

## Recent natural management modalities in a newly diagnosed diabetic patient: A review of diet, exercise, and natural products

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### Abstract

**Background and Aims:** Diabetes mellitus (DM) is a highly prevalent condition that causes significant morbidity and mortality worldwide. Conventional therapies include lifestyle modification, oral pharmacological agents, and subcutaneous insulin. Emerging data suggest that natural approaches to the treatment of DM may help supplement current therapies for further glycemic control. Herein, we review the evidence of several natural modalities for DM treatment. We describe the pathophysiology of diabetes and its complications, provide an overview of current pharmacologic treatments, and finally, discuss natural approaches to diabetes management. Specifically, we will describe on the utility of diet, physical activity, and common natural products in the treatment of newly diagnosed cases of DM and focus on recent, high-quality studies. Adverse effects and potential interactions of each therapy will be highlighted where applicable.



### Biography:

Amr I.M. Hawal has his expertise in evaluation and passion in improving the health and wellbeing. His open and contextual evaluation model based on responsive constructivists creates new pathways for improving health care especially in Neonatology field. He has built this model after years of experience in research, evaluation, teaching and administration both in hospital and education institutions. Our case presentation was done in one of the biggest & modern of art & advanced NICU based on tertiary generation level in the region (Latifa Hospital, DHA, Dubai, UAE).

### Speaker Publications:

1. World Health Organization (2018) Maternal, newborn, child and adolescent health. [https://www.who.int/maternal\\_child\\_adolescent/en/](https://www.who.int/maternal_child_adolescent/en/)
2. ESPGHAN Committee on Nutrition, Agostoni C, Braegger C, Desir T, Kolacek S, et al. (2009) Breast-feeding: a commentary by the ESPGHAN Committee on Nutrition. *J Pediatr Gastroenterol Nutr* 49: 112-125.
3. Castellote C, Casillas R, Ramírez-Santana C, Pérez-Cano FJ, Castell M, et al. (2011) Premature delivery influences the immunological composition of colostrum and transitional and mature human milk. *J Nutr* 141: 1181-1187.
4. Ballard O, Morrow AL (2013) Human milk composition: nutrients and bioactive factors. *Pediatr Clin North Am* 60: 49-74.
5. Kulski JK, Hartmann PE (1981) Changes in human milk composition during the initiation of lactation. *Aust J Exp Biol Med Sci* 59: 101-114.

[3<sup>rd</sup> International Conference on Advances in Neonatal and Pediatric Nutrition](#); Webinar- June 22-23, 2020.

### Abstract Citation:

Amr I.M. Hawal, Recent natural management modalities in a newly diagnosed diabetic patient: A review of diet, exercise, and natural products, *Pediatric Nutrition* 2020, 3<sup>rd</sup> International Conference on Advances in Neonatal and Pediatric Nutrition; Webinar- June 22-23, 2020

(<https://pediatricnutrition.pediatricconferences.com/abstract/2020/recent-natural-management-modalities-in-a-newly-diagnosed-diabetic-patient-a-review-of-diet-exercise-and-natural-products>)