

25th European

Nutrition and Dietetics Conference

April 22-23, 2019 | Rome, Italy



Carmen Ghantous

Carmen's Diet Clinic, Lebanon

Managing diabetes through diet

The risk of death for diabetes is 50 % higher than for adults without diabetes so individuals, health care professionals, organizations and communities across the country should bring attention and awareness to diabetes and its impact on millions of people.

Managing diabetes through diet: This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they can fight these undesirable troubles by the diet. This presentation is prepared as community awareness campaign for managing diabetes for a longer, healthier life and it will include why diet is important (fast facts on diabetes and objective), healthy eating (meal plan and dietary advices for diabetes), control the quantity of fats and carbohydrates, importance of weight management and physical activity and we will finalize by 10 tips for a fit life and body.

Biography

Carmen Ghantous is a registered dietitian who founded Carmen's Diet Clinic in 2013. She offers nutrition and wellness counselling to individuals and corporations. He a specialist in weight management, diabetes, cholesterol, triglycerides treatments, athletes, children, pregnant, breastfeeding women and elderly people nutrition. In addition to Carmen's aforementioned qualifications, Carmen's owe three clinics located in different regions in Beirut and she is the health analyst for Unilever Lebanon, Acuvue, Sonhele and Braun products. To help teen achieve improved health, weight loss and overall well-being, Carmen has implemented also a nutrition therapy program for high school students (St Joseph School) during 2015-2016 and scheduled seminars at Ecole Secondaire des Filles de La Charite -Achrafieh, College Saint Famille-Fanar, and the Lebanese American University (LAU) Beirut. Carmen is graduated from the Holy Spirit University in Nutrition and Food Studies and completed her dietetic residency at the Lebanese Hospital Geitawi Lebanon. Carmen's involvement with her patients is not limited to schedule clinic appointments; she also plans regular free nutrition seminars and collaborates with a personal trainer and psychologist to give her patients a comprehensive approach to health living. Carmen has been quoted on MTV at The Doctors show, on AL Jadeed TV with Chef Richard, Radio One Lebanon with Gavin Ford, Light FM with Tanguy Focon & Lebne EI Hor station (every Wednesday until today). She has also written articles in AL NAHAR Newsletters and AL NASHRA OnlineNews. Carmen's has participated also in all the international events that took place in Biel (like INSHAPE exhibition 2015, RAMADANIYAT exhibition 2015- 2016 and BEIRUT COOKING FESTIVAL 2016.

Carmen.ghantous@live.com