

ORIGINAL RESEARCH

Our Experience with 3 Patients on Management of Obesity and Diabetes with Diet and Aggressive Weight Loss.

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Background: Food system refers to the elements and activities related to producing, processing, distributing, consuming food and its effects in our day to day lifestyle. Diet and lifestyle therapy is the cornerstone of therapy for healthy living especially for patients with obesity, diabetes and cardiovascular diseases.

Objective: This article gives our practical experience on management of Obesity and Diabetes with diet and aggressive weight loss. The components of healthy lifestyle therapy includes a package of; reduced calorie intake, increased physical activity and patient education.

Results

Patient Y [male]

In December 2022 was 98kg. The Random blood sugar was 11.2mmols and HbA1C was 5.8%. On taking diet history he consumed red meat without restriction. No much physical activity. Consumed high starch diet. Diagnosed of Prediabetes. After one month of nutrition consultation; Lost 3kg through a low starch high protein diet. Exercised moderately by walking 30-45 minutes thrice a week. After four months there was drastic improvement. Lost Up to 8kg.

B) Patient P [female]

In January 2023 had 104 kgs. Had Random blood sugar of 10.2mmols, HbA1C 5.8%. She had been eating one banana everyday for breakfast. Consumed a lot of matoke and potatoes in her meals occasionally. Did not exercise. Diagnosed with Prediabetes and hypertension. Triglycerides were elevated. After one month of nutrition follow up, she had lost 5kg. Random blood sugar dropped to 6.4mmols

C) Patient M [MALE]

On the visit to the clinic, he weighed 145 kg, Random blood sugar was 8.4mmols. Consumed red meat daily of measurable amounts. No exercise at all since most of his work is involved with lots of driving to work. Was diagnosed with Type 2 Diabetes, Hypertension, Dyslipidemia. After 2 months of close nutrition monitoring, Random blood sugar improved drastically. Weight dropped to 136kg.

Conclusion of the study: From the three patients, moderate exercise has really improved their health to greater heights. Helped increase insulin sensitivity, we opine as a result blood sugar levels drop.

Cutting down on animal protein consumption such as red meat and eggs. Has lowered triglycerides and total cholesterol levels.

Consumption of low carb diet and exercise contributes to weight loss

Regulating the food system, especially on consumption, significantly promotes a healthy lifestyle.

Keywords: diet, Random blood sugar, HbA1C, triglycerides