

## **Abstract**

This diploma thesis focuses on the disease diabetes mellitus. The theoretical part describes the characteristics of this disease. It describes typical symptoms, classification and diagnostics. It also outlines and explains the complications that may occur as a result of the disease and that may be avoided or whose inception and development may at least be delayed. Depending on their type and extent, these complications may significantly reduce quality of life as well as overall life expectancy. It is therefore essential to ensure that patients are properly educated in the right therapy. Education itself is covered in the section of the chapter devoted to treating diabetes mellitus.

The practical part of the diploma thesis is devoted to research, focusing on the ability to retain information following verbal nutritional education of patients with diabetes. The aim of the research is to determine the percentage of information that patients gain from education on diet therapy, thus confirming or rebutting the established hypotheses. The research thus serves to determine the effectiveness of education in the care of diabetics.

Keywords: diabetes, education, information retention, diet therapy