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Nutritional management for the prevention of the diabetes epidemic

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Diabetes is defined as a metabolic dysfunction that ranges from mild blood sugar imbalance to full-fledged type 2 diabetes, which can be preventable and in some cases entirely reversible. It affects more than one billion people worldwide, including 100 million Americans and 50% of Americans over 65. Recent statistics suggest that diabetes may already be the leading cause of chronic disease and death in the world, and its impact is expected to rise dramatically in the next 25 years with a major impact on the healthcare systems worldwide.

Diabetes is a constellation of signs that includes abdominal obesity, dyslipidemia, high blood pressure, high blood systemic inflammation and, a tendency to form blood clots. The “diabetic” patients have increased risk of heart disease, stroke, dementia, cancer, kidney failure and blindness among many other conditions.

To date, there are no national recommendations from governments or worldwide diabetes organizations to advise screening and treatment of this epidemic, thus many people suffering from diabetes may be left undiagnosed and untreated.

The entire spectrum of diabetes including all of its complications is simply downstream symptoms that result from unhealthy eating habits, sedentary lifestyle, and environmental factors.

Interventions with a clinical nutritionist and medical doctor and some basic lifestyle changes can help patients lose weight, regulate blood sugar, reverse the effects of diabetes and help pave the way for better long-term health.

Aside from healthy eating recommendation, exercise remains the single best medication for diabetes.

Biography

Carla Vartanian is a consultant in clinical nutrition, dietetics and metabolism and certified in Clinical Bioethics from Harvard Medical School. She has the European ESPEN teaching diploma of the European Society of Clinical Nutrition and Metabolism in which she is actively involved by conducting nutrition support workshops for dietitians and physicians. Throughout her career, her areas of interest focused on nutrition research and education as she has been speaking in many international scientific meetings, teaching nutrition in different universities in Beirut and publishing nutrition and health articles in the Middle East. In addition she has her own weekly nutrition and health awareness TV show in Lebanon since 2008. She is an active member of many nutrition and dietetic associations around the world. Her latest international recognitions include the award of teaching excellence and the successful member of the year recognition by the World Public Health Nutrition Association.

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