

WRITING PORTFOLIO

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ARTICLE

Diabetes Myths Debunked

Does eating sugar really cause diabetes? Why do some people say that you can't eat sugar once you have been diagnosed with the disease? In order to know the facts from the myths, read along.

Myth No. 1: Physical activity should be limited for diabetics.

Fact: The opposite of this is actually better. Exercise is a major factor to help control blood sugar, blood pressure and weight. It also aids in improving cholesterol levels. Moreover, physical activity also helps in lessening the risk of common diabetes complications like nerve damage and heart disease. Sometimes, there really are some workouts that lower blood sugar too much that it causes hypoglycemia especially for insulin-dependent people and for those who take long-acting oral medications. In order to prevent this, working out on an empty stomach must be avoided. Staying hydrated and checking your blood sugar before and after you work out should also be followed. It's also best that you have a snack ready at all times just in case your blood sugar gets low. That snack can help you out especially when you begin to feel weak, light-headed, or even shaky.

Myth No. 2: You can tell if you have high blood sugar because you will develop telltale symptoms.

Fact: Partially elevated blood sugar does not trigger symptoms. Some symptoms may even be so mild that they get overlooked very easily. High blood sugar usually showcase common symptoms such as increased thirst of hunger, fatigue, weight loss, more frequent urination and sores that do not heal.

Myth No. 3: Once you get diagnosed with Type 2 Diabetes, it will be for the rest of your life.

Fact: While Type 1 diabetes is not curable until today, the Type 2 form can actually be improved. Type 2 diabetes usually roots from lifestyle factors such as obesity and inactivity. Being able to adopt healthier habits can improve your chances.

Myth No. 4: Overweight people only develop diabetes and thin people are safe from the disease.

Fact: Obesity can be a major contributor for type 2 diabetes. Aside from this, people's genes also have some part on it. You must take note though that blood sugar can escalate along with age and not just for overweight people. Yes, thin people can develop diabetes too! People that are 45 and older have higher risks of developing diabetes, whether you are thin or not.

It is highly recommended to get a routine checkup especially if you are starting to experience some symptoms. Be aware of your family's medical background. Monitor your weight, blood pressure, cholesterol or triglyceride levels.

Myth No. 5: You can acquire diabetes by consuming too much sugar.

Fact: Sugar is not the direct cause of diabetes. It is true that continually consuming excessive sweets can assist in triggering diabetes for people with prediabetes but sugar is not the direct cause. The sad part is that people that have type 2 diabetes eventually develop insulin resistance. Insulin is the hormone that takes care of converting blood sugar into energy. Diabetes forms when the pancreas fails to keep up

with the rise of the demand. For type 1 diabetes, the immune system of the body attacks the pancreas, which is the insulin-producing organ.

Myth No. 6: A special diet must be followed by diabetics.

Fact: Typically, a healthy diet for a diabetic is identical to a healthy diet for any person. This healthy diet must include a variety of vegetables and fruits, lean protein, whole grains, low-fat dairy products, and moderate amounts of healthy fats usually found in canola and olive oil. Actually even diabetic people can enjoy sweets just as long as they carefully work them into their diet.

Myth No. 7: All diabetics need insulin injection in order to control diabetes.

Fact: People that have type 1 diabetes usually require daily insulin injections due to the fact that their body produces very minimal or no hormone at all. Type 2 diabetics can take pills to be able to keep their blood sugar levels in check.

Myth No. 8: Diabetics should routinely check blood sugar when at home.

Fact: Not necessarily. Diabetics that don't utilize insulin and also have good control of blood sugar can check it occasionally. But those who make use of insulin have to keep a closer look on their blood sugar so that they can adjust doses as needed. Another important note is for those who just got diagnosed recently, it is best that you monitor the patterns of your blood sugar at first in order to evaluate how it fluctuates in response to meals, stress, medications, and exercise.

Myth No. 9: Diabetes Type 1 is more serious than Type 2.

Fact: If both are left uncontrolled, they can lead to serious complications such as stroke, heart disease, blindness, gum infections, nerve damage, and amputation.

Myth No. 10: People that suffer diabetes eventually will need kidney dialysis or have other disabling complications

Fact: There will be less frequent complications if regular checkups and good control of blood sugar would be implemented.

ARTICLE

Aches and Pains You Should Never Ignore

While each ache as well as pain you experience shouldn't put you on edge-- there are particular sharp pains, high temperatures, and also frustrations that begin with unbearable speed as well as lead to a healthy distress that needs to never ever be disregarded.

