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Ketogenic diet and glycemic control in obese and diabetic patients

Rama Adnan Mnla

Imperial College Diabetes Centers, UAE

Glycemic control in diabetes is the primary goal to delay and/ or prevent diabetes complications. Dietary carbohydrate is the major determinant of postprandial glucose levels, and several clinical studies have shown that low-carbohydrate diets improve glycemic control, thus carbohydrate restriction is considered to be a crucial therapeutic approach for the glycemic control. Diets low in carbohydrate was used for the treatment of diabetes before insulin or other medication therapies were available. Macronutrient distribution in the diet has different effect on the body physiology and metabolism and eventually on the body composition and clinical outcomes. Ketogenic diet is a type of diet that consist of a very low carbohydrates and high fat which drives the body to get its energy from burning body fat which produces an energy source known as ketones. It has been shown that ketogenic diet is effective in improving blood glucose control and helping towards weight loss in people with diabetes and non-diabetic. It has been presently included in the evidence based practice guidelines for nutritional management of diabetes and obesity. In this lecture, we will be discussing the macronutrients recommendation, ketogenic diet, alterations in metabolism in patient on ketogenic diet, the benefits of ketogenic diet on clinical outcomes, in addition to safety, compliance and guidelines.

Biography

Rama Adnan Mnla is an experienced Clinical Dietitian with a demonstrated history of pre and post graduate experience in a variety of inpatient and outpatient settings in different hospitals including John Hopkins hospital (Tawam hospital), Imperial college Diabetes Centers in the United Arab Emirates.

ms.dietitian@hotmail.com