



## **PRUEBAS SELECTIVAS PARA EL ACCESO A LA ESCALA DE MÉDICOS INSPECTORES DEL CUERPO DE INSPECCIÓN SANITARIA DE LA ADMINISTRACIÓN DE LA SEGURIDAD SOCIAL**

**(RESOLUCIÓN DE 28 DE MARZO DE 2019, (BOE DEL 1 DE ABRIL))**

**Segundo ejercicio. Prueba de idioma. 18 de septiembre de 2019**

Diabetes is a serious, chronic disease that occurs either when the pancreas does not produce enough insulin (a hormone that regulates blood sugar, or glucose), or when the body cannot effectively use the insulin it produces. Diabetes is an important public health problem, one of four priority noncommunicable diseases (NCDs) targeted for action by world leaders. Both the number of cases and the prevalence of diabetes have been steadily increasing over the past few decades.

Diabetes of all types can lead to complications in many parts of the body and can increase the overall risk of dying prematurely. Possible complications include heart attack, stroke, kidney failure, leg amputation, vision loss and nerve damage. In pregnancy, poorly controlled diabetes increases the risk of fetal death and other complications.

When diabetes is not well managed, complications develop that threaten health and endanger life. Abnormally high blood glucose can have a life-threatening impact if it triggers conditions such as diabetic ketoacidosis (DKA) in types 1 and 2, and hyperosmolar coma in type 2. Abnormally low blood glucose can occur in all types of diabetes and may result in seizures or loss of consciousness.

Over time diabetes can damage the heart, blood vessels, eyes, kidneys and nerves, and increase the risk of heart disease and stroke. Such damage can result in reduced blood flow, which – combined with nerve damage (neuropathy) in the feet – increases the chance of foot ulcers, infection and the eventual need for limb amputation. Diabetic retinopathy is an important cause of blindness and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. Diabetes is among the leading causes of kidney failure.

Uncontrolled diabetes in pregnancy can have a devastating effect on both mother and child, substantially increasing the risk of fetal loss, congenital malformations, stillbirth, perinatal death, obstetric complications, and maternal morbidity and mortality.



In addition to the traditional complications described above, diabetes has been associated with increased rates of specific cancers, and increased rates of physical and cognitive disability. This diversification of complications and increased years of life spent with diabetes indicates a need to better monitor the quality of life of people with diabetes and assess.

Texto extraído de "Global report on diabetes". World Health Organization

[https://apps.who.int/iris/bitstream/handle/10665/204871/9789241565257\\_eng.pdf;jsessionid=B536EAA CODA12DD63B5FC4CB81E2B873?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/204871/9789241565257_eng.pdf;jsessionid=B536EAA CODA12DD63B5FC4CB81E2B873?sequence=1)