

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

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G Psacharopoulos



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