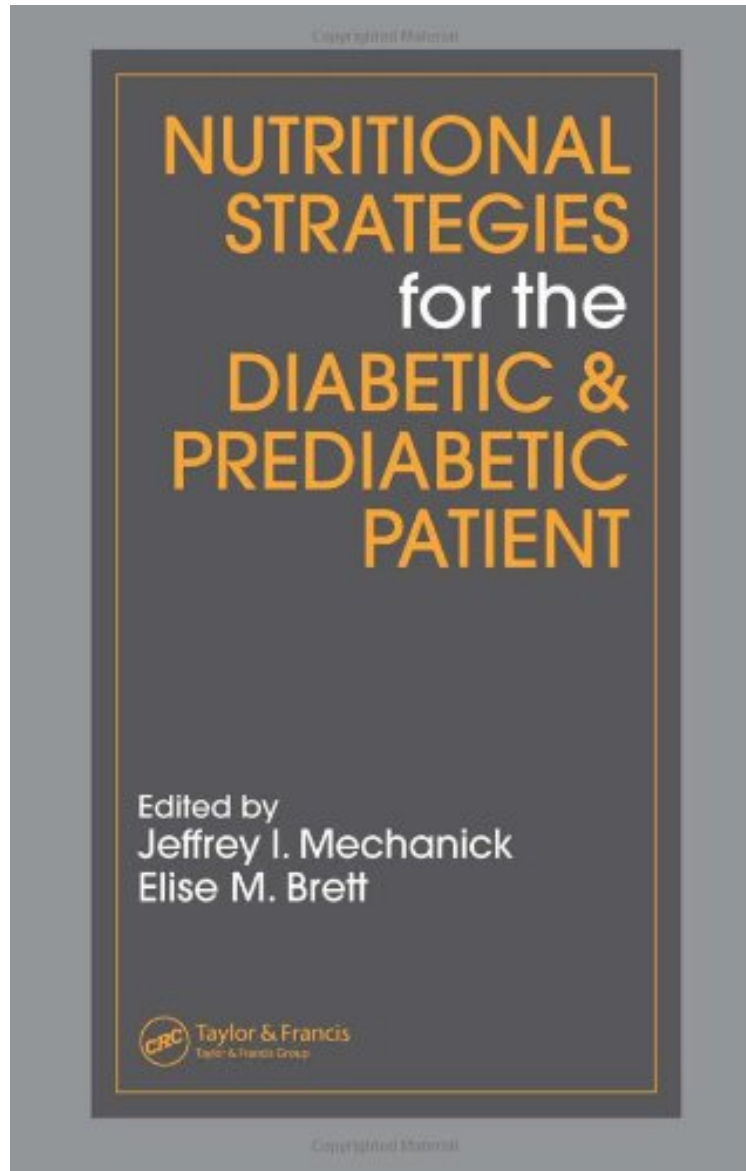


Nutritional Strategies for the Diabetic/Prediabetic Patient (Nutrition and Disease Prevention)

Jeffrey I. Mechanick, Elise M. Brett

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#4522277 in Books CRC Press 2006-01-27 Original language: English PDF # 1 10.00 x 7.00 x 1.001, 1.84
#File Name: 0824725875368 | File size: 45.Mb

Jeffrey I. Mechanick, Elise M. Brett : Nutritional Strategies for the Diabetic/Prediabetic Patient (Nutrition and Disease Prevention) before purchasing it in order to gage whether or not it would be worth my time, and all praised Nutritional Strategies for the Diabetic/Prediabetic Patient (Nutrition and Disease Prevention):

0 of 0 people found the following review helpful. One StarBy Leonard P. CobyThis book is a total waste of money.8

of 8 people found the following review helpful. practical and in depth
By Ronald Tamler
I just picked up this book at ASPEN Nutrition Week after reading it at the booth for more than 30 minutes. I was choosing between Opara's "Nutrition and Diabetes" and this one, and I felt that Mechanick's book suited my needs more: It was very easy to look up clinically useful info quickly, but then one could read on about the pathophysiology. Very well-researched and understandable, even for a clinical person like me. I also liked that it did not focus entirely on Diabetes, but also on pre-diabetes and lipid metabolism. Most of the book was written by MDs who practice clinically, which probably explains why it really hits the mark. The wound-healing chapter by Breit is pretty neat, and it has good pictures showing the different stages and what happens when, and an evidence-based approach to what's out there. There is a chapter on mitochondria that is surprisingly readable and clarifies a lot of underlying pathophysiology. The chapter on nutrition and hyperglycemia is very much to the point. I'm not going to go through all the chapters here, but there's something for every disease state related to hyperglycemia or insulin resistance and nutrition. What I liked best was the lipid case study in the back. It really guides you through the decision-making process for the treatment of dyslipidemias. The book is also very current, so there's all the new data and new concepts about DM and metabolic syndrome in there. I am not sure if it is going to be the "bible" on the topic (that's what the guy in the foreword said), but I found it very useful and quite addictive reading. If you want a book that has all the current info on metabolic syndrome, diabetes and nutrition, this is probably the best-researched, most readable and most current option.

While nutrition is central to the management of diabetes, there is no one diabetic diet. Nutritional prescriptions depend on the type of diabetes, food preferences, lifestyle, treatment regimen, comorbidities, state of health, and the route of caloric administration. *Nutritional Strategies for the Diabetic/Prediabetic Patient* is a comprehensive reference aimed at advancing physicians knowledge of nutrition in relation to diabetes, allowing them to provide evidence-based recommendations for their diabetic patients. It also provides dietitians and diabetic educators with an in-depth understanding of the pathophysiology and medical treatment of diabetes. Written by scientists, clinicians, registered dietitians, and certified diabetes educators, this book reviews the molecular mechanisms of disease and drug therapy. It also provides recommendations for management with the level of evidence indicated where appropriate. In areas where little research data is available, the editors present recommendations based on extensive clinical experience. The book places particular focus on the synchronization of nutrient intake with medications, and provides unique clinical management tools, along with details of their ability to be replicated for patient use. To facilitate accessibility, it features evidence-based technical reviews of clinical literature and includes numerous tables and figures, with color photos of wound healing stages. Addressing all aspects of nutrition in adult diabetic and prediabetic patients, *Nutritional Strategies for the Diabetic/Prediabetic Patient* is an important reference for those concerned with the dietary management of this disease.