

Recent natural management modalities in a newly diagnosed diabetic patient: A review of diet, exercise, and natural products



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Biography

Gehan Ismael Mohamed is a Family Physician whose experience in the field spans 20 years, backed by a higher education degree from Netherlands. She is pioneering as an open and contextual evaluation model based on constructive responses, which has led in the creation of new methods to improve primary Maternity & Child healthcare. She has established this model following her years of experiences in medical practice, research, evaluation, and teaching in hospitals and medical facilities in the region, including Egypt and the Saudi Arabia.

Abstract

Background and Aims:

Diabetes mellitus (DM) is a highly prevalent condition that causes significant morbidity and mortality worldwide. Conventional therapies include lifestyle modification, oral pharmacological agents, and subcutaneous insulin. Emerging data suggest that natural approaches to the treatment of DM may help supplement current therapies for further glycemic control. Herein, we review the evidence of several natural modalities for DM treatment. We describe the pathophysiology of diabetes and its complications, provide an overview of current pharmacologic treatments, and finally, discuss natural approaches to diabetes management. Specifically, we will describe on the utility of diet, physical activity, and common natural products in the treatment of newly diagnosed cases of DM and focus on recent, high-quality studies. Adverse effects and potential interactions of each therapy will be highlighted where applicable.

Keywords: Diabetes mellitus, diet, herbal supplements, interval training, natural, pharmacological agents.



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