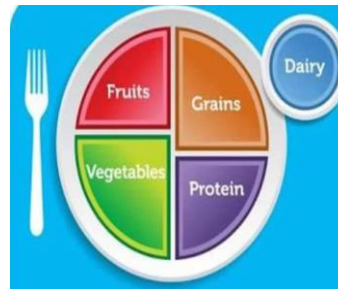




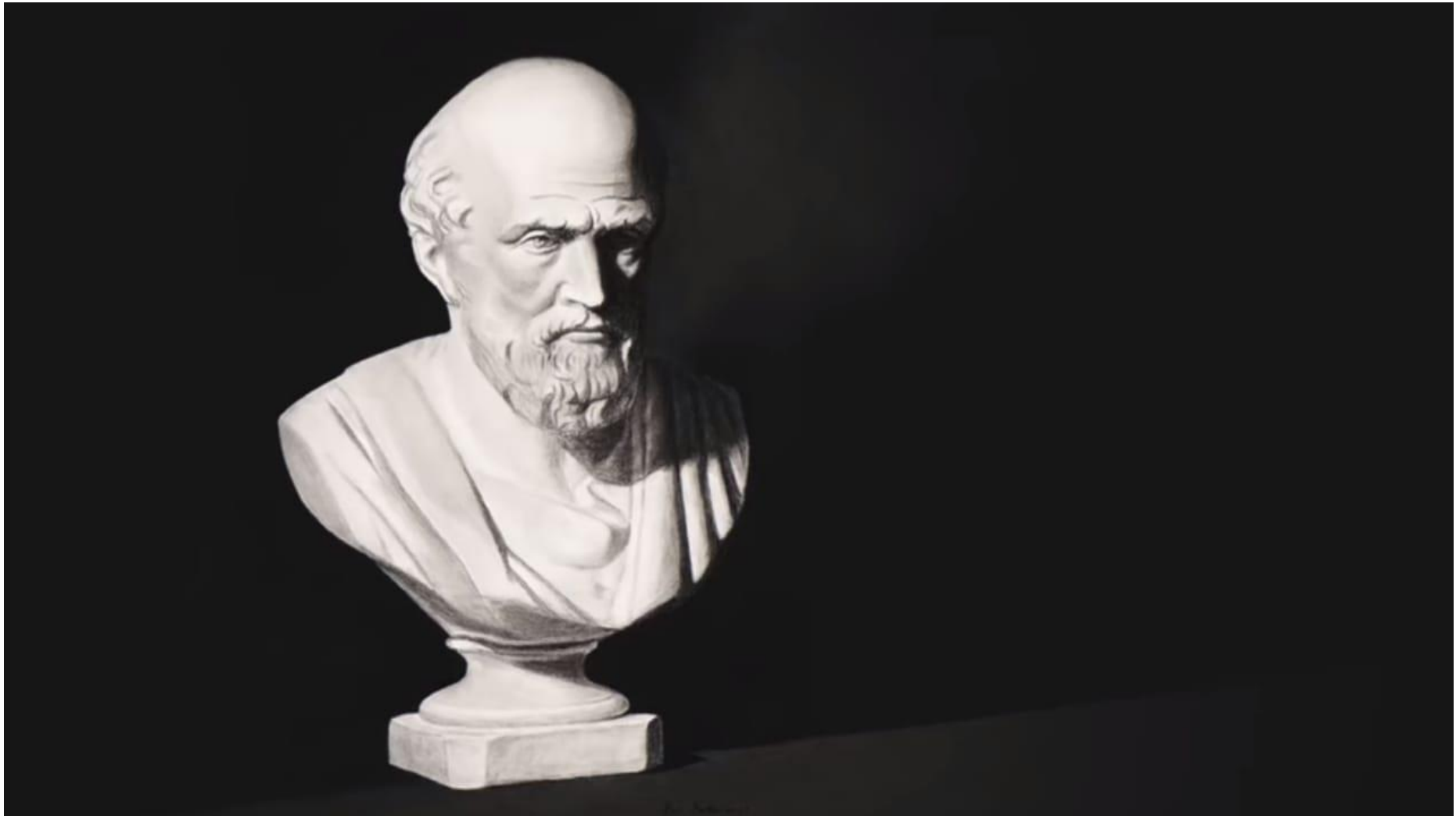
Indian Medical Association

IMA Food Safety Initiative – IFSI

NetProFan



Let Food be Thy Medicine- Hippocrates



GUJARAT



Celebrating World Health Day

NUTRITION UPDATE



... Jointly Organise by...

