**Discussion Topics, Chapter 28, Basic Body Structure and Function**

| Topics for Discussion | Learning Objective(s) |
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| 1. Your mother is 65 years old, and, like your grandmother, now has diabetes. They were diagnosed with diabetes several months ago, and today you are taking them out to lunch. At your favorite restaurant, they order a huge hot fudge sundae after a meal of pasta, garlic bread, and soda. After leaving the restaurant, they light up a cigarette and drink a cup of coffee into which they have placed 2 teaspoons of sugar.   1. What are the risk factors that increase your mother’s risk for disease? 2. What would you suggest you might do to help to improve your mother’s health status? | 3, 5 |
| 2. You are aware that your mother is at an increased risk for developing more health issues. You are concerned and determined to help them.   1. What body systems may be affected by diabetes? 2. How will that affect their health? | 4 |
| 3. As you watch your mother deal with their new reality, you are aware of the potential impact it may have on your own life.   1. How may their situation impact your own health? 2. What steps can you take to protect yourself and your current/future children? | 5 |