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## Medical nutritional supplement improves glycemic control in type 2 diabetes and prediabetes: A prospective study in Indian population

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**Aim:** To determine the long-term effect of Medical Nutrition Therapy (MNT) in adults with type 2 diabetes (T2D) and prediabetes.

**Background:** T2D is one of the major non-communicable diseases with increasing prevalence at a global level. Individuals with T2D are at high risk of developing cardiovascular and other life-threatening conditions. Nutrient intake imbalances in diabetics are also frequently present due to food restrictions. Therefore, the effect of MNT in diabetic and pre-diabetics is studied for 24 weeks.

**Methods:** This is a prospective observational study where MNT (Vidavance™) is given for 24 weeks to 325 adult participants with T2D or prediabetes (HbA1c >6.0). Participants were either taking anti-diabetic therapies along with MNT (n=156), or MNT alone (n=158). Glucose metabolism parameters and lipid profile is assessed at baseline, 12 and 24 weeks.

**Results:** Total 313 participants completed the study. Statistically significant reduction in HbA1c levels is seen from baseline to 12 weeks (8.6 to 7.7; p<0.001) and 24 weeks (8.6 to 7.1: p<0.001), due to only MNT. Similar significant reduction in fasting glucose (167.4 to 119.4 mg/dL) and post-prandial glucose (232.1 to 156.2 mg/dL) are observed at 24 weeks, due to only MNT. Significant reduction in levels of lipid profile parameters is also seen. No adverse event is observed.

**Discussion:** Overall, MNT is found to be efficacious in reducing hyperglycemic parameters. HbA1c is reduced by 0.9% at 12 weeks and by 1.5% at 24 weeks, due to only MNT. Significant reduction in fasting and post-prandial glucose is also seen.

### Biography

Sanjay Kalra, an Endocrinologist, is the proprietor of Bharti Research Institute of Diabetes & Endocrinology (BRIDE), Karnal, Haryana. His extensive professional journey of 14 years covers several stellar achievements in his field of specialty. He is instrumental in providing editorial skills to several national and international medical journals focused on Endocrinology, Diabetes, Geriatrics, Family Practice, Medical Research, Pharmacology, Hypertension and Nutrition. He is an Executive Editor of the Indian Journal of Endocrinology & Metabolism and Editor-in-Chief of the International Journal of Clinical Cases & Investigations. He is the Vice President of South Asian Federation of Endocrine Societies, since 2013.