Abstracts

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Physiology and Pathophysiology

Diabetes 1993;42:273-81
Insulin resistance in aging is related
to abdominal obesity.
By: WM Kohrt, JP Kirwan,
MA Staten, RE Bourey, DS King,
JO Holloszy

Factors associated with the decline in glucose tolerance seen with aging are not well understood. In this study, the independent effects of age and regional and total obesity on insulin resistance were evaluated using a hyperinsulinemic euglycemic clamp in 17 younger (21 to 33 years old) and 67 older (60 to 72 years old) men and woman. Body composition and fat distribution were measured by hydrodensitometry and anthropometry. Waist circumference alone accounted for >40% of the variance in the glucose disappearance rate among the younger and older subjects. Age explained only 10% to 20% of the total variance. These findings suggest that abdominal obesity rather than age is the more important determinant of insulin resistanceAR

Diabetes 1993;42:288-95
Early exposure to cow's milk and solid foods in infancy, genetic predisposition, and risk of IDDM.
By: JN Kostraba, KJ Cruickshanks, J Lawler-Heavner

In a case-control design, an infant diet history was collected from 164 subjects with insulin-dependent diabetes mellitus (IDDM) and 145 nondiabetic control subjects. The association between

early exposure (<3 months of age) to cow's milk and solid foods with IDDM risk was evaluated. Subjects with diabetes were found to have been younger when first exposed to cow's milk and to solid foods compared with control subjects, after controlling for ethnicity, birth order, and family income. To account for genetic susceptibility to IDDM, diabetic and control subjects were divided into high- and low-risk groups according to an HLA-DQB1 molecular marker. In low-risk individuals, early exposure to cow's milk and solid foods was not associated with an increased IDDM risk. However, early exposure to cow's milk was associated with a significantly increased risk in high-risk individuals compared with unexposed low-risk individuals. Similar findings were observed with solid foods.

New England Journal of Medicine 1993;328:10-14 Association between polymorphism of the glycogen synthase gene and non-insulin-dependent diabetes mellitus. By: LC Groop, M Kankuri, C Schalin-Jäntti, et al

Concordance of non-insulin-dependent diabetes mellitus (NIDDM) in identical twins is strong evidence of a genetic component of this disease. The glycogen synthase gene, on chromosome 19, was studied because glycogen storage in muscle often is impaired in people with NIDDM and their non-diabetic relatives. The A2 allele of this gene identifies a group of people with a strong family history of NIDDM and in whom hypertension and insulin resistance are prevalent.

—JC

Nonpharmacologic Therapies

Diabetes Care 1991;14(12):1115-23 Effects of dietary fiber and carbohydrate on glucose and lipoprotein metabolism in diabetic patients. By: G Riccardi, A Rivellese

Dietary recommendations for the treatment of patients with diabetes issued by national and international diabetes

associations consistently stress the need to increase carbohydrate intake. However, these recommendations have been questioned on the basis of growing evidence that, in both insulin-dependent and non-insulin-dependent diabetes mellitus, a high-carbohydrate diet does not offer any advantage in terms of blood glucose levels and plasma lipid concentrations compared with a high-fat (mainly unsaturated) diet. In fact, a high-carbohydrate diet has been associated with increases in plasma insulin and triglyceride levels. and can cause deterioration in postprandial blood glucose control. This controversy can be settled by considering dietary fiber. Studies have shown that many of the adverse effects of carbobydrate-rich diets can be overcome by increasing consumption of both fiber and carbohydrate. There are indications that in humans, only water-soluble fiber affects plasma glucose and lipoprotein metabolism. Therefore, consumption of legumes, vegetables, and fruits that are high in soluble fiber should be encouraged. A balanced increase in consumption of fiber-rich foods and unsaturated fat is the best way to replace foods rich in saturated fat and cholesterol for patients with diabetes.

