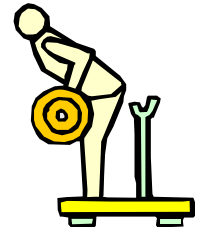


Energy Balance & Diabetes

What is it?

***Obesity-** affects Insulin Resistance Weight Loss, Improves Insulin Sensitivity, Long Term Weight Loss and Lower Energy Intake is difficult to maintain



Facts:

***Central Nervous System-** regulates energy intake, expenditure, thereby body weight
-Influenced- by Genetic Factors, Environmental

***Exercise-** improves insulin sensitivity, acutely lowers blood glucose, very important for Long Term Weight Loss/Weight Loss Maintenance

***Majority-** regain weight that has been lost

***Low Calorie Diets (< 800 Calories/Day)-** provides substantial Weight Loss, Rapid Improvement in Lipemia and Glycemia with Type 2 Diabetes

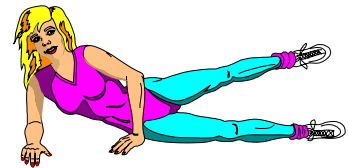
-Old Eating Habits- brought back, weight gain occurs

***Weight Loss Medications-** useful in Type 2 Diabetes in Treatment of Obesity

-Suggest- to be used with Life-style Changes, only use if BMI \geq 27

***Gastric Bypass Surgery-** only considered if BMI \geq 35

-Unproven- in treating Diabetes



What can I do?

***See your Physician**

***See RD for help as needed**

***See FFF RD on line for help**

***Weight Loss-** needed for Type 2 Diabetes for decreased insulin resistance, improved measures of dyslipidemia, glycemia, reduced blood pressure

***Change of Life-style-** Individualized Counseling, Lower Fat, Lower Calories, Exercise, Education, Behavior Therapy, Structured Weight Loss and Maintenance Program

-Modest Weight Loss- improves Blood Sugar and Insulin Resistance

***Meal Replacements-** used 1 or 2 times daily can result in Weight Loss, must be continued if Weight Loss is Maintained (Frozen Meals, Meal Replacement Bars/Shakes)

