

NUTRITION NOTES

September – October, 2024

GLP-1s: Cost Impact GLP-1s were popularized in 2021 due to media advertising and weight loss curiosity. They were initially intended to manage blood glucose. Pharmaceutical companies interested in profits, media advertising, and celebrity endorsements caused demand to increase and prices soared. From 2018 to 2022, the annual spending on GLP-1's by Medicare increased from \$57 million to \$5.7 billion. These drugs **are not** a quick fix for obesity; they are overshadowing the need for **nutrition and lifestyle change**. As a provider, how do you ensure that the billions spent on these medications has sustained positive impact for your patients?

Iodine and Cancer Iodine deficiency is being studied for its impact on cancer. Considerable evidence points to iodine deficiency being a modifiable risk factor in breast and stomach cancers. Iodine is an important nutrient that receives very little notoriety. Food sources of iodine include: Iodized salt, seaweed, milk, oysters, and Greek yogurt.

Xylitol: Cardiovascular Risk Research conducted in 2024 suggests high levels of xylitol (a popular sugar substitute) in the blood may be associated with increased risk of heart attacks and strokes. More studies on this are needed because of the widespread use of xylitol in sugar free products by people with diabetes and other metabolic conditions.

MCFAs: Decrease Risk of Diabetes Medium chain fatty acids (MCFAs), found in whole milk, cheese, coconut oil, and yogurt, are metabolized differently from long-chain fatty acids. They are rapidly absorbed and transported directly to the liver, where they are quickly converted into energy rather than being stored as fat, leading to improved insulin sensitivity. Recent research suggests a potential inverse relationship between serum levels of MCFAs and the risk of developing type 2 diabetes.

Case Study Patient referred for pre-diabetes, wt management, PCOS. Goals: Conceive within a year, improve NAFLD, weight loss.

Medical Nutrition Therapy: Lifestyle adjustments, mindful eating exercises, improving nutrition balance & quality, macronutrient adjustments, specific supplements for PCOS & loose stools.

Outcome:

1. Weight loss
2. Menstrual cycle regulated to 28 days
3. Identified hunger/satiety cues and decreased carb cravings
4. Sleep quality improved