

A Pilot Study: Traditional Chinese Medicine for the Treatment of “Xiao ke” (Diabetes mellitus, Type 2) . (Oral Presentation)

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Introduction

Diabetes is a world-wide epidemic with the highest rates in India, China and the USA. Traditional Chinese Medicine possesses a wide array of plant substances and treatment modalities to treat “xiao ke” (Diabetes mellitus).

Objectives

To test whether TCM management therapy for 2 months reduces fasting blood glucose levels in a Shanghai population with Diabetes mellitus, Type 2.

Methods

After IRB approval was obtained, a pilot study to test TCM management therapy among recently diagnosed patients with Diabetes mellitus, Type 2 was implemented. Twenty patients were recruited and TCM plant formulations were administered over a 2 month period. Fasting blood glucose was the primary parameter tested. Secondary parameters were also tested such as glycated Hb, lipid levels, BMI, weight, etc.

Results

Preliminary results demonstrated that TCM Management Therapy reduced FBG levels and glycated Hb levels significantly in this small sample population.

Conclusion

TCM may provide recently diagnosed patients with Diabetes mellitus type 2 with a reduction in FBG and glycated Hb. This pilot study will be the basis to conduct a larger and longer study.

Keywords: Fasting blood glucose, glycated Hb, TCM Management Therapy

Selected References

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