

Chapter 20 – Nutrition and Diabetes Mellitus

Chapter Outline

Instructor Resources

I. Overview of Diabetes Mellitus

A. Introduction

1. Incidence of diabetes mellitus is steadily increasing
2. Metabolic disorders characterized by:
 - a. Elevated blood glucose
 - b. Disordered insulin metabolism
3. May have:
 - a. Impaired insulin secretion
 - b. Cells that do not respond to insulin normally
4. Results in hyperglycemia

B. Symptoms of Diabetes Mellitus

1. Classic symptoms
 - a. Glycosuria
 - b. Polyuria
 - c. Polydipsia
 - d. Polyphagia
2. Other consequences
 - a. Blurred vision
 - b. Increased infections
 - c. Constant fatigue

C. Diagnosis of Diabetes Mellitus

1. Oral glucose tolerance test
2. Hb A_{1c}
3. Random plasma glucose 200 mg/dL or > & classic symptoms
4. Fasting glucose level 126 mg/dL or >
5. Plasma glucose 2 hours after a 75-g glucose load = 200 mg/dL or >
6. Hb A_{1c} ≥ 6.5%
7. Prediabetes
 - a. Fasting glucose level 100-125 mg/dL
 - b. Plasma glucose 2 hours after a 75-g glucose load = 140-199 mg/dL
 - c. Hb A_{1c} = 5.7-6.4%

D. Types of Diabetes Mellitus

1. Type 1 Diabetes
 - a. 5-10% of cases
 - b. Autoimmune destruction of pancreatic beta cells
 - c. Insulin therapy needed
 - d. May be genetically susceptible and at risk of developing other autoimmune diseases
 - e. Usually occurs in childhood or adolescence
 - f. Ketoacidosis may be the first sign
2. Type 2 Diabetes
 - a. 90-95% of cases
 - b. Often asymptomatic
 - c. Some insulin is produced

Sample Outline For Diabetes Research Paper

DJ Losen



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Table of Contents Sample Outline For Diabetes Research Paper

1. Understanding the eBook Sample Outline For Diabetes Research Paper
 - The Rise of Digital Reading Sample Outline For Diabetes Research Paper
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Outline For Diabetes Research Paper
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Outline For Diabetes Research Paper
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Outline For Diabetes Research Paper
 - Personalized Recommendations
 - Sample Outline For Diabetes Research Paper User Reviews and Ratings
 - Sample Outline For Diabetes Research Paper and Bestseller Lists
5. Accessing Sample Outline For Diabetes Research Paper Free and Paid eBooks
 - Sample Outline For Diabetes Research Paper Public Domain eBooks
 - Sample Outline For Diabetes Research Paper eBook Subscription Services
 - Sample Outline For Diabetes Research Paper Budget-Friendly Options
6. Navigating Sample Outline For Diabetes Research Paper eBook Formats

- ePub, PDF, MOBI, and More
- Sample Outline For Diabetes Research Paper Compatibility with Devices
- Sample Outline For Diabetes Research Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Outline For Diabetes Research Paper
 - Highlighting and Note-Taking Sample Outline For Diabetes Research Paper
 - Interactive Elements Sample Outline For Diabetes Research Paper
- 8. Staying Engaged with Sample Outline For Diabetes Research Paper
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Outline For Diabetes Research Paper
- 9. Balancing eBooks and Physical Books Sample Outline For Diabetes Research Paper
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Outline For Diabetes Research Paper
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Outline For Diabetes Research Paper
 - Setting Reading Goals Sample Outline For Diabetes Research Paper
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Outline For Diabetes Research Paper
 - Fact-Checking eBook Content of Sample Outline For Diabetes Research Paper
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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