

SAFETY AND EFFECT ON WEIGHT, HEMOGLOBIN A-1C, SERUM GLUCOSE AND BLOOD PRESSURE OF A LIQUID FORMULA DIET COMBINED WITH TRADITIONAL FOOD IN ADULT DIABETIC PATIENTS: A PILOT STUDY

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The purpose of this study was to obtain preliminary data on the safety and efficacy of a regimen combining a liquid formula diet (FD) and traditional food (TD) for a total of 1200 kcal/day on weight loss, glycosylated hemoglobin (HbA-1C), serum glucose (SG) and blood pressure (BP) in 6 adult type I and II diabetic patients over an 8-week period. Physical examinations were performed, HbA-1C, SG, BP and weight measured at regular intervals. A type I insulin-treated subject lost 7.2 kg, BP dropped from 190/90 to 105/70, exogenous insulin could be lowered and HbA-1C dropped from 13.1 to 10.2 %. Of the other patients (all type II) four complied well for 4-5 weeks and showed weight loss and some BP drop. Despite poorer compliance after 5-6 weeks, HbA-1C dropped in 3 of the 4 patients (13.1 to 10.2, 10.3 to 8.6 and 12.2 to 10.5 %). One patient dropped out of the study for personal reasons. Serum glucose (SG) over 200 mg/dl proved a good indicator of non-compliance and excessive kcal consumption. With compliance, SG was 80-150 mg/dl during the study. This combination of FD and TD (1200 kcal/day) appears effective in reducing HbA-1C, BP and weight, but special incentive or supervision is needed after some weeks on this regimen or compliance becomes poor, a typical problem with the overweight diabetic patient. Oral hypoglycemic agents or insulin dose should be modified as needed at the beginning and during the restricted diet period. Considering the favorable trends shown in this pilot study, further study on a larger population, with dietitian counseling at regular intervals and/or other type of incentive, appears warranted.

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Resting blood pressure and systolic and diastolic time intervals in young diabetics. <i>A. Rynkiewicz, B. Krupa-Wojciechowska, S. Horoszek-Maziarz, B. Wyrzykowski, E. Semenikowska, B. Lass-Fisior, J. Sliż, K. Rachon, Gdansk, Poland</i>	18
Hypertension and left ventricular hypertrophy in newly diagnosed non-insulin-dependent (type II) diabetics. <i>Matti Uusitupa, Kalevi Pyörälä, Onni Siitonen, Esko Länsimies, Kuopio, Finland</i>	19
Moderate hypertension enhances the prevalence of diabetic retinopathy. <i>Pierre Lombrail, Hervé Leblanc, Michel Marre, Eric Abadie, Nadine Thibault, Philippe Passa, Paris, France</i>	20
Hypertension as a risk factor in evolving diabetic proteinuria. <i>G. Jerums, E. Seeman, J. McNeil, R.M.L. Murray, S. Edgley, Heidelberg, Victoria, Australia</i>	21
The role of hyperinsulinemia and glucose intolerance in the association of obesity with arterial hypertension. <i>P. Strazzullo, F. Contaldo, F.P. Cappuccio, A. Fischetti, N. Giorgione, M. Mancini, Naples, Italy</i>	22
How does a high fibre, low fat and low sodium diet lower blood pressure in mild diabetic hypertensive subjects? <i>P.M. Dodson, P.J. Pacy, A.J. Kubicki, R.F. Fletcher, K.G. Taylor, Birmingham, UK</i>	23
Comparison of the hypotensive and metabolic effects of a high fibre, low sodium and low fat diet with bendrofluzide in mildly hypertensive diabetics. <i>P.J. Pacy, P.M. Dodson, A.J. Kubicki, R.F. Fletcher, K.G. Taylor, Birmingham, UK</i>	24
Tertatolol effects on the metabolic, hormonal and cardiovascular responses to exercise testing and insulin-induced hypoglycaemia in diabetics. <i>B. Lantz, E. Nunez, F. Paillard, J.F. Prost, R. Assan, Paris, France</i>	25
Hypertension accompanying diabetes mellitus: antihypertensive and metabolic profile of calcium antagonism. <i>Bernhard Trost, Peter Weidmann, Bern, Switzerland</i>	26
Does nifedipine influence carbohydrate metabolism in hypertensive diabetic patients? <i>Eric Abadie, Christiane Gauvillé, Pierre Lombrail, Philippe Passa, Paris, France</i>	27
Improved glucose metabolism in normoglycemic and diabetic hypertensive patients treated with guanfacine: 1, 2 and 5 years follow-up. <i>Julia H. Hauger-Klevene, Juan C. Scornavacchi, Capital Federal, Argentina</i>	28
The effect of oral indoramin in hypertension associated with diabetes mellitus. <i>Vijai P. Sood, Maureen Stannard, Graham Beastall, Ronald J. Weir, Glasgow, Scotland</i> ..	29
Effects of captopril on blood pressure and plasma aldosterone in hypertensive diabetics compared to patients with essential hypertension. <i>Patrick A. Sullivan, Michael Kelleher, Mairead Twomey, Mary Dineen, Cork, Ireland</i>	30
Metabolic effects of long term treatment with beta-blockers in normoglycemic patients. <i>Agastino Colli, Guglielmo Buccino, Paolo Morandi, Roberto Cesati, Paolo Migliavacca, Gian Carlo Scaltrini Giussano, Milan, Italy</i>	31
Effects of propranolol on carbohydrate metabolism. <i>L.A. Ferrara, B. Capaldo, S. Genovese, L. Russo, C. Iovine, A.V. Rivellese, Naples, Italy</i>	32
Glucose tolerance, insulin binding to monocytes, and serum insulin levels in non-diabetic hypertensive patients treated with chlorthalidone. <i>Johann Warneke, Fritz Lendroth, Lothar Niklas, Hellmut Otto, Bremen-Nord, GFR</i>	33

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