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Review

Journal of INTERNAL MEDICINE

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doi: 10.1111/joim.12322

Personalized medicine approaches in epilepsy

L. E. Walker, N. Mirza, V. L. M. Yip, A. G. Marson & M. Pirmohamed

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Integrated Blood Pressure Control

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REVIEW

Personalized medicine and treatment approaches in hypertension: current perspectives

Article

Cell

Personalized Nutrition by Prediction of Glycemic Responses

David Zeevi,^{1,2,8} Tal Korem,^{1,2,8} Niv Zmora,^{3,4,5,8} David Israeli,^{6,8} Daphna Rothschild,^{1,2} Adina Weinberger,^{1,2} Orly Ben-Yacov,^{1,2} Dar Lador,^{1,2} Tali Avnit-Sagi,^{1,2} Maya Lotan-Pompan,^{1,2} Jotham Suez,³ Jemal Ali Mahdi,³ Elad Matot,^{1,2} Gal Malka,^{1,2} Noa Kosower,^{1,2} Michal Rein,^{1,2} Gili Zilberman-Schapira,³ Lenka Dohnalová,³ Meirav Pevsner-Fischer,³ Rony Bikovsky,^{1,2} Zamir Halpern,^{5,7} Eran Elinav,^{3,9,*} and Eran Segal^{1,2,9,*}

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Personalized approaches to active immunotherapy in cancer

Eran Ophir^a, Sara Bobisse^a, George Coukos^{a,c}, Alexandre Harari^{a,b}, Lana E. Kandalaft^{a,b,c,*}

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^c Ovarian Cancer Research Center, University of Pennsylvania, Philadelphia, Pennsylvania, USA

Clinical Chemistry 54:11
1770–1779 (2008)

