

## Extended abstract title: WDEC 2020: A case study: LCHF diet combined with fried food in patient with type 2 diabetes and central obesity reduces need for exogenous insulin injection- Cristian Baldini, Studio Kineteos

Cristian Baldini

### Abstract

'Diabesity' is a term for diabetes occurring in the context of obesity. The positive effect of LCHF diets (low carb, high fat diets) is well documented: LCHF diets are at least as effective as other dietary strategies for reducing body weight, improving glycaemia control and reducing both hyperinsulinaemia and blood glucose (reduction of HbA1c) in type 2 diabetes and have unique positive effects on blood lipid concentrations and cardiovascular risk factors<sup>1</sup>. Also, in obese insulin-resistant women, food fried in extra-virgin olive oil significantly reduced both insulin and C-peptide responses after a meal<sup>2</sup>. In this case study, I show how combining both dietary strategies produces a strong effect on blood glucose, resulting in a "forced" reduction of exogenous insulin injection to avoid the problem of hypo-glycaemia. Blood tests after 3 months of this dietary treatment show how HbA1c, triglycerides and blood lipid profile (LDL, HDL, and total Cholesterol) are improved despite reduction of exogenous insulin injection of 80%. Also, 15% of body weight decrease.

For continuous glucose monitoring (CGM) the patient used Free Style Libre before and after the dietary treatment. In order to check general body functions and glycosuria the patient used the urine test Multistix 10 SG Siemens.

**Bottom Note:** This work is partly presented at [2<sup>nd</sup> World Congress on Diabetes and Endocrinology](#) July 31-August 1, 2020, Webinar

Cristian Baldini

Studio Kineteos - Turin, Italy

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