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Impact of olive leaves consumption on blood sugar level in adults with type-2 diabetes

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Aim: The purpose of this research was to study the effect of drinking boiled olive leaves on Blood Glucose (BG) level among adults with type-2 diabetes (both males and females) in Al-Madinah Al-Munawarah. The following research questions guided the study: Is there a relationship between olives leaves consumption and BG level? And Can olive leaves reduce high BG level?

Materials & Methods: 73 participants (29 males & 44 females) were chosen from 120 applicants according to the inclusion & exclusion criteria. Each patient was given a box that contains (3 disposable cups, 3 packs containing 5 gram grounded olive leaves, 18 lancets & strips for measuring BG, follow-up & instruction card & diabetes education book). They were asked to measure BG level for 6 days (Before the main meal, after 1 hour of eating and after 3 hours). The last 3 days they add drinking boiled olive leaves powder immediately after the main meal. Comparison of BG levels in the three reading times before & after olive leave consumption.

Results: Reduction in mean BG level after drinking boiled olive leave extracts was found in all measurements during the 3 days of consumption but the only significant reduction in BG was found on the third day one hour after meal.

Conclusion: Hypoglycemic effect of olive leaves was found in the study with minor side effects. Further studies are recommended to identify the ideal dose, duration and timing of consumption to produce the maximum impact on BG.

Biography

Raneem Ali Almutairi has completed her Bachelor's degree in Clinical Nutrition from Taibah University and presently doing Internship. She is interested in volunteering in health campaigns and participated and headed more than 20 campaigns since last 4 years. She is interested in research and will continue her study in the nutrition and diseases research field.

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