

P175 The use of natural oils may help reduction of blood sugar level both in diabetes mellitus type 1 and type 2 patients

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Background

Prevalence of diabetes mellitus is on the rise worldwide. The aim of this paper was to point out the importance of the use of integrative approach in treating diabetes mellitus type1 and type2 (DM1; DM2) patients.

Materials and methods

76 patients of both gender were included in the study. 40 of them were DM1 patients, while other 36 were DM2 patients. There was no statistically significant difference between mean age of DM1 and DM2 patients (58.55–14.97 yrs vs. 63.94–9.27 yrs; $p=0,066$). The same was true for body weight - 86.00–19.5 kg vs. 81.94–16.82 kg; $p=0,337$. They were examined by ANESA apparatus at the beginning of the intervention, after one and, also, after two months. Patients changed their diet, and, additionally to their insulin and/or oral drug therapy, they were prescribed natural oils ("Ulje1", "Ulje2", "Ulje10", "Ulje14", "Ulje54" "Ulje80", and "Ulje89") made by "Planet zdravja" (Slovenia). Statistical analysis was done by using SPSS v. 17.0.

Results