

ABSTRACT

A diet is one of the fundamental therapeutic agents in the therapy of the diabetes. Without any knowledge of the nutritional recommendations, there is a very low chance of reaching satisfactory compensation. For this reason, this diploma thesis examines an influence of a diabetic education by a nutritional therapist on a compensation of the diabetes.

In the theoretical part, the thesis summarizes a current state of knowledge of the diabetes mellitus, focused on the possibilities of the non-pharmacological treatment, that is, on the diabetic diet. The goal of the practical part was to investigate whether the education by a nutritional therapist has an impact on the condition of patients with type 2 diabetes. The results of the group of diabetics educated by a nutritional therapist were compared to the results of the control group of diabetics. The examined parameters were: body weight, BMI, glycaemia and HbA1c. In addition to the anthropometric and laboratory parameters, the level of the patient's knowledge was tested by a questionnaire.

It was found that within three months all the investigated parameters: body weight, BMI and glycated hemoglobin significantly decreased in comparison to the control group. Also the questionnaire survey revealed that after two consultations with a nutritional therapist, the patients showed 11% higher awareness of the diabetes and the diabetic diet.

The results of this study show the importance of the nutritional therapist's role that has positive impact on the diabetic's education and the compensation of their disease.