

ACTIVITY

In pairs, research one of the sources of support used by Sadiq.

- 1 Make notes about how the support may have helped Sadiq to manage his condition.
- 2 Share and summarise your findings about sources of support for people with type 2 diabetes.

Arthritis

Arthritis is a condition that affects joints (especially the hands, spine, knees and hips). There are a number of different types of arthritis. People with arthritis can have difficulty moving joints and this may lead to loss of function. There is no cure for most types of arthritis, but there are treatments to slow its progress and help people manage the condition.

Alice's story explains how treatments have helped her.

Alice visited her GP to complain about stiffness, swelling and pain in her hands and knees. The GP diagnosed arthritis and referred Alice to a specialist hospital doctor (rheumatologist). The GP prescribed painkillers and gave Alice a leaflet about arthritis, which listed sources of support. Alice had a look online at the information provided by the charities listed in the leaflet; this helped her to make positive lifestyle changes. The rheumatologist prescribed medication for Alice to relieve her symptoms and sees her regularly to monitor her health and wellbeing. A physiotherapist showed Alice some exercises to help her stay mobile and an occupational therapist provided equipment to help Alice be independent at home and work. The pain sometimes makes Alice feel tired and sad. Her friends are a great source of support to distract her from the pain and improve her mood.

ACTIVITY

Individually, create a mind map of sources of support used by Alice. Conduct research and extend your mind map to identify how the support may have helped Alice to manage her arthritis.

CHECK MY LEARNING

- 1 Give examples of who provides informal support.
- 2 Explain how informal support can promote the social and emotional health of someone with arthritis.

DID YOU KNOW?

Around one third of the UK population have arthritis or other, similar conditions that affect joints.

LINK IT UP

For more information about gross and fine motor skills, go to Section A1 in Component 1.

Health conditions – Type 2 diabetes and arthritis

GETTING STARTED

Health conditions can be hard to manage alone. Think of ways family and friends might help someone to manage a health condition.

KEY TERMS

Formal support is provided by trained, paid employees such as health and social care professionals.

Informal support is provided by people who are not paid, such as family and friends.

LINK IT UP

For more information about the impact of long term health conditions, go to Section A1 in Component 1.

DID YOU KNOW?

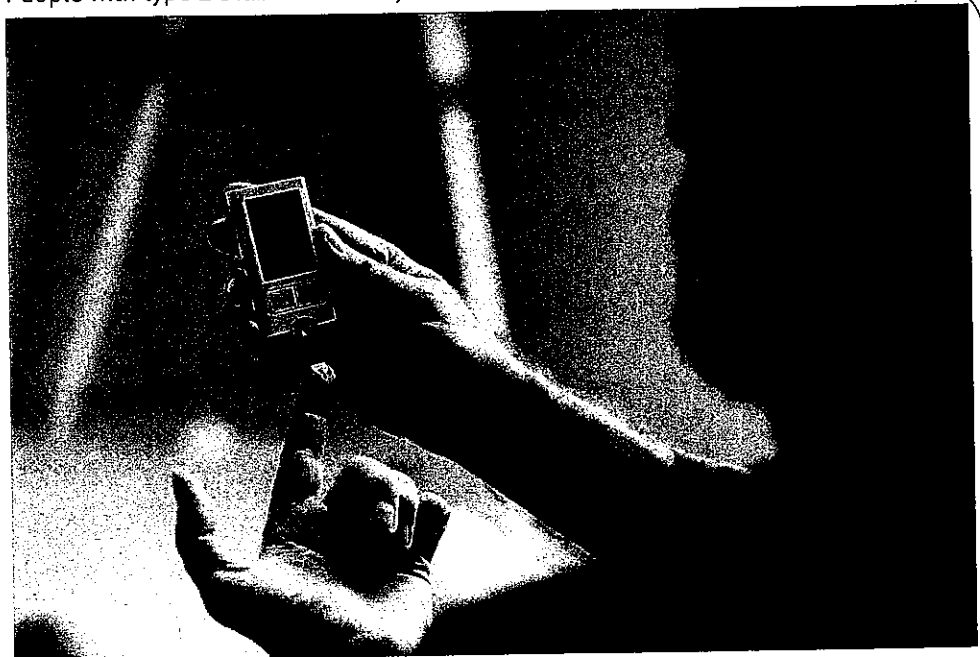
9 in every 10 cases of type 2 diabetes can be prevented by lifestyle changes.

Many conditions can have a significant impact on health and wellbeing. Good management of a condition lowers the risk of poor health and often requires a range of **formal** and **informal support**.

Type 2 diabetes

Type 2 diabetes is a condition that causes the level of sugar (glucose) in the blood to become too high. It is caused by problems with a hormone in the body called insulin. Symptoms of type 2 diabetes include excessive thirst, needing to urinate a lot, blurred vision and tiredness. In the long term, it can increase the risk of serious problems with the eyes, heart and nerves.

Sadiq's story explains how support has helped him to manage his type 2 diabetes. After feeling unwell, Sadiq visited the GP to discuss his symptoms. The GP checked his blood and urine and diagnosed type 2 diabetes. The GP explained the importance of a healthy lifestyle to manage blood sugar levels and referred Sadiq to a dietician. Sadiq joined a walking group run by the local council, where he met other people with the same condition. His new friends introduced him to a local support group run by Diabetes UK. To monitor his wellbeing, Sadiq regularly gets his eyes tested by an optician and sees a diabetes nurse, who checks his blood and provides ongoing support. The nurse taught Sadiq how to check his blood sugar level and introduced him to online sources of support, including the NHS programmes *Healthy Living for People with type 2 Diabetes* and *MyDESMOND*.



■ Checking blood sugar levels

Arthritis

Arthritis is a condition that causes pain and swelling in the **joints**. The two main types are osteoarthritis and rheumatoid arthritis.

Task 1 Put the following bullet points about the different types of arthritis in the table below.

- An autoimmune disease
- Caused when the smooth cartilage of the joint wears out — i.e. 'wear and tear'
- The most common type of arthritis
- Develops very quickly — in weeks or months
- Can also cause fever, tiredness and muscle aches
- Being overweight is a risk factor
- Tends to run in families
- Develops slowly, over time



Osteoarthritis	Rheumatoid Arthritis

Task 2 Add to the table some more examples of what people with osteoarthritis or rheumatoid arthritis could do to help manage their condition.

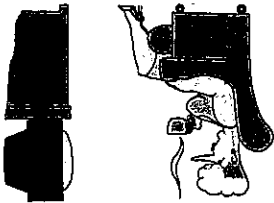
Osteoarthritis	Rheumatoid Arthritis
<ul style="list-style-type: none"> • <i>Exercise daily. Stretching, walking and water aerobics are all good for osteoarthritis.</i> • <i>Wear flat, rubber-soled shoes.</i> 	<ul style="list-style-type: none"> • <i>Rest whenever you need to. RA tends to 'flare up' when you don't expect it.</i> • <i>Take part in regular low-impact exercise such as swimming and walking.</i>

Obesity

Task 2 Mind map the impacts of obesity on people below. When you've written your examples, categorise them as **physical, intellectual, emotional or social**.



Task 3 Fill in the gaps and the bullet points below.



Being overweight can lead to many health problems.

These include

and

To prevent an individual becoming overweight, they can avoid these kinds of food:

-
-
-



Obesity — it's a big problem...

There are many health campaigns aimed at tackling obesity (especially in children) but they're not always effective. Why do you think this is? What healthy lifestyle advice have you received?