

# Chronic Diseases & Women

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# OUTLINE

- Introduction
- Diabetes Mellitus & Management
- Hypertension & Management
- Common Autoimmune Disease & Management
- Conclusion

# INTRODUCTION

- Different diseases are prevalent in our world
- Spares no- age, gender, race, ethnicity, social status
- God's word(Truth)-constant K
- *Mal 4:2*
- *But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.*

# DIABETES MELLITUS(DM)

- Metabolic disorder
- Characterized by elevated blood glucose
- Type 1 DM -Lesser %, <30yrs, more in european population
- Type 2 DM ->90% of all Diabetes Mellitus cases

# DIABETES MELLITUS

- Type 1 DM
  - Affects people usually < 30yrs
  - Cause: immune or idiopathic
  - Pathophysiology- genetics, immune, environment
  - Risk Factors - History of Autoimmune disease: Graves', Myasthenia Gravis, Celiac dx, Pernicious Anemia
  - Family History of Autoimmune disease
  - Clinical Factor: weakness/fatigue, weight loss, Inc thirst, urination, appetite
- Increase susceptibility to infections, poor wound healing
- Some present in acute complication-Diabetes Ketoacidosis

# DIABETES MELLITUS

- Risk Factors
- People are usually >40yrs
- Mental illness(Schizophrenia)
- Obesity/overweight
- Family history
- Race/ethnicity-black, Indigenous, Hispanic, Asian-American, Pacific islander
- HTN, Dyslipidemia
- Medications-Antipsychotics

# DIABETES MELLITUS

- Risk Factors (contd)
- Poly Cystic ovarian Syndrome
- History of Gestational DM or macrosomia(big baby)
- Management:
- History, Physical Examination, Investigations(On Doctor's visit)
- Non-medical & medical
- Lifestyle modifications-
- Diet- carbohydrates: 45-60% of energy, protein -15-20%, fat <35%

# DIABETES MELLITUS

- Weight loss- 5-10% initial body wg(esp T2)
- Regular physical exercises
- At least 150mins/week moderate-vigorous aerobic exercises
- Smoking cessation
- Medical treatment
- Medications-eg Metformin
- Insulin



# HYPERTENSION (HTN)

- High global prevalence
- Most common reason for clinic visit (USA)
- And chronic prescription (USA)
- Silent killer- symptoms usually not present.
- May present with complications like stroke
- Normal- SBP <120mmhg DBP < 80mmhg
- Elevated BP-SBP 120-129mmhg, <80mmhg
- HTN- Stage 1 SBP 130-139mmhg, DBP 80-89mmhg
- Stage 2: at least SBP 140mmhg , DBP 90mmhg

# HYPERTENSION

- Primary or secondary

Risk factors: Modifiable & Non-modifiable

Non-Modifiable: Age(>30yrs), race(African-American), genetics/familial,  
Gender(male)

Modifiable: Weight/obesity, diet, physical inactivity

Dyslipidemia(elevated/abnormal blood fat.

Excessive salt intake/fatty diet

Alcohol consumption

Poor sleep(<7hrs/night), stress

Cause of 2ry- Meds- steroids, OCPs, NSAIDs, antacids(Na)

# HYPERTENSION

- Substance use- Cocaine, Methamphetamine
- Disease: Obstructive Sleep Apnea, Cushing Syndrome, Kidney disease
- Management
- History, Physical Exam, Investigation( Health personnel/physician)
- Medical & Non-medical
- Non-medical- Modify Risk factors
- Diet: Low salt, DASH , K supplementation

# HYPERTENSION

- Management.
- Exercise- aerobic, dynamic resistance, isometric resistance
- Limit alcohol intake(eliminate alcohol)
- Medical- Drugs
- Prevention/screening
- Annual BP check for people without prior diagnosis HTN

# AUTOIMMUNE DISEASES

- overactivity of immune system
- Result in damage/attack of own body tissues
- common in women
- Rheumatoid Arthritis, Systemic Lupus Erythematosus(lupus), Myasthenia Gravis,
- Grave's dx, Hashimoto's dx,
- Psoriasis, IBD, T1 DM
- Guilian Barre Syndrome, Multiple Sclerosis
- Vasculitis

# AUTOIMMUNE DISEASES

- Causes:
- Drugs - Anti HTN, Anti-convulsants, statins, Antibiotics
- Genetics/family history
- Infection
- Risk Factors-
- Gender( 78% are females)
- Variation with age and ethnicity
- Exposure to toxins
- Obesity
- Smoking

# AUTOIMMUNE DISEASE

- Clinical features
- Depends on location of gland/system involved
- Swollen gland
- Weakness/fatigue
- Low blood level
- Skin problems
- Joint pain/swelling
- Gastrointestinal problems

# AUTOIMMUNE DISEASE

- Management
- History, Physical exam, Investigations(Health personnel/physician)
- Non-medical
- Smoking cessation, physical therapy/exercises
- Medications include-
- Steroids
- Anti-inflammatory drugs
- Drugs for symptom relief- analgesics, cream



# CONCLUSION

- Be Intentional about your health.
- Trust God to keep his promise
- *3Jhn 1: 2*
- *Beloved, I wish above all things that thou mayest prosper and be in health , even as thy soul prospereth.*

# REFERENCES

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- [www.webmd.com](http://www.webmd.com)
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