

Continuing Education Program

Nursing Education

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CE DETAILS

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THE GUT MICROBIOME-DIABETES CONNECTION



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	BACTERIA P	REDOMINATING IN I	HUMAN MICROBIOTA	• •
0	Phyla	Genus	Percentage	
	Firmicutes	Ruminiococcus	60%-80%	
		Clostridium		
		Lactobacillus		
	Bacteriodetes	Bacteriodes	20%-30%	
		Prevotella		
		Xylanibacter		
	Actinobacteria	Bifidobacterium	<10%	0
	Proteobacteria	Escherichia	<1%	0
		Enterobacteriaceae		(



FUNCTIONS OF HEALTHY MICROBIOTA

- Strengthens the immune system
- Protective metabolites from digestion dietary fiber and resistant starch (short-chain fatty acids acetate, propionate, butyrate)
- Influences serotonin levels
- Maintains intestinal epithelial barrier
- Anti-inflammatory activity
- Competes with pathogens
- Detoxifies drugs and other substances
- Synthesizes biotin, vitamin K, folate





















DYSBIOSIS AND ENERGY AND MACRONUTRIENT

- Enhanced absorption of nutrients
- Enhanced SCFA production and lipogenesis
- Reduced activity of fasting-induced adipose factor
- Reduced activity of amp-activated protein kinase
- Inflammation and intestinal permeability
- Hyperactivity of the endocannabinoid system

























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