Title: Multidisciplinary Approach to Management of Diabetes

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Abstract
The incidence of Type II diabetes is increasing worldwide due to lifestyle and environmental factors and is the leading cause of blindness, amputations, kidney failure, and heart disease. Diabetes is the 7th leading cause of death in the U.S. The Conventional Approach to the management of diabetes focuses on reducing blood glucose through medication prescription while the Holistic approach focuses on the care of the person with diet, nutrition, and lifestyle management. The multidisciplinary approach is cost-effective, patient-centered, and offers high-quality care to the patient.

This paper will discuss the multidisciplinary approach to the management of diabetes which includes the use of nutrition, diet, exercise, and lifestyle changes in the management of diabetes. The paper will examine the importance of including traditional and Lifestyle management approaches to the conventional management and prevention of type II diabetes.

Key words: Type 2 Diabetes, Lifestyle modification, Nutrition, Diet, Exercise, Weight management, prevention, Environmental factors

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