**Suggested Answers to Discussion Topics, Chapter 28, Basic Body Structure and Function**

| Suggested Answers for Topics for Discussion | Learning Objective(s) |
| --- | --- |
| 1a. Students’ responses should include the following:   * Their age puts them at a higher risk for certain diseases because of wear and tear on body tissues and organs. * Their sex has made them more at risk for the development of diabetes. * Heredity may have played an important part in the development of diabetes. * Their lifestyle plays a major role in their increased risk for disease and complications of diabetes. These include smoking (being with your mother while they are smoking puts YOU at risk due to secondhand smoke) and a diet that is inappropriate for a diabetic. * As their diabetes progresses and becomes chronic, it puts them at risk for complications such as heart disease, blindness, kidney failure, infections, and the possible need for amputations.   1b. Students’ responses should include the following:   * You can encourage your mother to stop smoking and insist they not smoke while you are sitting with them. * Offer assistance and encourage them to make food choices that are appropriate for a person with diabetes. * Reinforce any teaching they may already have received about the complications of diabetes. * Remember that your mother has lived a long time with lifestyle habits that are very difficult to change. * Understand that your mother may be denying that they have diabetes and their reaction is to carry on as before. * Do not reprimand your mother for their choices, but empathize with them and be a good listener. * Actions speak louder than words; eat a healthy diet at all times, get enough exercise and rest. | 3, 5 |
| 2a. Students’ responses should include the following:   * Cardiovascular * Respiratory * Kidney * Vision   2b. Students’ responses should include the following:   * Shortness of breath * Poor circulation especially to the legs * Poor healing of wounds * Impaired mobility * Increased infections * Risk of falls | 4 |
| 3a. Students’ responses should include the following:   * Increased risk of developing diabetes due to hereditary factors * Stress and concern over the fact that they are not following doctor’s orders regarding dietary choices * Future health concerns and need for assistance if heart, kidney, or musculoskeletal complications develop   3b. Students’ responses should include the following:   * Eat a healthy diet * Exercise * Be patient with your mother and other family members * Actions speak louder than words; demonstrate what needs to be done and not just talk about it | 5 |