These eight soreness need instant medical attention!

1. Heart Attack Pain

You, like many people may think that a heart attack causes chest pain and pressure (similar to an elephant sitting on your chest). Nevertheless, that's not always the case, based on the National Heart, Lung, and also Blood Institutes, which claim symptoms, could be refined, particularly for women. A cardiovascular disease much more commonly causes sharp, unexpected discomforts in between your shoulder blades or left shoulder or arm, shortness of breath, nausea, and also dull jaw pain.

One research study featured in the Journal of the American Medical Association Internal Medicine, which assessed the patient information of over 1,000 young patients, discovered that a person in five women, under the age of 55-years-old, had no chest pain when stricken by a cardiovascular disease. The research ended that females are likely to really feel chest pain as a result of a cardiac arrest compared with males. If you experience what you think is heart attack pain, call 911 for prompt attention.

2. Aneurysm

Those who experience and endure an aneurysm explain it as the most awful headache they've had in their whole lives. If you're familiar with a migraine, it's even worse and also minus the nausea. Usually called a "thunderclap" headache by specialists, this pain strikes your head like an abrupt clap of thunder as well as peaks within 60 seconds, this headache pain is a potentially lethal sign of an aneurysm, a balloon-like area in an artery or a rupture that causes bleeding in the brain.

Although an aneurysm could establish anywhere in the body, according to the Mayo Clinic, the two different types of aneurysm-- cerebral aneurysm (which develops in the brain) and also aortic aneurysm (which develops in the heart's aorta wall). Aneurysms could additionally have an effect on either sex, nonetheless, they are much more common in even more usual in men over the age of 65-years old. If you feel this particular headache, do not take aspirin; simply call 911 as soon as possible!

3. Deep Vein Thrombosis

If a small, but deep spot on your calf becomes significantly soft, red, as well as hot to the touch, experts from the Mayo Clinic say that you can be taking care of a blood clot that's established deep within a vein. Deep capillary apoplexy (or DVT) will cause rapid pain generally come with by swelling. Your best interest is to get to the medical facility when feasible to prevent the clot from dislodging, blocking blood circulation and/or relocating into the lungs, heart (inducing a cardiac arrest), or brain (leading to a stroke).

Based on research study from the Centers for Disease Control and also Prevention (CDC), deep vein thrombosis (DVT) most generally happens in deep capillaries of the lower extremities. It calls for emergency attention to protect against a part of a blood clot from breaking short as well as lodging within the lungs. This will cause a potentially deadly lung blood clot (PE), or lodge in the proximal lower extremity capillaries (popliteal, femoral, or iliac capillaries) once again causing a life-threatening. PE.

4. Appendicitis Pain

If the appendix ruptures, it's an agonizing belly pain to the lower right of abdomen that's almost difficult to dismiss. However, gastroenterologists from Cambridge Health Alliance, a Harvard-affiliate, explain an inflamed appendix, or one in distress, as an ache that begins at the belly center (or belly switch) and gradually moves over to the right-hand man side.

As soon as the appendix bursts, which can use up to 24-hours, bacteria will filter into your bloodstream throughout the entire body, which is why a trip to the emergency room is vital. An unattended fractured appendix (suggesting one that burst) will spill contagious products (or waste) into the abdominal cavity, at some point triggering peritonitis, the serious and also dangerous inflammation of the perineum (which is the safety lining of the abdominal tooth cavity. First aid (typically surgery and/or anti-biotics will protect against death.

5. Kidney Infection

A kidney infection will cause a deep, plain pain in your mid-back that intensifies to downright unpleasant relatively promptly. Often, the pain will be met with a similarly unpleasant fever and also nausea. These flu-like symptoms back their ugly heads when bacteria from the urinary tract (or a UTI) grows rapidly the kidneys, by now you'll have an unpleasant infection on your hands that'll cause you to experience pain when urinating and also worsening fever and also pain.

Health professionals from the U.S. Department of Health advise getting a suspicious kidney infection focus as rapidly as possible, as infection could bring about permanent kidney damage, chronic kidney disease, difficulties if pregnant including low weight babies, blood poisoning, and complete kidney shutdown, without the correct prescription antibiotics.

6. Endometriosis Pain

There are menstruation cramps that cause us to invest the day in bed, and afterwards there are menstruation cramps that hang around as well as don't minimize with medication and also a hot pad. The later can suggest endometriosis; a problem that the Cleveland Clinic claims causes the lining of the uterus to establish in non-cancerous cells outside of the uterus, in various other components of the body.

