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Symposium Session: Diabetes and Weight Loss: Special Considerations for Your Patients

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Overview

Suggested CDR Learning Codes: 5190, 5370; Level 2
Though the basic weight loss guidelines for people with diabetes are the same as for the general population, people with diabetes have additional concerns regarding medications, risk for hypoglycemia, timing of exercise and management of blood glucose. This session reviews weight loss research among subjects with diabetes, additional concerns when people with diabetes attempt weight loss and potential solutions to these concerns.

Learning Objectives

After attending this session, nutrition professionals should be able to:

1. List at least five possible benefits of moderate weight loss among people with type 2 diabetes.
2. Identify expected outcomes of various weight loss plans for people with diabetes.
3. Identify expected outcomes of bariatric surgery among people with diabetes.
4. Identify at least three possible reasons for increased risk of hypoglycemia and their potential solutions when people with diabetes attempt weight loss.

Course summary

Available credit:
- 1.00 CDR

Course opens: 05/18/2015
Course expires: 09/01/2016

Cost:$0.00

Faculty

Accreditation

Register/Take course