The impact and complications of poor nutrition

Many patients with diabetes struggle with weight in part due to poor nutritional habits and unhealthy food choices that affect blood glucose levels.

75% of people with diabetes are overweight

50% of people with diabetes are obese

Obesity is associated with insulin resistance and Type 2 diabetes

Uncontrolled blood glucose increases the risk for long-term complications

Cardiovascular Disease
Neuropathy
Nephropathy
Retinopathy
Skin Conditions

The importance and benefits of good nutrition

Recommend nutrition therapy early in diagnosis as part of your patients’ daily diabetes care plan.

The American Diabetes Association recommends nutrition therapy as an effective component of a comprehensive treatment plan.

GOALS OF NUTRITION THERAPY INCLUDE:
1. Achieve optimal metabolic outcomes
2. Delay or prevent chronic complications of diabetes
3. Achieve and maintain weight goals
4. Address individual nutritional needs

Blood Glucose Control Is Essential for Improved Patient Outcomes
Glycemia-targeted nutrition supports improved blood glucose response

Glycemia-targeted nutrition, such as Glucerna®, has been clinically shown to lower blood glucose response5-7:

- Reduced postprandial blood glucose by 38% (*P<0.0001*)5
- Increased insulin response (*P<0.0162*)5
- Resulted in a stronger glucagon-like peptide-1 (GLP-1) induction (*P<0.0001*)5

Compared to a typical breakfast, the glycemia-targeted nutrition shake:

- Glucerna Advance Shakes contain a blend of approximately 93% slow-digesting and low-glycemic carbohydrates to help lower blood glucose response
- Adjusted peak postprandial blood glucose was significantly reduced by 64% after drinking Glucerna Advance Shake compared to a standard shake (*P<0.0001*)6
- Clinical studies have shown that eating 1 to 3 grams of plant-based phytosterols each day resulted in a 5%–15% reduction in low-density lipoproteins (LDL)7,9

**Glucerna® Advance Shakes**

Our most advanced nutrition for people with Type 2 diabetes

**BLOOD SUGAR MANAGEMENT**

CARBSTEADY ULTRA™ to help minimize blood glucose response

**HEART HEALTH**

Plant-based phytosterols help to support cardiovascular health

**IMMUNE SUPPORT**

Excellent source of antioxidants (vitamins C and E & selenium)

Prescribe Glucerna as a daily part of a healthy meal plan for your patients with Type 2 diabetes

Advanced nutrition exclusively designed for people with diabetes

Visit Glucerna.com for patient educational resources to help your patients better manage their diabetes.

*Compared to a standard control (ie, shake and typical breakfast food).

†Among doctors who recommend nutritional products for their patients with diabetes.

References:


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