



Two-day intermittent fasting may benefit individuals with Type 2 diabetes

Description

A recent study published in the journal JAMA Network Open has shown that **intermittent fasting** can have significant benefits for people with Type 2 diabetes. The research found that participants who followed the 5:2 diet, eating normally for five days and fasting for two days, experienced greater weight loss and improved blood sugar control compared to those taking diabetes medications.

Over a 16-week period, the fasting group lost an average of 21 pounds, significantly more than the group taking **metformin** or **empagliflozin**. Additionally, the fasting group saw their HbA1c levels drop by 1.9 percent, surpassing the effects of medication.

While more research is needed to fully understand the long-term impact of the 5:2 diet for diabetes management, experts believe it could be a promising **lifestyle intervention** for those with early-stage diabetes. However, it is crucial for individuals to **consult** with their healthcare provider before making any changes to their diet or treatment plan.

This study highlights the potential benefits of combining **intermittent fasting** with meal replacements for managing Type 2 diabetes and underscores the importance of further research in this area.

Vocabulary List

1. **Intermittent fasting** /'ɪntər'mɪtənt 'fæstɪŋ/ (noun): An eating pattern that cycles between periods of fasting and eating.
2. **Metformin** /mɛt'fɔːrmɪn/ (noun): A medication commonly used to treat Type 2 diabetes.
3. **Empagliflozin** /ɛm'pæglɪfloʊzɪn/ (noun): A medication used to manage blood sugar levels in people with Type 2 diabetes.
4. **Lifestyle intervention** /'laɪfstaɪl ɪntər'veɪnʃən/ (noun): Changes in daily habits and behaviors aimed at improving health.
5. **Consult** /kən'sʌlt/ (verb): Seek advice or information from someone knowledgeable.

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4. **Lifestyle intervention** /'laɪfstɑɪl ɪntər'veɪʃən/ (noun): Changes in daily habits and behaviors aimed at improving health.
5. **Consult** /kən'sʌlt/ (verb): Seek advice or information from someone knowledgeable.
6. **Research** /'ri:sɜ:rtʃ/ (noun/verb): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.

Comprehension Questions

Multiple Choice

1. What diet pattern was followed by the participants in the study?
Option: 16:8
Option: 20:4
Option: 5:2
Option: Every other day fasting
2. How many pounds did the fasting group lose on average over a 16-week period?
Option: 15 pounds
Option: 21 pounds
Option: 30 pounds
Option: 10 pounds
3. What was the change in HbA1c levels for the fasting group in the study?
Option: 0.5 percent increase
Option: 1 percent decrease
Option: 1.9 percent decrease
Option: 2 percent increase
4. What is recommended before making any changes to the diet or treatment plan?
Option: Consulting with a dietician
Option: Consulting with a friend
Option: Consulting with a healthcare provider
Option: Not consulting anyone
5. What is crucial for individuals to do before changing their diet or treatment plan?
Option: Talk to their family
Option: Consult with a healthcare provider



- Option: Read more studies
- Option: Follow social media influencers

6. What is highlighted as a potential benefit in the study?

- Option: Stress management
- Option: Combining exercise with fasting
- Option: Combining intermittent fasting with meal replacements
- Option: Drinking more water

Answer

Multiple Choice: 1. 5:2 2. 21 pounds 3. 1.9 percent decrease 4. Consulting with a healthcare provider
5. Consult with a healthcare provider 6. Combining intermittent fasting with meal replacements

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the purpose of medications that alleviate pain?

- Option: To cause pain
- Option: To increase pain
- Option: To reduce pain
- Option: To ignore pain

2. Which of the following can be caused by bacteria or viruses?

- Option: Cancer
- Option: Infections
- Option: Allergies
- Option: Heart disease

3. What type of exercise focuses on building muscle mass and improving strength?

- Option: Yoga
- Option: Pilates
- Option: Strength training
- Option: Zumba

4. Which medication is commonly used to treat type 2 diabetes?

- Option: Aspirin
- Option: Empagliflozin
- Option: Vitamin C



Option: Benadryl

5. Which condition involves inflammation and stiffness of the joints?

Option: Migraine

Option: Arthritis

Option: Asthma

Option: Eczema

6. Which medical specialty involves the management of obesity?

Option: Pediatrics

Option: Otolaryngology

Option: Bariatric

Option: Podiatry

7. What activity involves riding a bicycle for exercise or transportation?

Option: Swimming

Option: Cycling

Option: Skateboarding

Option: Running

8. After achieving a goal what is necessary to do to ensure it continues?

Option: Stop

Option: Revert

Option: Maintain

Option: Forget

9. Which type of light emits visible light when exposed to the ultraviolet spectrum?

Option: Incandescent

Option: Fluorescent

Option: LED

Option: Halogen

10. Which medication is commonly prescribed to manage type 2 diabetes?

Option: Ibuprofen

Option: Metformin

Option: Penicillin

Option: Antihistamine

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ of the infection is common if the antibiotic course is not completed.



12. The invention of the internet has _____ communication and information sharing.
13. After months of rigorous training the athlete finally _____ his strength and speed.
14. The new findings in the research have a _____ impact on the field of medicine.
15. Before starting any new medication it is advisable to _____ with a healthcare professional.
16. A well-rounded _____ can help in managing chronic health conditions effectively.
17. Despite technological advances many still prefer _____ methods of treatment.
18. To stay healthy and fit it is important to _____ a balanced diet and regular exercise routine.
19. _____ is a degenerative joint disease that commonly affects older adults.
20. _____ is a medication that belongs to a class of drugs known as SGLT2 inhibitors.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Proper hydration is for maintaining overall health and well-being.
22. is an eating pattern that cycles between periods of fasting and eating.
23. It is wise to a specialist before making any major decisions regarding your health.
24. The success of a project is often determined by the achieved.
25. Regular is essential for maintaining a healthy body and mind.
26. In some cases may be the only option to address certain medical conditions.
27. plays a crucial role in advancing scientific knowledge and developing new treatments.
28. Highly skilled perform intricate procedures to help patients overcome health challenges.
29. The idea that vaccines cause autism is completely .



30. are recommended for individuals struggling with severe obesity.

Answer

Multiple Choice: 1. To reduce pain 2. Infections 3. Strength training 4. Empagliflozin 5. Arthritis 6. Bariatric 7. Cycling 8. Maintain 9. Fluorescent 10. Metformin

Gap-Fill: 11. Recurrence 12. Revolutionized 13. Regained 14. Significant 15. Consult 16. Lifestyle intervention 17. Conventional 18. Maintain 19. Osteoarthritis 20. Empagliflozin

Matching sentence: 1. Crucial 2. Intermittent fasting 3. Consult 4. Outcomes 5. Physical activity 6. Surgery 7. Research 8. Surgeons 9. Misconceived 10. Bariatric interventions

CATEGORY

1. Health - LEVEL3

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