

TITLE

**Aromatic and
Medicinal Plants and
Type 2 Diabetes in
Iberian Peninsula**

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Due to the global adaptation of western lifestyles and consequent increase in childhood and adult obesity, type 2 diabetes has become epidemic on global scale.

Currently, the use of anti-diabetic oral drugs (ADOs) to control hyperglycaemia does not promote a satisfactory goal for most diabetic patients. Despite the advances in the diagnosis and treatment of diabetes in the western medicine, an increasing interest in traditional anti-diabetic plants has been observed. Indeed, medicinal plants seem to be a useful alternative to synthetic drugs used in diabetes therapy and several active compounds of some of these synthetic drugs (such as metformin or guanidine) are extracted from plants or have similar effects. In Portugal and Spain, where the prevalence of diabetes has also raised, phytotherapy has been rediscovered. Presently, in Iberian Peninsula there has been a remarkable quest for anti-diabetic medicinal plants to be used alone or in combination with prescribed medication.

Biography

Fernanda M. Ferreira is an Assistant Professor of Agricultural College of Coimbra, Polytechnic Institute of Coimbra (Portugal) and a member of Center for Study of Natural Resources, Environment and Society (CERNAS).

She received her Ph.D in Biology (Cell Biology) from University of Coimbra, in 2006. Her PhD theme was the "Evaluation of the effect of diabetes in mitochondrial bioenergetics". The focus of her research has been on the alterations of mitochondrial bioenergetics in diabetic animal models and the effects of medicinal plants extracts' on glycaemic control.



This research was performed in collaboration with:

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