

NUTRITION & HEALTH

April 12-14, 2018 | Amsterdam, Netherlands

The effect of low dietary carbohydrate advice on glycemic control in patients with type 2 diabetes

Fatima Alzain Adam Adeela

Ministry of Health, Sudan

Background: Type 2 diabetes is one of the most challenging medical disorders because of the demands it imposes on day to day life. Good glycemic control (GC), as judged by GbA1c, fasting serum plasma glucose (SPG) and random (SPG) levels. Diet plays a major role in the overall management of type 2 diabetes.

Purpose: The purpose of this study was to assess the effect of Dietary Advice (DA) on glycemic control in patients with type 2 diabetes and to determine long-term and short-term complication of diabetes by low dietary carbohydrate advice on metabolic control and quality of life in patient with type 2 diabetes.

Research Design & Methods: Randomized patients attending a diabetes education clinic at primary health care centers were included. The study targeted a total number of 99 cases (35 male – 64 female) of type 2 diabetes aged between 20–80 years. Depending on the treatment of oral hypoglycemic agent's subjects measured (SPG) for fasting and (SPG) for random, weight and height for body mass index (BMI) before and after intervention.

Outcomes: Medical outcome measures the change of glycemic control among the target group before and after the nutrition education.

Results & Conclusions: After the intervention period of 12 months, subjects have shown significant lower circulating levels of (SPG) for fasting which is 49%, levels of (SPG) for random which is 51.5% and a reduced body weight. DI positively modulates the GC without increasing the risk of hypoglycemia and enhances the quality of life in patient with type 2 diabetes.

adeela99@gmail.com