

The pros and cons of probiotics for kids where we stand

Said Moustafa M. El-Deib

NMC Royal Hospital, UAE

Background and Aims: Diabetes mellitus (DM) is a highly prevalent condition that causes significant morbidity and mortality worldwide. Conventional therapies include lifestyle modification, oral pharmacological agents and subcutaneous insulin. Emerging data suggest that natural approaches to the treatment of DM may help supplement current therapies for further glycemic control. Herein, we review the evidence of several natural modalities for DM treatment. We describe the pathophysiology of diabetes and its complications, provide an overview of current pharmacologic treatments and finally, discuss natural approaches to diabetes management. Specifically, we will describe on the utility of diet, physical activity and common natural products in the treatment of newly diagnosed cases of DM and focus on recent, high-quality studies. Adverse effects and potential interactions of each therapy will be highlighted where applicable.

Keywords: Diabetes mellitus, Diet, Herbal supplements, Interval training, Natural, Pharmacological agents

Biography

Said Moustafa M. El-Deib is a Neonatologist with an experience of around 15 years, backed by a degree from the Royal College of Paediatrics and Child Health - MRCPCH - UK and MD in Paediatrics from Ain Shams University in Egypt. He is also a clinical researcher in Neonatal and Paediatric Nutrition with a PGPN diploma from Boston University in the USA. Said has published several studies in reputable international journals in neonatology and paediatric nutrition. He has also presented his findings in prestigious international conferences and symposia.