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Medical nutrition therapy for type-2 diabetes

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Abstract

Medical nutrition therapy remains the cornerstone in chronic disease management, apart from medication and regular physical activity. Various clinical practice guidelines and position papers from worldwide associations have incorporated specific nutrition recommendations in managing chronic diseases such as diabetes mellitus, hypertension, hyperlipidaemia, gout and chronic renal failure, which aim to prevent further complications or other co-morbidities arise from these chronic medical conditions. In addition, specific issues such as carbohydrate exchange, glycaemic index and glycaemic load for people with diabetes; DASH diet for hypertensive individuals, latest concerns on trans fat, the usage of plant sterol and soluble fibre in enhancing lipid lowering will also be addressed in the article.

Biography

Gulfam Ahmad Cheema has completed his M.B.B.S at the age of 24 years from King Edward Medical College Lahore and Post Graduation in Medicine (F.C.P.S) from college of Physician and Surgeons of Pakistan in February 2011. He has research work in medical nutrition therapy for diabetes and now working as Consultant Physician in Zulifiqar Haider Medical Complex, Gujrat, Pakistan (Established in 1962)