

26th International Conference on
Diabetes and Endocrinology

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Diabetes: Learning from the past

The global prevalence of diabetes mellitus has doubled in the past few decades. Today 9% of the adult population is suffering from this disease (approximately 90% of whom have type 2 diabetes mellitus). This number is estimated to increase in the next decades. Moreover, it has been shown that almost 50% of diabetics are undiagnosed, hence the real prevalence of this chronic condition is extremely high. This current global epidemic is mainly driven by environmental factors (unhealthy diet and physical inactivity) and is associated with the spread of obesity worldwide. Lifestyle modifications and health promoting patient education are therefore crucial in the prevention and treatment of diabetes. Dietary interventions should focus on weight loss, consequently enhancing insulin sensitivity, and preventing or reversing micro vascular complications. Historical literature from colonial physicians abounds in reports regarding the appearance of obesity and the increase in the

number of people diagnosed with chronic diseases among isolated populations after they were exposed to the “foods of the West”. Traditional dietary habits were replaced by the excessive consumption “modern” food items. Scientific evidence from decades of nutritional research relates the importance of reducing these new components in our diet to prevent obesity and its complications. Modern dietary factors do not resemble the lifestyle of traditional societies. What kind of traditional dietary habits can we adopt to stop or slow down this global pandemic?.

Speaker Biography

Ilona Kasza has been working for Tucker Health (Singapore) as a nutrition coach since 2014. She has been helping patients understand metabolism, lead a healthy lifestyle, prevent chronic diseases and educate them on ways to lose fat while preserving muscle mass. She has extensive experience working with people suffering from a variety of conditions including heart disease, cancer, diabetes, obesity. She completed a certification program in nutrition from the United Kingdom.

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