IMA Bhavnagar Branch (IFSI)

Critical Care Society of Bhavnagar

Paediatrician's Association of Bhavnagar









KERALA









HARYANA



ASSAM







International
Diabetes
Federation



71 days to go



▪ Abstract No BU-04175

▪ Abstract Title Food plate based lifestyle intervention for control of blood glucose and body weight in Diabetes patients in South India

▪ Stream & Topic [Clinical and Therapeutic Research] Environment and lifestyles

▪ Author(s) Dr. Sreejith N Kumar
Dr. Veena Sreejith
Dr. Nam
Unnikris
Dr. Reenu



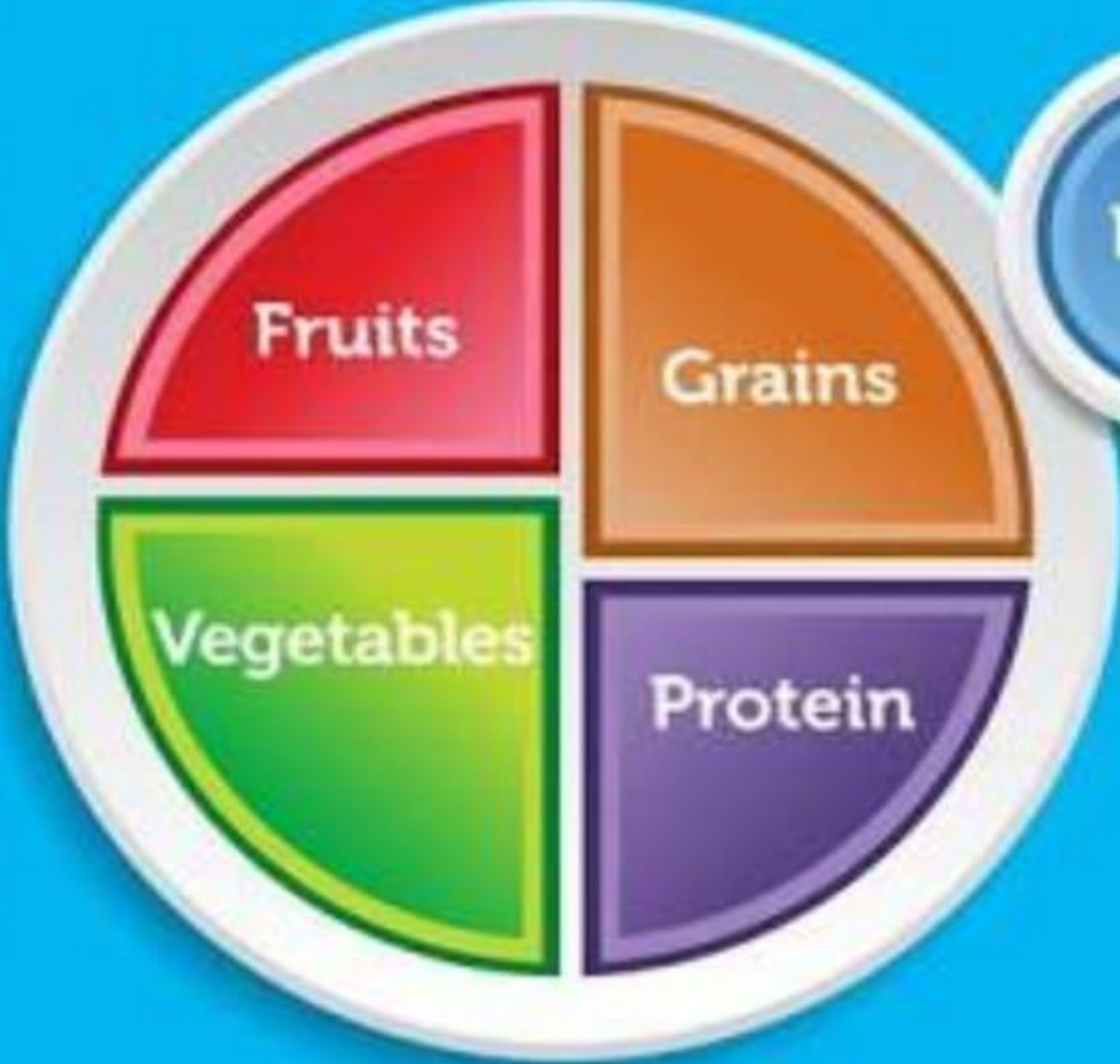
Variable	Mean value at first visit	Mean value at 3 months	Mean decrease at 3 months (SD)	p value
FBG (mg/dl)	133.18	121.42	11.76(± 34.85)	0.021*
PPBG (mg/dl)	155.20	148.22	6.98 (± 34.12)	0.154
Weight (Kg)	69.55	67.85	1.70(± 1.73)	<0.001*

*Statistically significant at 5% level

Table 2

Variable (n=50)	Increase (%)	Decrease (%)	No change(%)
Weight(kg)	6 (12%)	43 (86%)	1 (2%)
Medicine	1 (2%)	36 (72%) (decreased/ stopped)	13 (26%)

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THANK YOU
Indian Medical Association