

Endocrine System

Pancreas

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

- **Alpha cells:** secrete glucagon
- **Beta cells:** secrete insulin
- **Endocrine function:** hormones assist body with metabolism
- **Exocrine 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.



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)

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.

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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