The problem could bring about intolerable pain-- generally before and during as well as during or after sex-- and inability to conceive if left untreated. Likewise, neglected endometriosis could cause trouble developing, the development of agonizing lesions, and also the inability to conceive. Although the problem is incurable in many cases, treatment will work to minimize pain as well as rise pregnancy possibilities. If you experience symptoms of endometriosis, tell your doctor, who will likely start with oral contraceptives to discourage irregular cell growth. In worse situations, the excess tissues may have to be eliminated surgically.

7. Tooth Nerve Pain

If your toes essentially crinkle and also your hair stands on end whenever your teeth encounter something cold, you may have a subjected nerve. This is normally triggered when the bordering enamel on your teeth comes to be ruined, broken, or is in decay. Based on U.S. dental professionals, your health is put at danger if a mouth microorganism infects the nerve, which can take place extremely quickly without a filling, or root canal and also a series of prescription antibiotics if infection has taken place.

Tooth bacteria that pollute a nerve could swiftly develop into an abscess that establishes in a contaminated part of the mouth, face, jaw or throat. Abscesses create when bacteria attack a dental pulp (or the soft inside of the tooth, comprised of nerves, tissue, as well as blood vessels) as well as infect the root of the tooth. An abscess will cause severe swelling as pus (a combo of leukocyte, bacteria, and dead cells) gather. If unattended, a bacterial infection could spread promptly from the tooth root and also infect all locations of the body.

8. Burning Feet or Legs

Take it from the American Diabetes Association, who declares that approximately 23 million individuals in the United States have diabetes, but are unaware and undiagnosed. Chances are the first indication of an issue is outer neuropathy, or chronic pins-and-needles in the feet and/or legs. This burning experience normally indicates diabetes-related nerve damage. Nonetheless, you may feel unique tingling, throbbing, tingling, shape discomforts, and also the experience of being by a number of pins in the affected location.

Based on the Canadian Diabetes Association, nerve damage associated with diabetes (or diabetic outer neuropathy) is a long-term problem that results from direct exposure to high blood sugar levels over extended periods of time. The enhanced blood sugar usually causes severe peripheral nerve damage to the extremities, mostly the feet, toes, legs, arms, and also hands. If left without treatment, diabetes-related diabetic outer neuropathy could lead to foot ulcers and also total amputation.

HOMEPAGE OF A CERTAIN WEBSITE

Homepage

Don't have any idea on what to buy for that perfect occasion? Are you struggling on how to manage your budget while you search for the best birthday gift? Having a very hard time finding the most unique gifts available around Australia? No need to look further for this site will be your ultimate help! You can browse through our site to learn the most beneficial tips for your gift-giving needs. This site will assist you in finding the best items suitable for that perfect day or for that special person in your life!

Truthfully, we sometimes get lost on deciding or even coming up with a firm idea on what gift to buy because of the vast range of selections to choose from. This site will help you narrow down your choices and help you lock-in the best suitable present that you truly need. You would never feel lost just as long as you follow the tips.

In terms of budget, there are always gifts available even for very low prices. Never be discouraged of whatever budget you have, you'll be surprised of what and how many items you can still come up with. The best thing about buying presents is that you can be creative. There are many local online gift shops in Australia that will provide the best value for your money. This site will help you on how to determine the best gifts and also on how to compare them from store to store. Basically, you will have adequate information in order to get the best deals.

This site also contains product reviews in order to help you become more aware of the pros and cons of certain items. If you truly aim for the best gift, you need to know feedback from people who have bought and used it. Gathering information is essential in order to come up with your decision on how to spend your money and what gifts to spend on.

Tips from this site include the top trending gifts for children, men, and women. These tips also targets range of ages. For example, you will find helpful articles on choosing gifts for kids under 10 or men over 30. This site will help you get on the specifics and also assist you in weighting in on the best options available today.

Australia has been a hub for tourists and souvenir shops are also available online. This site will help you find the best local stores to buy souvenir gifts for people of all ages. So take advantage of the advancement in technology, go shop online and waste no time! You don't have to go to stores for long queues. This site will provide all the necessary information that you need in order to make your online gift shopping as easy as ever. This site will help you become a smart gift shopper, aiding you in deciding, finding and getting the best deals and best value for your money's worth. Be smart and shop online with confidence!

