Essay by Samploon

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My Family Health History

One's health is fragile and can change in the matter of seconds. Becoming aware of what you and your family are susceptible to is crucial for maintaining health. Being in tune with what could possibly happen is an important step to being able to prevent as much suffering as possible. Steps can always be taken to maintain or improve someone's health. My family has a quite the history of undesirable diseases and choices but with proper knowledge and research I have the ability to prevent or postpone the continuation of some of the behaviors.

My mother has high cholesterol, a severe gluten and grass allergy, and endometriosis which has caused cysts. My mother's brother has a congenital Aortic Bicuspid Valve as well as a heart murmur which has been a consistent problem in his everyday life. My mother's father has high cholesterol; like my mother, heart disease which caused him to get a quintuple bypass surgery in 2016 (age 60); similar to my uncle, type two diabetes, and testicular cancer.

My mother's mother is prone to obesity, has a heart murmur, atrial fibrillation, type two diabetes, Rheumatoid arthritis, asthma, and an allergy to gluten and milk products. My mothers side also has a history of alcohol addiction, smoking, unhealthy eating habits, and lack or exercise. My father is rather lucky in the sense he has never had any real issues other than recurrent kidney stones. His mother is prone to obesity, brain tumors, and struggles with type two diabetes. His father has both type two diabetes and prostate cancer.

I have been blessed with depression, anxiety, asthma, recurrent infections, several autoimmune deficiencies, bone tumors (Osteoid osteoma in right femur), unexplained inflammatory blood markers, muscular/ bone marrow inflammation, gluten allergy, and grass allergy. My sister has been lucky to have no health issues thus far. When it came to choosing one disease to study further the easy choice was type two diabetes.

Diabetes is something that is recurrent in both sides of my family and doctors believe it could be the reason for my unexplained inflammation. I also know very little about the disease itself so I figured it was time to dig in and gain a better understanding. The mayo clinic describes type two diabetes as "a chronic condition that affects the way your body metabolizes sugar (glucose) — an important source of fuel for your body."

The disease is typically brought on by the bodies resistance to the effect insulin is supposed to have. Insulin is a specific hormone that is produced by ones pancreas that turns the sugar that is ingested into energy that can be either stored or used. Insulin allows blood sugar to be stable and avoid becoming hyperglycemic or hypoglycemic.

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Institute of Archaeology at Hebrew University and Prof Yigael Yadin who recognized the need for an interdisciplinary approach that would give graduate archaeology students a solid base in Jewish history and rabbinic sources to supplement their archaeological training Levine accepted Yadin's invitation to return to Israel after graduation to teach at the Institute of Archaeology and later was granted a joint appointment in the Institute of Archaeology and the Department of Jewish History In 1985 he was promoted to the rank of Full Professor and since 2003 he has held the Rev Moses Bernard Lauterman Family Chair in Classical Archaeology at the Hebrew University Levine was instrumental in founding and developing the TALI an acronym for Tigbur Limudei Yahadut Enriched Jewish Studies track of Israel s state school system He was also a founding member of the Seminary of Judaic Studies in Jerusalem now known as the Schechter Institute for Jewish Studies which opened its doors in 1984 In addition to teaching Lee headed the Schechter Institute first as dean and then as president from 1987 to 1994 Lee was an active member of the Masorti Movement in Israel and represented it abroad as Director of the Foundation for Masorti Judaism 1986 87 and Vice Chancellor of Israel Affairs at the Jewish Theological Seminary 1987 94 The honoree has published 12 monographs 11 edited or coedited volumes and 180 articles His scholarship encompasses a broad range of topics relating to ancient Judaism especially archaeology rabbinic studies and Jewish history Within these disciplines he has dealt with a variety of subfields including ancient synagogues and liturgy ancient Jewish art Galilee Jerusalem Hellenism and Judaism and the historical geography of ancient Palestine He is one of the first major scholars to draw on and integrate data from all of these fields in order to afford a better understanding of ancient Judaism The 32 contributions to this volume by 35 authors are a tribute to his influence on this field of study and reflect the broad spectrum of his own interests The 26 English and 6 Hebrew essays are divided into sections on Hellenism Christianity and Judaism art and archaeology Jerusalem and Galilee rabbis the ancient synagogue sages and patriarchs and archaeology art and historical SAQs, MCQs, EMQs and OSCEs for MRCOG Part 2, Second edition Justin Konje, 2009-03-27 This book geography established itself in its first edition as the definitive one stop shop revision aid the only one available to encompass all elements of the MRCOG Part 2 examination in a single volume Now incorporating practice EMQs as well as the standard question types this second edition will ensure that it retains its place on the must have li

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