

MODY, the great unknown. Diabetes in northern and southern Europe

Presentation

Based on the fact that diabetes is a disease that affects a significant number of the world's population (currently 9.3% of the total), research is proposed at a theoretical level (based on a bibliographic survey) where emphasis is placed on explaining more thoroughly the type of diabetes MODY (which affects between 2 and 5% of the world's population), and a more practical work based on the knowledge that different sectors of the population have, such as people on the street and professionals of medicine (from forms and surveys).

From this approach, and following current data on the percentage of people with diabetes, I have made a comparison between the impact of diabetes in a country in northern Europe (Denmark) and a country in southern Europe (in this case, Spain).

The comparison and the difference in the number of cases in both countries is focused on the eating habits following the type of diet of each place and the living habits of the respective populations. Finally, conclusions related to the objectives of the research are drawn and contrasted with the hypothesis. It has been shown that eating habits are not decisive in the development of diabetes, but that lifestyles and habits are also binding factors that influence people's health.



Methodology

To carry out this research work I started from the approach of a hypothesis. From there I set goals to work on. I have focused on bibliographic research to develop the whole theoretical part and on the comparative study to complete the practical part, together with the analysis of surveys carried out in different sectors of the population. Once I had these two parts, I was able to draw conclusions and test the hypothesis.

Body

This research project has two parts, a theoretical and a practical one. The theoretical part consists of doing in-depth research about diabetes, more specifically, MODY diabetes. For that part, I consulted numerous websites and articles talking about it. On the other hand, the practical part consisted of doing surveys for the general population to know what their knowledge about diabetes and MODY diabetes is. I did surveys for doctors as well, to test their knowledge on the disease. I also compared the percentage of diabetes in the north and south of Europe.

Conclusions

The main conclusion for my research project and taking into account the initial hypothesis I proposed, eating habits influence the probability of suffering from diabetes, I must say that although it is one of the important factors in the development of the disease, it is not the only factor to consider. Therefore, diet on its own does not lead to diabetes. Other factors such as habits, lifestyles and genetic components need to be related.

Bibliography and webgraphy

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