Reviews

A Personalized Approach to Cancer Treatment: How Biomarkers Can Help

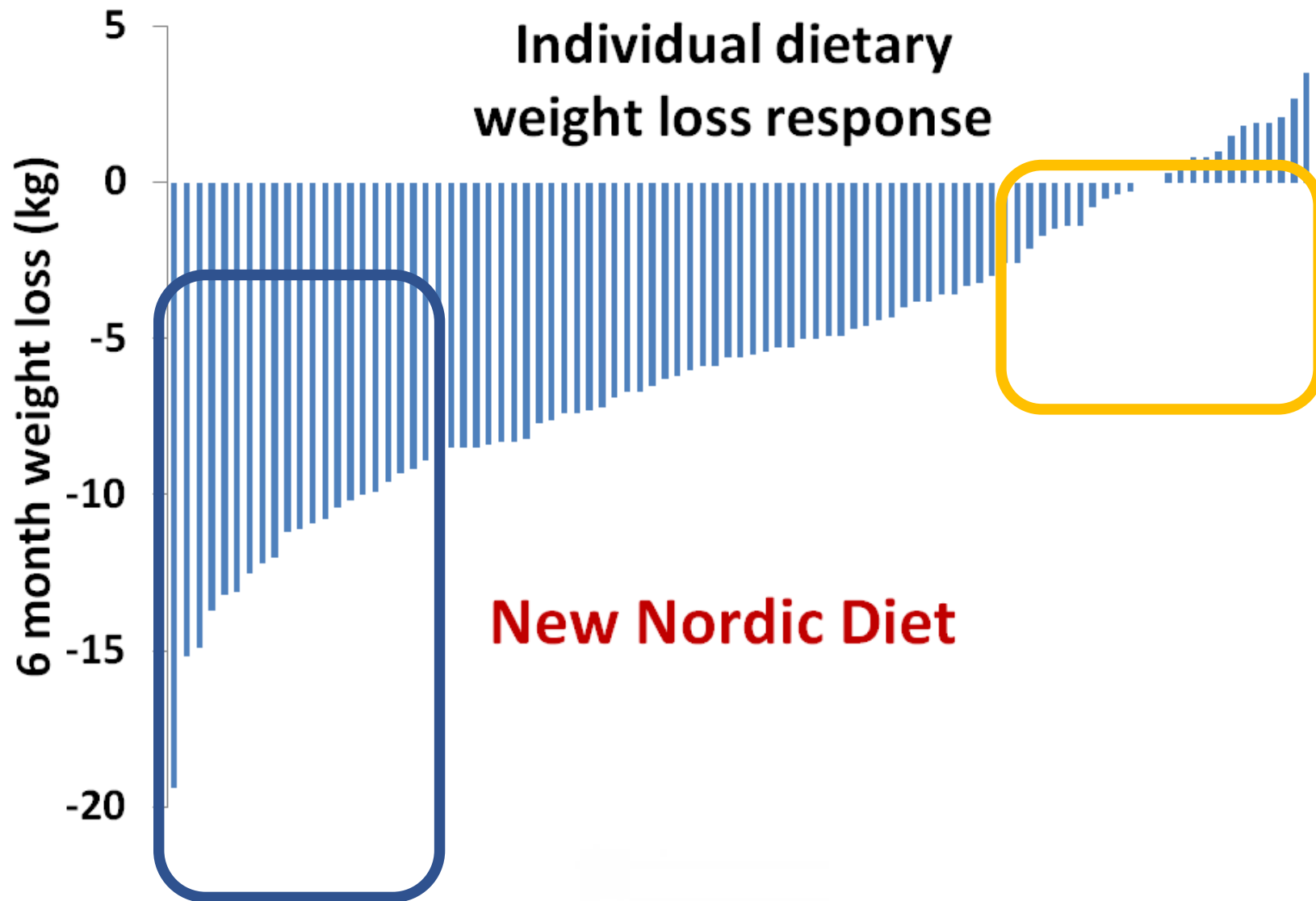
Michael J. Duffy^{1,3*} and John Crown²

Opinion

VIEWPOINT

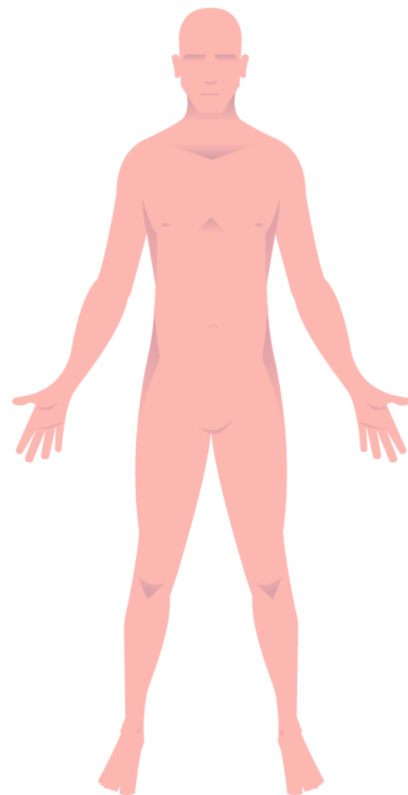
Management of Parkinson Disease in 2017 Personalized Approaches for Patient-Specific Needs

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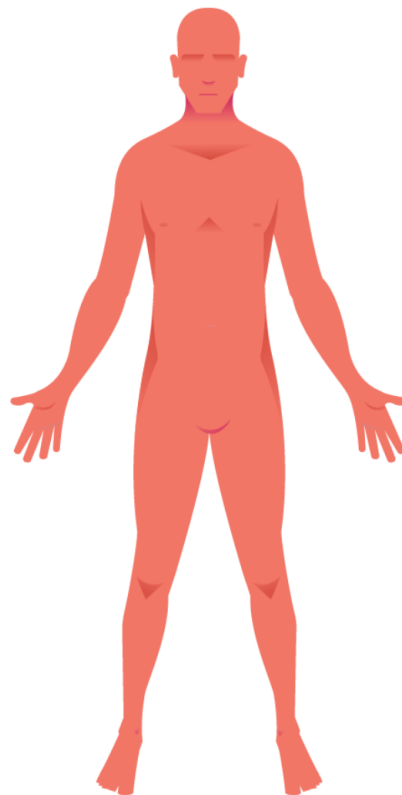
NORMALT BLODSUKKER
Maks. 5,6 mmol/L



