Control of diabetes, nutrition therapy or drug therapy?

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Editorial

The relationship between diet and disease outbreaks has been found in recent years and thus dietary changes are taken into consideration as a measure of health promotion [1]. Obesity, hypertension, anemia, osteoporosis, diabetes, cancer and atherosclerosis are diseases that diet plays an important role in their supply [2,3]. Each of these diseases can be a background for other diseases; for example, obesity may be a precursor to hypertension and diabetes [4].

Diabetes is the most common metabolic disorder in the world. Due to the increasing prevalence of diabetes worldwide it is expected that these diseases remain as the causes of morbidity and mortality [5]. Diabetes increases the risk of many diseases such as heart disease [6], so treatment and controlling of such diseases are very important.

The role of diet is well known in controlling diabetes. According to the latest studies, low-calorie diet with high starch carbohydrates, high fiber and low fat is the best way to lose weight and control type II diabetic patients [7].

In the studies that have been conducted on the nutritional status of diabetic patients in the world; it has been shown that food insecurity was higher among diabetic patients than those without diabetes [8]. Also in America it was seen, that the prevalence of diabetes in people with severe food insecurity was higher than those with mild food insecurity and people without higher food insecurity [9].

Although it seems impossible to get rid of the disease but the patient with proper change in diet can spend many years of life with diabetes; and the patient can prevent from the its complications such as cardiovascular disease, blindness, renal failure, etc. Nutrition methods are appropriate way to reduce the complications and problems and mortality from diabetes. Nutrition education in these patients is a necessity, given that the patient is the main responsible for treating and controlling the disease.

The effectiveness of education depends on the use of behavioural science theories. The behavioural science theory has a huge potential to increase the effectiveness of health education programs and also is the most important part of the health education programs [10].

In general, medical nutrition therapy is an integral part of diabetes management and plays an essential role. Contact through proper nutrition, physical activity and the use of new drugs in diabetics can significantly prevent the spread of this disease and enhanced the quality of life from day to day.

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