Chapter 20 - Nutrition and Diabetes Mellitus

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A. Introduction

Chapter Outline

- 1. Incidence of diabetes mellitus is steadily increasing
- 2. Metabolic disorders characterized by:
 - a. Elevated blood glucose.
 - b. Disordered insulin metabolism
- 3. May baye:
 - 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
 - Other con sequences
 - a. Blurred vision
 - b. Increased infections
 - c. Constant fatigue
- C. Diagnosis of Diabetes Mellitus
 - 1. Oral glucose tolerance test
 - 2. Hb Au-
 - 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 Au 26.5%
 - Prediabetes.
 - Fasting glucose level 100-125 mg/dl.
 - b. Plasma glucose 2 hours after a 75-g glucose load = 140-199 mg/dL
 - c. HbA= -57-64%
- D. Types of Diabetes Mellitus
 - Type I 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

Instructor Resources

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L Darling-Hammond

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