contact details for healthcare professionals. By default, the app will find services closest to your physical 10 location or you can type in a location.

If you turn on the GPS function, you can sort by distance how far away the service is. If you are away from home, on holiday or visiting someone, you can use the app to see what services are locally available.

You can also check out the great recipes, try the 30-minute yoga class and take the Fast 15 Facts Quiz.