

Global Experts Meeting on

DIABETES, HYPERTENSION, METABOLIC SYNDROME

July 30-31, 2018 Melbourne, Australia



Premanidhi Panda

Dr. Panda Diabetes Institute, India

Concept of Diabetes should be changed

Very low calorie diets generally contain about 800 calories per day, or even less. Usually Plan for Obesity. But Author apply to Type 2 Diabetes from 2015-17 Obese & Non-Obese variety. Out of 500 Patient in his study He gave Only one-two Roti Or One cup of Rice, one to two Egg White Or 2 Pieces of Fish Or 6 Pieces of Chicken Plus Dal, Buta, Chana Or Rajma Plus Green Vegetables Plus Palak Plus 5-10 Petals of Garlic Plus One Onion per day, 2 Cucumber per day, 2 Tomato per day Plus one Lemon per day

Discussion:- Dr Panda only advised for one Chapati per Meal 1 chapati has only 80 to 110 calories depending on size, but it has 3.5 grams of protein, half a gram of total fat, no saturated or trans fat, no cholesterol, but it has vitamin A, B1, B2, B3, calcium, iron and fiber.

Biography

Premanidhi Panda has completed his MBBS from Berhampur University, India and Post-doctoral studies, MD (MED) from Utkal University School of Medicine. He is the Director of Dr. Panda Diabetes Institute, India, a premier Diabetes Hospital and Research Centre in India. He has worked in Tisco Hospital, Benghazi Medical and Medwin Hospital. He was awarded with India's Best Doctor Award-2013 (diabetes) by Medgate Today Survey. He was awarded MRCP, FRCP by Royal College of Physician and Surgeon. He has published more than 20 papers in reputed journals and received several national and international awards for his contribution in diabetes.

pandadrpremanidhi@gmail.com