#### 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

# **Sample Outline For Diabetes Research Paper**

**RC Schank** 

**Sample Outline For Diabetes Research Paper:** 

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