

13th Global Diabetes Conference and Medicare Expo

August 08-10, 2016 Birmingham, UK

The feeding problems of the diabetic patients and its implications in control and management of diabetes in Idemili North, Local Government Area, Anambra State, Nigeria

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Objective: Obtaining information on the knowledge and practices of a target group is essential for the development of effective health education programs. This study was conducted to investigate the feeding problems of the diabetic patients and its implications in control and management of diabetes in Idemili North, Local Government Area of Anambra State, Nigeria.

Materials & Method: Selected towns and hospitals were visited and questionnaires were administered personally to the respondents and collected back after completion. Data on feeding pattern of diabetics, types of food eaten and problems encountered with their feeding practices were captured. Interpretation of data was done using percentage, mean for score percentage. Monte Carlo proportion was used to compare the right answers.

Results: The result shows that the major problems that the respondents encounter with their feeding is, high cost of their food items (100%), 90% indicated that the foods were seasonal, 50% indicated that the foods were scarce in the market, 83.3% indicated that the foods needed were highly perishable and 40% indicated that some foods were not easily prepared. 77% admitted that the guide or advice was given them by a medical doctors, 4% by pharmacist; 14% by dietitian while 5% by nutritionist. 19% of the respondents reported that they had been seen by dietitians or nutritionist while 81% had never been seen since their diagnosis. 100% of the foods listed in the questionnaire were taken without restrictions, because they were not properly guided about the food so, they used to consume whatever they believed was good for them.

Conclusion: Findings of the study suggest the need for health education programs by Nutritionist, taking care to reach the grassroots disseminating information on the importance of meeting the Nutritionist and Dietitians for proper diet guides on how to make the food items readily available and its best use.

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African tea leaf (*Vernonia amygdalina*) extract decreased the blood glucose levels: An experimental study using diabetic mice (*Mus musculus*)

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Diabetes mellitus (DM) is a metabolic disease that occurs due to abnormalities in insulin secretion, insulin action or both. African tea leaf extract (*Vernonia amygdalina*) had been investigated for diabetes therapy. The purpose of this study was to determine the effect of African tea leaf extract (*Vernonia amygdalina*) for decreasing blood glucose levels in alloxan-induced diabetic mice (*Mus musculus*). This experimental study using 15 mice, weighing 20-30 grams, were divided into three groups: Control group (K1), alloxan induction with (P) and without (K2) extract supplementation (200 mg bw/d). The results showed an increase in average fasting blood glucose levels in the K2 and P group after alloxan induction: 152.20 ± 15.304 mg/dl and 175.00 ± 44.435 mg/dl, respectively. After administering the extract for ten days, the average fasting blood glucose levels in P group were significantly decreased (100.60 ± 6.148 mg/dl) compared to K2 group (435.80 ± 139.820 mg/dl). It could be concluded that *Vernonia amygdalina* extract supplementation decreased fasting blood glucose level.

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