



## OPTIMIZING LIFESTYLE IMPROVES GLYCEMIC PROFILE IN PATIENTS AT RISK FOR DIABETES MELLITUS

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There is a pandemic of type 2 diabetes mellitus due to urban and sedentary lifestyle, ageing and obesity. The most important means to prevent this disease is to optimize the lifestyle. Our study aimed to follow-up the effect of moderate caloric restriction and increase of physical activity on clinical and metabolic parameters in persons at risk to develop type 2 diabetes. Twenty-three overweight or obese patients with either altered fasting glucose or altered glucosetolerance were included in this study. They were followed up for 2 years for clinical progress and metabolic profile, while on lifestyle counseling. The dietary and physical recommendations to improve lifestyle were followed by a small reduction in the BMI, total cholesterol, systolic and diastolic blood pressure, together with an increase of HDL at 1 and 2 years of dietary counseling. However there was a significant reduction in abdominal circumference, fasting glycemia and glycemia at 2 hours during oral glucose tolerance test. The small reduction in BMI indicates the need of a more intensive lifestyle counseling.

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