

Nutrition Notes

JUNE 2020

We can't **thank you** enough! You and your referrals over the past 12 weeks during the COVID "stay at home" advisement kept our schedules full with telehealth appointments. Thanks for supporting the role of medical nutrition therapy in the health care of your patients in this surreal landscape we are all navigating.

What's NEW at *Banister Nutrition*?

- We are very excited to resume seeing patients in our office on June 8.
- Patients who prefer telehealth appointments will still have this option.
- Autumn Sisneros RD/LD, MS, has joined our team. Autumn is a graduate of Texas Tech and brings 10 years of experience with her.
- Annie Nguyen just graduated from OU with a degree in Health and Exercise Science. Annie was selected from several applicants to be our student intern.
- A complete office "facelift" is finished: New paint, carpet, furnishings and art. We will enjoy sharing our fresh bright space with our patients.

Body Mass Index before Onset of Type 2 Diabetes: Research was conducted to determine if BMI prior to diagnosis of type 2 Db affects beta cell function. Study results indicated estimated C-peptide indexes at diagnosis are higher in patients with maximum body mass before onset (MBBO). The estimated time frame of when a patient will reach insulin depletion can be predicted using MBBO. It is important to preserve beta cell function by decreasing patient's BMI. Results suggest obesity might accelerate impairment of beta cell function after diagnosis, probably through increased load on beta cells due to insulin resistance.

Effect of Sprint Interval Training on Body Composition of Postmenopausal Women:

Menopause is accompanied with decrease in lean body mass and aerobic fitness, increase in fat mass, high risk of developing insulin resistance, type 2 diabetes and cardiovascular disease—every woman's dream. ☺ Aerobic exercise is defined as moderate intensity steady state exercise 30-40 min; 3-4x/wk. Aerobic exercise has not shown noticeable fat loss or lean muscle increase. Research showed sprint interval training (SIT) ex: 20 min alternating 8 sec sprint, 12 sec fast pedaling resulted in decreased fat mass and insulin resistance, increased lean body tissues and aerobic capacity. Results of this study indicate brief interval sprinting program may be effective for reversing negative body composition and aerobic fitness decrease.