+ Kulhydrat

÷ Fedt

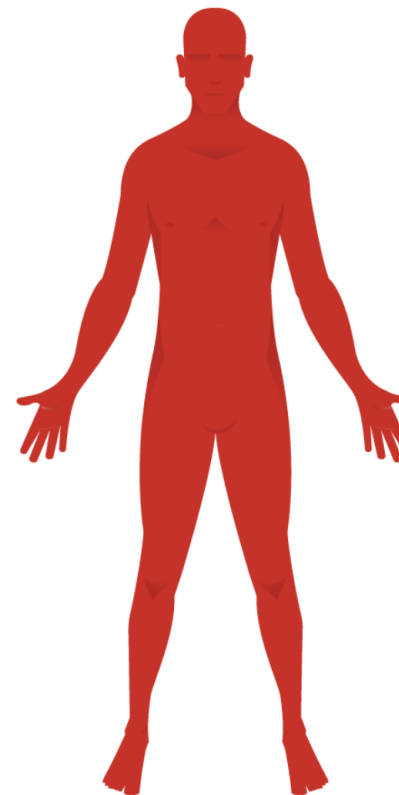
FORHØJET BLODSUKKER
5,6 til 6,9 mmol/L



+ Protein

**+ Fiber- og
fuldkornsrige
kulhydrater**

DIABETESBLODSUKKER
Fra 7 mmol/L



+ Protein og fedt

÷ Kulhydrat

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Normal weight subjects



Obese subjects



Type 2 diabetic patients



Increment in
brain glucose
concentration



1.46
mmol/L

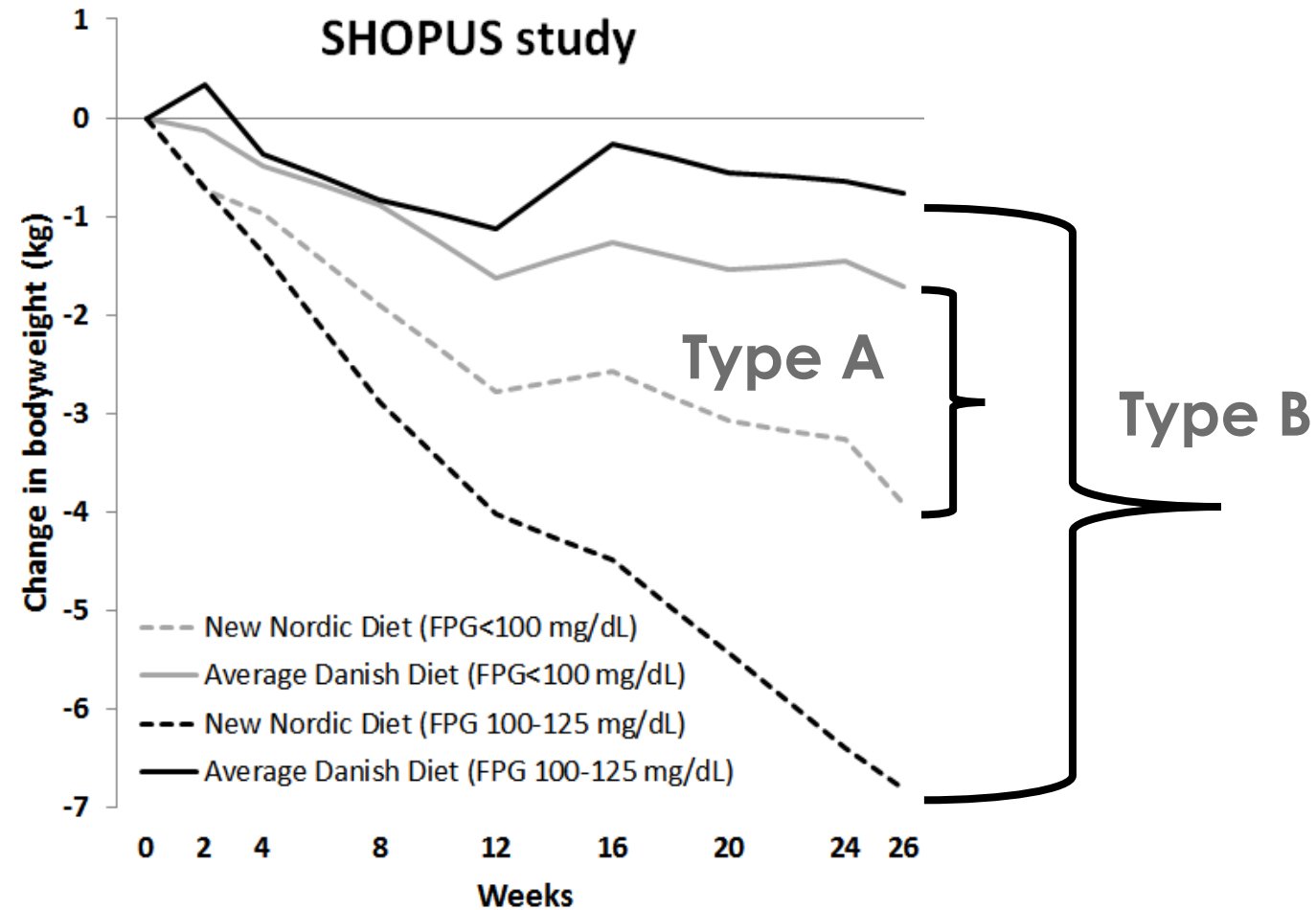


1.06 mmol/L
(73% of normal
weight
subjects)



0.71 mmol/L
(49% of normal
weight
subjects)

SHOPUS: Type A og B



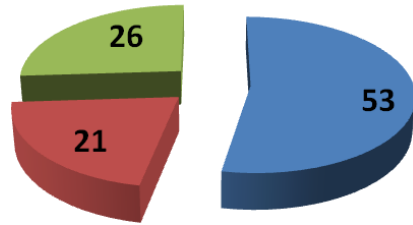
Health effect of the New Nordic Diet in adults with increased waist circumference: a 6-mo randomized controlled trial¹⁻⁴

Sanne K Poulsen, Anette Due, Andreas B Jordy, Bente Klens, Ken D Stark, Steen Stender, Claus Holst, Arne Astrup, and Thomas M Larsen

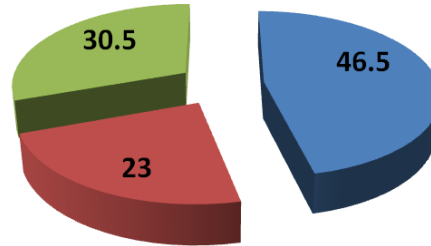
ABSTRACT
Background: The regional Mediterranean Diet has been associated with lower risk of disease. Recent, large epidemiologic and clinical studies of foods and whole diets indicated that fruit, vegetables, nuts, fish, basis of foods are more likely to be understood and adopted by the public.

