

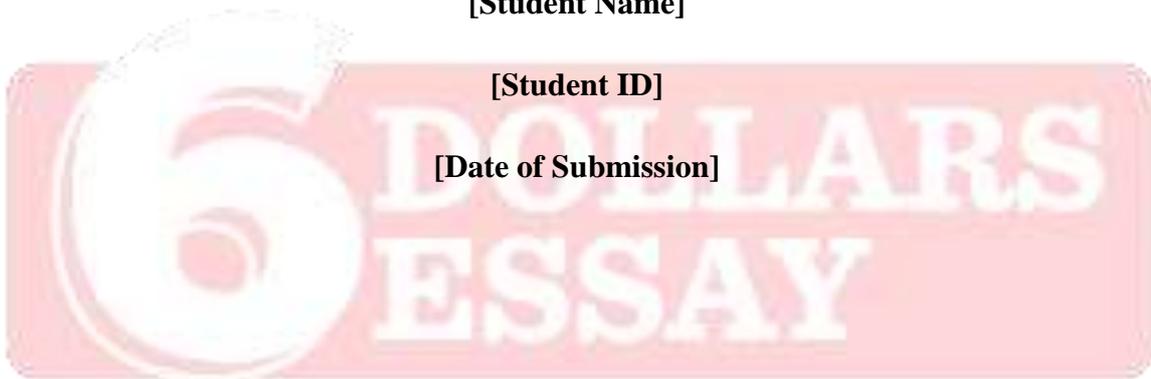
# Diabetes

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1. Describe the causes of a disease or medical condition (diabetes, cancer, etc), its effects, and possible treatments.

## **Diabetes**

One of the diseases in which the level of sugar (blood sugar) rises from normal to high. There are two types of diabetes: Type 1 is considered to be congenital while Type 2 is preventable. Seeking proper treatments can cure the progressive disease from the body.

### **Causes**

According to the research, a human body experiences the increase of sugar in blood level due to eating food which contains excessive amount of calories or fats. Also, the body is overwhelmed when there is an increased intake of sugary food and/or drinks, causing the body to develop the chronic disease, specifically type 2 diabetes.

### **Effects**

One of the effects of diabetes is the elevated sugar level which can further cause the body to undergo various chronic diseases, such as heart strokes, damage to other organs etc. Further, it can affect the eye which is the significant cause of blindness and also damages the nerves that enables the patient to become weak and numb.

### **Treatment**

Type 1 diabetes requires excessive insulin which injected into the body. Taking balanced diet and performing physical activities can also treat the chronic disease for which experts would be required to manage diabetes. The treatment of type 2 diabetes varies, depending on the level of blood sugar. Sometimes, the patient undergo sessions of counselling in which the counsellor focuses on changing the lifestyle and losing weight (Meng et al., 2014). Daily exercises with healthy eating are recommended to cure type 2 diabetes.

2. **Discuss the origin (history) of a form of energy (solar, nuclear, etc) and its advantages and disadvantages.**

### **Solar Energy**

Solar energy is one of the types of energy which is developed through the nuclear fusion reactions. Many processes take place that causes the energy to release and transfer to the surrounding objects. The Sun is the main source of renewable energy that supplies limitless energy to entire world.

#### **Origin**

The use of solar energy is prevalent through seventh century when the ancient people used magnifying glasses for sun rays in order to light fire. In 1767, a Swiss scientist used the first solar collector to absorb the solar energy. In 1880, the famous scientist, Samuel Langley invented bolometer which was used to measure the solar power in terms of the thermal radiation. Later, Albert Einstein became pioneer in proposing the theory of the photoelectric effect which derives the emission of the electrons using the solar effect (Aghaei, 2014). The transformations in the experiments resulted in much revolution in installing the solar-based systems in different areas of the world.

#### **Advantages**

- Pollution-free and causes no greenhouse effect.
- Renewable production of power
- Easy to sell excess power to the solar grid companies
- Improved efficiency

#### **Disadvantages**

- Initial cost is high
- A lot of resources are required to install the power grids

- Low production in winters

**3. Choose a type of pollution (air, water, noise, etc) and discuss its causes, effects, and some solutions.**

## **Noise Pollution**

### **Cause**

The main cause of noise pollution is the increase in transportation system. Moreover, the construction of buildings and other infrastructure is another reason which traps the environment-friendly resources while increases the noise through the use of instruments that are mainly the reason of causing the noise pollution (DASARATHY, 2015). Furthermore, industrial operations and use of gadgets, such as loud speakers, are also the cause of noise pollution.

### **Effects**

Noise pollution has catastrophic and transitory effects on the human health. The adverse affects include the damage to the physiological and psychological health. It also increases the blood pressure and elevates the stress level as well. In addition, it can also cause the memory loss.

### **Solutions**

- Redesigning the structures of building that minimizes the noise effect
- Limiting the vehicular traffic
- Prescribing preference to the mass public transportation system

**References**

Aghaei, T. P. (2014). Solar Electric and Solar Thermal Energy: A Summary of Current Technologies. Global Energy Network Institute (GENI).

DASARATHY, A. (2015). NOISE POLLUTION–CAUSES, MITIGATION AND CONTROL MEASURES FOR ATTENUATION.

Meng, Y. Y., Pickett, M. C., Babey, S. H., Davis, A. C., & Goldstein, H. (2014). Diabetes tied to a third of California hospital stays, driving health care costs higher. Policy brief (UCLA Center for Health Policy Research), (PB2014-3), 1-7.

