

## Food, nutrition, physical activity and the prevention of cancer

U kan dit boek kopen op de website: <http://wcrf.org/research/fnatpoc.lasso>



Now available! Global report on food, nutrition, physical activity and the prevention of cancer

## Clinical Practice Recommendations van Diabetes Care

U kan de artikels gratis downloaden op de website:  
[http://care.diabetesjournals.org/content/vol31/Supplement\\_1/](http://care.diabetesjournals.org/content/vol31/Supplement_1/)



Meer info over kamelenmelk:

## Zero prevalence of diabetes in camel milk consuming Raica community of north-west Rajasthan, India.

Agrawal RP et al.  
[Diabetes Res Clin Pract.](#)

**OBJECTIVES:** Preliminary trials reflected the low prevalence of diabetes in Raica community consuming camel milk habitually. Our objective was to describe the prevalence and clinical factors associated with impaired fasting glucose (IFG), impaired glucose tolerance (IGT) and diabetes (DM) among adults ( $\geq 20$  years) in large population group.

**DESIGN:** Population based, cross sectional study

**METHODS:** 2099 participants from different villages of north-west Rajasthan were selected using stratified sampling of a representative Raica and non-Raica Community, consuming or not consuming camel milk. Demographic, clinical, anthropometric parameters were obtained and oral glucose tolerance tests were performed in all individuals to diagnose IFG, IGT and DM. Associations were investigated using multivariate logistic regression using SPSS Version 10.0.

**RESULTS:** In the present study, the prevalence of diabetes in Raica community consuming camel milk (RCCM, n=501) was 0%; Raica community not consuming camel milk (RCNCM, n=554) was 0.7%; non-Raica community consuming milk (NRCCM, n=515) was 0.4% and non-Raica community not consuming camel milk (NRCNCM, n=529) was 5.5%. Stepwise logistic regression analysis showed that consumption of camel milk was statistically highly significant as protective factor for diabetes. Multiple logistic regression analysis revealed that camel milk consumption and community factor were associated with decreased prevalence of diabetes.

**CONCLUSION:** Camel milk consumption and lifestyle have definite influence on prevalence of diabetes. Hence, adopting such life pattern may play protective role in preventing diabetes to some extent.