

SPECIAL EVENT: Information Session



Pre-Diabetes: The Silent Condition

Wednesday 19 February 2020, 7.00pm - 8.30pm

To book your spot, email subscribers@nutritioncare.com.au

EVENT PROGRAM

- Special lecture by diabetes expert
Dr Kevin Lee
- Information about The Pre-Diabetes
Trial at NIIM by AProf Dr Karin Ried
- Q&A session with panel Dr Lee,
AProf Ried & Nikolaj Travica
- FREE blood sugar testing



PRE-DIABETES Study

FREE blood sugar screening for pre-diabetes:

Fasting Plasma Glucose: 5.5-7.0 mmol/l
Post-Meal Glucose: 7.8-11.1 mmol/l
Family history of type 2 diabetes



1 in 3 (33%) of people with prediabetes, don't even know they have the condition.
Dangers of pre-diabetes? Can lead to stroke, heart disease, Type 2 diabetes, and harm kidneys, eyes and nerves.

The study:

12-week randomised placebo-controlled trial investigating the tolerability and effectiveness of a herbal formula.

- Testing will include **FREE** blood tests, 2x 14-day Gluco-Sensor & App, Leaky gut test, DEXA scan

We are seeking participants for the pre-diabetes study.

Free blood sugar screening at your local pharmacy or:

NIIM, 21 Burwood Rd, Hawthorn, VIC 3122

Contact us for more information:

Phone: 03 9912 9580

Email: karinried@niim.com.au
ntravica@niim.com.au



Dr Kevin Lee MBBS (Hon) BSc (Hon) MMH FRACP PhD

Dr Lee is a consultant Endocrinologist and Specialist Physician at Lifestyle Breakthrough. Aside from consulting from Lifestyle Breakthrough privately in Caulfield, Daylesford and Gisborne, he also works at Monash Medical Centre. Kevin is investigator in research projects with Monash University on topics such as stress, weight management, and diabetes.



A/Prof Karin Ried PhD MSc GDPH Cert Integr Med

Associate Professor Dr Karin Ried is Director of Research at the National Institute of Integrative Medicine (NIIM), Melbourne, Victoria, A/Prof at Torrens University, and The University of Adelaide. A/Prof Ried holds a PhD in human genetics from the University of Heidelberg in Germany. Karin has more than 20 years' experience in medical and primary health research, leading several clinical trials on nutritional medicine, cardiovascular, chronic diseases and cancer, gut and brain health, and diabetes.



Nikolaj Travica BSc(Hons), Cert III Pathology

Nikolaj is Senior Research Assistant at NIIM since 2014, and PhD candidate enrolled at Swinburne University. Nik has a Bachelor in Psychology and Psychophysiology (2012), and an Honours Degree in Science majoring in Psychology (2013), from Swinburne University. Nik has been involved with a number of clinical trials at NIIM, including: Kyolic Garlic for Heart & Gut Health, Vitamin C and Cognition, The Gut Relief Trial.

The Pre-Diabetes Trial will test the effect of a herbal supplement on blood sugar levels in adults with pre-diabetes or controlled diabetes.

For more information about the study, contact the team on: (03) 9912 9580

National Institute of Integrative Medicine

NIIM Lecture Theatre, Level 3, 21 Burwood Road, Hawthorn

Bookings: subscribers@nutritioncare.com.au

www.niim.com.au

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FREE EVENT