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Diabetes: Scenario, nutrition and enteral nutritional therapy

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Diabetes mellitus (DM) is an important and growing health problem for all countries, regardless of their degree of development. In 2015, the International Diabetes Federation (IDF) estimated that 8.8% (95% confidence interval: 7.2 to 11.4) of the world population aged 20-79 years (415 million of people) lived with diabetes. If current trends persist, the number of people with diabetes was projected to exceed 642 million by 2040. The increase in the prevalence of diabetes is associated with several factors, such as: rapid urbanization, epidemiological transition, nutritional transition, greater frequency of sedentary lifestyle, greater frequency of overweight, growth and population aging, and also greater individual's survival with diabetes. The World Health Organization estimates that high glycemia is the third major factor in the cause of premature mortality, surpassed only by increased blood pressure and tobacco use. Nutritional care in diabetes mellitus (DM) is one of the most challenging parts of treatment and lifestyle change strategies, as well as in hospitalized patients in Enteral Nutritional Therapy.

International recommendations on enteral nutritional therapy (NER) in diabetes were initiated in 1998, when the ADA and the European Association for the Study of Diabetes (EASD) developed in Chicago, consensus that has established proposals for this purpose. The latest consensus published by the ADA recommends the presence of a registered dietitian in the hospital team to conduct a realistic plan on nutritional therapy. A recent study including patients with DM2, admitted to intensive care units (ICUs), showed that the use of a specialized formula in glycemic control was correlated with a reduction in mortality and with better economic results.

Speaker Biography

Pollyana Araújo Corrêa has graduated in nutrition at the age of 22 years from Universidade Católica de Brasília and she also had a graduation in Business Management, Comptroller and Corporate Finance from IPOG, BR. She is a technical advisor of clinical nutrition at Nestlé Health Science in Brasília, BR, working with enteral nutritional therapy in various pathologies.

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