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Anti-diabetic activity of *Emblica officinalis* extract in db/db mice and induction of adipogenesis in 3T3-L1 preadipocytes through activation of PPAR- γ

Bhavesh C Variya and Snehal S Patel
Nirma University, India

Peroxisome proliferator-activated receptor- γ (PPAR- γ) plays a key role in insulin sensitivity and is promising target to improve insulin sensitivity. From the ancient time, *Emblica officinalis* has been used in Ayurveda for the management of various ailments, including diabetes, however the mechanism still remains to be elucidated. In the present study, we showed that 42 days treatment with fruit juice of *E. officinalis* (2 ml/kg/day, p.o.) and isolated active moiety, gallic acid (100 mg/kg/day, p.o.), can produce decrease in blood glucose level as well as body weight in db/db mice. The treatment showed a reduced serum insulin level with decreased AUC_{glucose} in OGTT test. The triglyceride and %HbA1c levels were also found to be significantly abridged in treated animals as compared to normal control. Furthermore, gallic acid showed significant adipogenesis in 3T3-L1 with up-regulation of PPAR- γ and glucose transporter-4 (GLUT-4). From our data, we demonstrated that *E. officinalis* and gallic acid improves glucose tolerance and shows anti-diabetic activity through up-regulation of PPAR- γ and GLUT-4 and can be a good lead for development of newer anti-diabetic drugs having better efficacy with minimal adverse effects.

bcvariya@gmail.com

Diabetes-focused psychotherapy (DFP): A holistic and novel approach to diabetes treatment

Eliot LeBow
Private Practice Diabetes-Focused Psychotherapist, USA

Diabetes-focused psychotherapy (DFP) takes a holistic approach to diabetes management, combining client-centered psychotherapy with diabetes education, emotional support, and increased accountability. It utilizes techniques from motivational interviewing, cognitive behavioral therapy and psychodynamic therapy to address both the physical and emotional aspects of living life with diabetes. DFP takes non-diabetes life-related problems into consideration as well, to create a unique holistic approach to help people with diabetes live a healthier and happier life. DFP was created to support diabetes self-management while reducing the emotional issues that negatively impact effective diabetes management. Research shows that depression is 2-3 times more prevalent for people living with diabetes. Poor diabetes management leads to symptoms of depression and will exacerbate preexisting psychiatric disorders consequently negatively affecting cognitive functioning resulting in impaired ability to manage diabetes. Case studies will be presented to illustrate this point. Audience members will increase their understanding about non-compliance, reducing the providers' frustration, while offering simple tools to help address compliance issues. The audience will leave with a deeper understanding of their patients, clients, or students along with the tools to help them address the cognitive challenges they face.

eliot.lebow@gmail.com

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