

## Can we prevent diabetes and its complications?

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### Abstract

According to the latest data from International Diabetes Federation (IDF), at least 366 million people are living with diabetes and this number is projected to be 552 million by 2030. At least 50% people with diabetes suffer from one or two major diabetic complications such as diabetic cardiomyopathy, nephropathy, neuropathy, retinopathy and diabetic foot diseases. This lecture will discuss evidence that life style modification and selective nutraceuticals supplementation, such as, Broccoli and Curcumin can retard and prevent the on-set of diabetes and progression of complications associated with diabetes.

### Biography

Jain is a Professor of Pediatrics, Physiology and Biochemistry & Molecular Biology and Chief of the Section of Pediatric Research at Louisiana State University Health Sciences Center, Shreveport. Dr. Jain is also appointed to the Malcolm-Feist Chair in Diabetes. Jain serve/has served on the editorial boards of the Diabetes, Diabetes Care, Free Radical Biology and Medicine, Antioxidants and Redox Signaling, Metabolic Syndrome and Related Disorders, J Amer College of Nutrition, Nutrition and Dietary Supplements, and Experimental Diabetes Research journals. Dr. Jain is member of several advisory panels of the National Institutes of Health. Jain has authored 165+ peer reviewed publications with over 5000+ Citations. Dr Jain has received several prestigious awards. Dr. Jain's research focuses on the mechanisms by which dietary nutrients, such as vitamin D, chromium, curcumin and vitamin E reduces complications of diabetes. Dr. Jain is funded by the NIH and the American Diabetes Association.