Type 2 Diabetes and a Plant Based Diet

Adrian Brown
brown62@otterbein.edu

Follow this and additional works at: https://digitalcommons.otterbein.edu/stu_msn

Recommended Citation
Brown, Adrian, "Type 2 Diabetes and a Plant Based Diet" (2021). Nursing Student Class Projects (Formerly MSN). 458.
https://digitalcommons.otterbein.edu/stu_msn/458

This Project is brought to you for free and open access by the Student Research & Creative Work at Digital Commons @ Otterbein. It has been accepted for inclusion in Nursing Student Class Projects (Formerly MSN) by an authorized administrator of Digital Commons @ Otterbein. For more information, please contact digitalcommons07@otterbein.edu.
Hippocrates

American Journal of Health-Related Sciences

•

2019), see Figure 1:

factors that help contribute to DM2 (H1AC), you end up having metabolic hypertension, obesity, dyslipidemia and a deciding whether we get DM2 or not.

What does that mean? In simpler terms, it takes place (McCance & Huether, 2019). Normally when levels of glucose are low, the pancreatic secretory glucagon. The glucagon increases the blood sugar levels and then gets broken down into glycogen which the body then uses as energy. However, since the brain is an organ that depends on a steady glucose supply, the brain needs glucose even when the blood glucose levels are low. Therefore, we need to make sure we have enough carbohydrates in our diet to provide us with the energy we need to function properly.

Amino is an interesting hormone. First, it is an insulin-like hormone. Second, it decreases in both Type 1 and Type 2 diabetes (McCance & Huether, 2019). Third, it is a powerful hormone that suppresses glucagon release from the pancreatic alpha cells (McCance & Huether, 2019). So, in other words, the decrease in amino will lead to increased glucagon production, which will cause a vicious cycle of hyperglycemia and hypoglycemia. Finally, it is a powerful hormone that improves glycemic control when used in combination with other medications like metformin (McCance & Huether, 2019).

Manifestations and Treatment

The manifestations of DM are broad. The person who has DM usually has a weight loss, high cholesterol, high blood sugar glucocorticoids, and high blood pressure. The three classic symptoms are excessive thirst, frequent urination, and fatigue. However, these symptoms are not specific to DM and can also be caused by other conditions like renal failure or congestive heart failure.

The goal of a whole food, plant-based diet is to...