Journal of the American Dietetic Association 1993;93:34-39 Guidelines vs practice in the delivery of diabetes nutrition care. By: MS Arnold, et al

The Michigan Diabetes Research and Training Center collected data from 440 randomly selected adults with diabetes who received care from community physicians in 1990. Thirty-four percent had never consulted with a dietitian. Patients taking insulin were judged to have a greater need for diet instruction. The most common reason for not seeing a dietitian was lack of referral by the physician. Dietitians need to promote their role and the importance of nutrition information in diabetes care to both physicians and partients. -30

National Aging Information Center Compendium Of Abstracts 1993 1998

David L. Nelms, George E. Harlow, Allen Richard Brockman

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Gynaecology E-Book Robert W. Shaw, David Luesley, Ash K. Monga, 2010-10-01 Long recognized as the standard general reference work providing a complete overview of contemporary gynaecological practice this new edition of Shaw Gynaecology provides all the information that trainees need to master in order to successfully take their professional certification exams as well as providing the practicing gynaecologist with an accessible overview of the state of play of diagnostic and therapeutic procedures Totally rewritten it gives a succinct but comprehensive account of all currently available resources in the management of gynaecological disorders Comprehensive overview of contemporary gynaecological practice with a clinically focused approach It covers all of the areas that a gynaecologist covers on a day to day basis and helps in the formulation and implementation of the most effective treatment Details the use of various imaging modalities and investigative techniques as they relate to specific diseases in order to provide a solid foundation for clinical practice User friendly features such as chapter outlines summary tables key point boxes incorporated throughout Provides quick access to the most necessary information for practitioners needing a quick consult or trainees preparing for exams Copiously illustrations clarify and enhance the text whenever appropriate Highly selective and current list of references quickly directs the reader to further investigations New full colour illustrations incorporated throughout to accurately depict the full range of both common and rare disorders Details up to date investigative and minimally invasive therapeutic techniques to keep the

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infection related to pets and exotic animals and tickborne infections Apply the latest recommendations and treatments for emerging and re emerging diseases including the H1N1 virus Social Security Bulletin ,1999 The Church Leader's Counseling Resource Book Cynthia Franklin Ph.D., Rowena Fong, 2011-02-01 This all in one guide is designed to better equip clergy and the church leaders to meet their congregations needs in a spiritually grounded and scientifically sound manner Succinct easy to read chapters summarize all a pastor needs to know about a given problem area including its signs or symptoms questions to ask effective helping skills and most importantly when to refer to a mental health professional Synthesizing what research says about treatment approaches for mental health issues this user friendly reference is filled with guidelines case scenarios key points to remember resources for further help advice on integrating scripture and theology with the best available research and tips on partnering with others to provide the best possible care for each church member Each chapter is designed for quick lookup by problem area empowering church leaders to understand and help meet the challenges facing the children adults families and communities that they serve The Teacher's Grammar Book James D. Williams, 2006-04-21 The Teacher's Grammar Book Second Edition introduces the various grammars that inform writing instruction in our schools and examines methods strategies and techniques that constitute best classroom practices for teaching grammar and writing Designed for students who are preparing to become English or language arts teachers as well as for credentialed teachers who want an easy to use guide to guestions of methods grammar and teaching this overview of basic English grammar includes the following major topics a brief history of grammar teaching grammar grammar and writing traditional grammar transformational generative grammar cognitive grammar dialects black English and Chicano English New in the reorganized and fully updated Second Edition new chapter giving a brief history of grammar and grammar instruction new chapter on best practices strategies and techniques that actually work expanded chapter on cognitive grammar a topic not found in other texts of this nature expanded chapter on dialects summary and evaluation of the minimalist program Noam Chomsky's most recent revision of transformational generative grammar a topic unique among texts of this kind and reduced discussion of transformational grammar Ebersole & Hess' Toward Healthy Aging -E-Book Theris A. Touhy, Kathleen F Jett, 2015-08-06 Get all the knowledge you need to provide effective care for adults as they age Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing Ebersole Hess Toward Healthy Aging 9th Edition is the only comprehensive text to address all aspects of gerontological nursing care The new ninth edition has been extensively revised and updated and now includes shorter more streamlined chapters and pedagogical features to facilitate learning covering the areas of safety and ethical considerations genetics communication with the patient and caregiver promoting health in persons with conditions commonly occurring in later life world wide addressing loss and palliative care and much more This new edition considers the experience of aging as a universal experience and the nurse s role in the reduction of health disparities and inequities as a member of the global

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