Blog Post (Sports Related)

The New Look Boston Celtics

The Boston Celtics have never looked this different in a long time. Now that the triumvirate of Kevin Garnett, Paul Pierce and Ray Allen have entirely gone their own separate ways with the franchise, it's time for an extreme makeover. Since bringing Garnett and Allen, there has been a renewed energy for the city of Boston after having to suffer during the post-Larry Bird era. The 90s was never good to the Celtics and not only since the "new big three" in 2008, have they regained their winning ways and basketball tradition. It was one hell of a run for Boston during the last 5 years, winning a ring on the first year and being strong contenders on the succeeding ones. Thankfully, a new star was born, a younger guy that have been a key piece of the puzzle aside from Garnett, Allen and Pierce...

and that guy is no other than Rajon Rondo..

The only remaining player from the 2008 championship team is without a doubt the leader for this new resurgence. That leader is arguably the best point guard in the league and last season's stat leader in assists and the cornerstone of this franchise, Rajon Rondo. He will need to carry Boston and hope for a spot come playoff time. The sad part is that he's recovering from an ACL injury and might return to the lineup by December (still very arguable). Rondo needs to lead the way for this new look Celtics. The next most important guy that needs to step up for the loss of Garnett and Pierce is...

Ironman...

Jeff Green needs one word, consistency. If he can play the way he played the 2nd half of last season then Boston would have high hopes for landing a consistent win-loss record. Green's explosiveness, size and speed advantage over his same-position defenders gives him a lot of potential to be the go-to-guy for the Boston Celtics. His quick first step and athleticism can work as huge factors for the offensive efficiency of Boston. Now off to the role players...

Boston Mainstays...

Other than Rondo and Green, the Celtics have effective role players that can help the team battle for 48 minutes. Let's start off with the Boston mainstays; Avery Bradley, Brandon Bass and Jared Sullinger. Bradley is probably the toughest on-ball defender in the NBA. If only he could equal his offensive prowess with his defensive efficiency, he could be unstoppable. But that is yet to be seen from him. With Rondo being out early in the season, Bradley will be forced to play the point and move out of his regular two-guard position. If Avery could adjust well then Boston can get some early wins as they await the return of Rajon Rondo. Brandon Bass on the other hand has a consistent perimeter jump shot and he will need that to get his stats up and help the team win. Even though he plays the power forward position, his size is quite small compared to other players playing the same four spot. The other big man that can be a huge help is Jared Sullinger. If healthy, Sullinger is a rebounding machine. With a wide body ready for banging, expect Sullinger to bring those rebounds down for this long season.

Ex-Nets...

After the Boston-Brooklyn trade, the Celtics acquired Gerald Wallace, Kris Humphries, Marshon Brooks and Keith Bogans. These 4 guys are not in the same level as Kevin Garnett and Paul Pierce but they can sure do contribute to a team. Wallace, "Crash" as called by many, is a veteran with a slasher mentality and a good open court player. Even though he's not as athletic as a few years back, he can still finish strong at the rim. He has mediocre shooting but can hit threes at times and that's already a big plus because the Boston Celtics only have a few good shooters. Kris Humphries on the other hand is an effective rebounding player. Ex-Mr. Kim Kardashian himself can contribute on the inside for the Celtics. He's a big guy with hops. Expect alley-oops or drop passes to him here and there. Brooks and Bogans are good two-guards but expect more defensive efficiency from the latter.

Rookies...

Boston have acquired two big guys and one point guard. Kelly Olynyk and Vitor Faverani are both big men that contribute instantly. Olynyk has a decent shooting range while Faverani is a work horse inside. Kelly wears the number 41 and the long chops ala-Dirk Nowitzki. Well, Boston hopes that this first round draft pick does play like Dirk and become a star. Faverani on the other hand has been playing professional basketball for 11 years now but he's not old! You got that right, Vitor Faverani started playing pro-ball since he was 14 years old. He's a great inside presence. Never sleep on this guy because he is very active both offensively and defensively. You will have to wonder, if only he had been in the line-up last year, Boston may have had a different outcome.

and now to the new "brains" of the team...

Now that the Celtics have really turned a 360-degree, Doc Rivers has left and a new coach is up to the task to lead Boston as they rebuild. That guy tasked to handle the team with the most storied basketball history is none other than former Butler coach, Brad Stevens. This guy is phenomenal as a college coach but will it translate into the NBA? It's up to the Celtics to prove the doubters though.

The Boston Celtics definitely looks new but they want to emulate their old winning ways. Will this new look team be another exciting team to look forward to or will it be the 90s all over again? We'll find out sooner or later.

<http://letterstodaddyandnikki.blogspot.com/2013/11/the-new-look-boston-celtics.html>