Makronæringsstofsammensætning

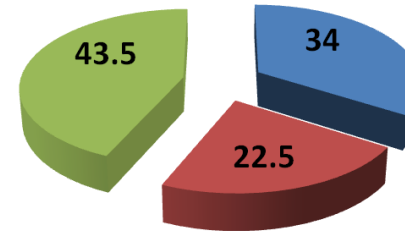
Type A



Type B



Type C



■ Kulhydrat (E%)

■ Protein (E%)

■ Fedt (E%)

Glukose < 5,0

mmol/L:

Fiber > 25 g/dag

Glukose > 5,0

mmol/L:

Fiber > 30 g/dag og
helst > 35 g/dag

Lav insulin:

Fiber > 30 g/dag og
helst > 35 g/dag

Høj insulin:

Fiber > 25 g/dag

Fiber > 30 g/dag og
helst > 40 g/dag

↓ GI (Type af
kulhydrater)

Total kulhydrat kan
evt reduceres og
erstattes med
protein

Fiber > 20 g/dag og
helst > 25 g/dag

↓ GI (Type af
kulhydrater)

Nordiske Næringsstof Anbefalinger:

Kulhydrat: 45-60E%

Protein: 10-20E%

Fat: 25-40E%

Fiber: *mindst* 25-35 g/dag

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A

Groft flute

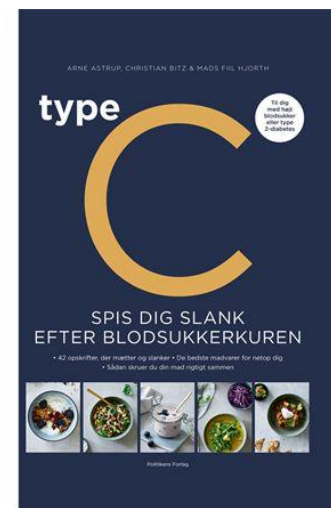
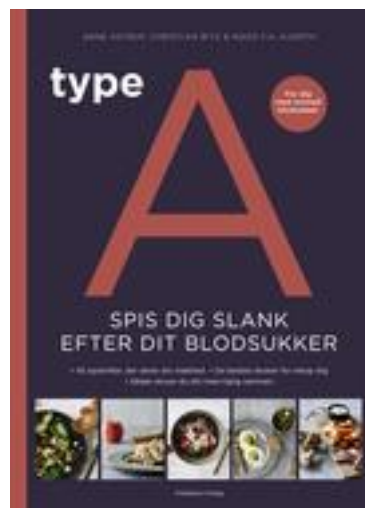
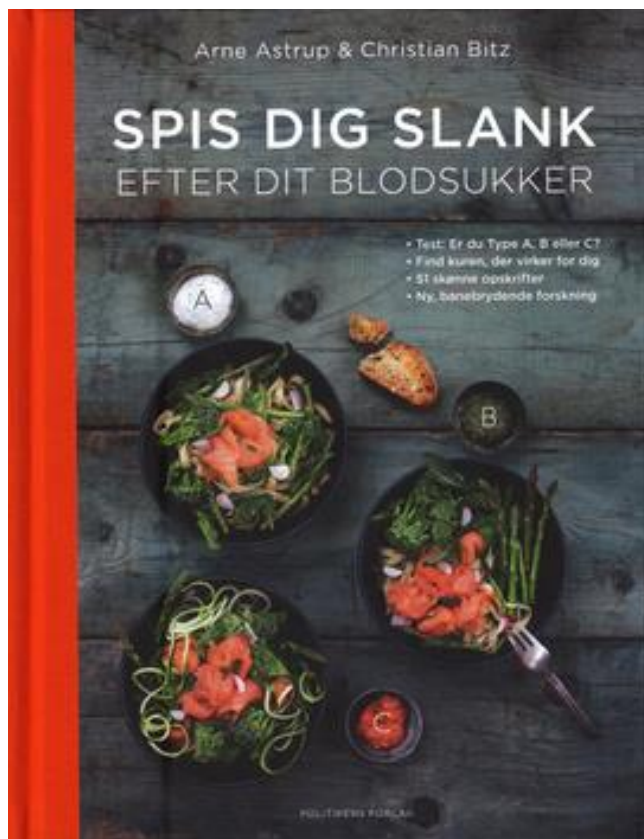
B

Ristet rugbrød

C

Avocado

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