

A WEEKLY PUBLICATION FROM THE MEDIA DESK

What Do You Know About Insulin?

Insulin is a hormone which plays a key role in the regulation of blood glucose levels. A lack of insulin, or an inability to adequately respond to insulin, can each lead to the development of the symptoms of diabetes.

In addition to its role in controlling blood sugar levels, insulin is also involved in the storage of fat.

The role of insulin in the body- Insulin regulates how the body uses and stores glucose and fat. Many of the body's cells rely on insulin to take glucose from the blood for energy.

Insulin and blood glucose levels- Insulin helps control blood glucose levels by signaling the liver and muscle and fat cells to take in glucose from the blood. Insulin therefore helps cells to take in glucose to be used for energy.

If the body has sufficient energy, insulin signals the liver to take up glucose and store it as glycogen.

The liver can store up to around 5% of its mass as glycogen.

Some cells in the body can take glucose from the blood without insulin, but most cells do require insulin to be present.

Insulin and type 1 diabetes- In type 1 diabetes, the body produces insufficient insulin to regulate blood glucose levels.

Without the presence of insulin, many of the body's cells cannot take glucose from the blood and therefore the body uses other sources of energy.

Ketones are produced by the liver as an alternative source of energy, however, high levels of the ketones can lead to a dangerous condition called ketoacidosis.

People with type 1 diabetes will need to inject insulin to compensate for their body's lack of insulin.

Insulin and type 2 diabetes- Type 2 diabetes is characterized by the body not responding effectively to insulin. This is termed insulin resistance. As a result the body is less able to take up glucose from the blood. In the earlier stages of type 2 diabetes, the body responds by producing more insulin than it would normally need to.

If type 2 diabetes develops over a number of years, the extra demands on the pancreas to produce insulin can lead to a loss of insulin producing cells (known as pancreatic beta cells) as they wear out.

Depending on their level of insulin resistance, people with type 2 diabetes may also need to take insulin injections to manage their blood sugar levels.

NIMC Gets A Facelift

For the past few weeks, renovations and maintenance on structures and facilities have been ongoing at the Headquarters of the National Identity Management Commission.

This is in a bid to upgrade and update the buildings and facilities to meet modern standards and make the Commission more ergonomic to ensure the seamless achievement of NIMS's Mandate.



The renovation will not only make the Commission more functional, it will also improve the morale and productivity of Staff and it is also a great boost for the Commissions image to the public.



Prior to this development, the buildings and facilities were outdated and in need of an upgrade, there was wear and tear signs on walls, ceiling and floors, outdated security technology, outdated toilets and lighting, over congestion in offices etc.

However, with such renovations comes hazards, precautions that meet up to the set safety standards adhered to in construction and renovation sites have been put in place to ensure safety of staff and Visitors, these include, barricading of renovation areas, warning signage's around sites etc.

Staff are therefore urged to be mindful of signage's around and restrict movements around sites under renovations unless it is necessary.

Who Will You Be Voting For?

With the Association of Senior Civil Servants of Nigeria (ASCSN) NIMC Chapter elections right around the corner, have you made up your mind on who you will be voting for? Well, here is a list of the Candidates vying for the available positions at the upcoming election scheduled to hold on the 11th of July, 2018.

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Comrade Eyo Nicodemus Bassey

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Comrade Asekokhai Lucky Michael

Comrade Ekwealor Ikechukwu Michael

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Comrade Mohammed Jibril Zuru

Comrade Odia Victor Japhet

Comrade Oyeasonor Chukwuma Goddey

TREASURER

Comrade Ukwetang Otabuyina Isaac

Comrade Okoh Emmanuel Okpe

EX-OFFICIO

Comrade Igwilo Francisca Nma

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