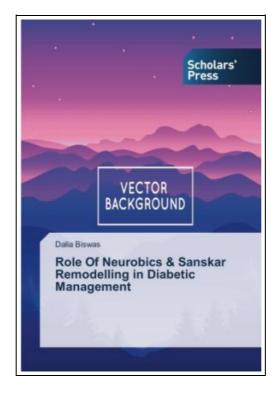
# Role Of Neurobics & Sanskar Remodelling in Diabetic Management



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### ROLE OF NEUROBICS & SANSKAR REMODELLING IN DIABETIC MANAGEMENT



Condition: New. Publisher/Verlag: Scholar's Press | The greatest challenge to contemporary diabetes treatment was overcoming the many psychobehavioral barriers to optimal self-management. Diabetes self-management education (DSME), the process of teaching people to manage their diabetes, has been considered an important part of the clinical management of diabetes since the 1930s. So, this study aimed to assess the effect of Neurobics and Sanskar Remodelling (SRM) in Diabetic management by WHO-QOL, blood pressure, blood sugar, and body mass index studies. 210 patients were recruited and only 63 were eligible for the study group. The control comprised of 57 patients. The study group were educated on Neurobics & SRM by Professional Trainers. Along with this they were also apprised of their self management. The control group were blinded to all information on Neurobics and SRM. Result- There was a statistically significant fall in BMI, waist circumference, SBP and DBP, FBS & PPBS in the study group. Also, study group showed a statistically significant improvement in all the 4 domains of QOL. Thus, this book provides reasonable evidence for the use of Neurobics and SRM as an adjunct therapy in the management of T2DM. | Format: Paperback | Language/Sprache: english | 212 pp.



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