

International webinar on **O**BESITY AND **N**UTRITIONAL **H**EALTH

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The effect of non-caloric restricted, low-carbohydrate diet in reversing type 2 diabetes mellitus among active omani diabetic patients attending north mawaleh health center**Salma Alkalbani***senior specialist Family medicine, Oman*

Background: There is growing evidence that low-carbohydrate diet can positively improve glycaemic index in patients with type 2 diabetes mellitus.

Objective: This study examined the effectiveness of a non-caloric restricted, low-carbohydrate diet (NCRLCD) in improving glycaemic control over a 24-week period in active Omani diabetic patients attending primary care setting at North Mawaleh health centre, Muscat.

Methodology: This is a prospective, descriptive study with longitudinal follow-up and pre-test, post-test comparison. Eighty-three patients were recruited. Blood was collected at baseline, 12-week, and 24-week. Each patient was advised to follow a NCRLCD (< 80 grams of carbohydrate per day) and exercise recommendations. The primary outcome was glycated haemoglobin (HbA1c).

Conclusion: Non-caloric restricted Low carbohydrate diet had improved glycaemic control in patients with type 2 DM in this study. Further controlled studies are warranted.

Biography

Salma Alkalbani is senior specialist family physician from Oman. She has completed residency program in family medicine in 2014 from Oman medical specialty Board, Oman. She worked as primary care physician for almost 6 years. She completed master's in public health at University College Dublin and currently doing her fellowship on public health in Ireland. Her area of interest is obesity and diabetes management through primary prevention and health promotion. She served as editorial member in several journals.