

Diabetes Maintenance

The Diabetes Epidemic

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Diabetes mellitus and lesser forms of glucose intolerance, particularly impaired glucose tolerance (IGT), can now be found in almost every population in the world. Epidemiological evidence suggests that, without effective prevention and control programmes, diabetes will likely continue to increase globally (Prevention of diabetes mellitus. Technical Report Series no. 844. Geneva: World Health Organization). An understanding of the normal physiology regarding sugar and insulin is the first step to helping a patient get control of blood sugar levels. Learn about risk factors, complications and how pertinent lab tests, history and physical exams can help lead to a discussion on type 1 Diabetes mellitus, latent autoimmune diabetes of adults (LADA), metabolic syndrome and type 2 diabetes. Understand how HbA1C level changes affect diabetes management. Ascertain treatment goals, the role of insulin, diet, exercise, nutraceuticals and drainage remedies. Treatment guidelines are also discussed.

