

# Pharma Middle East

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### Nutritional planning by the pharmacist for diabetic patients

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Pharmacists traditionally have been involved in the provision and assessment of medication therapy in diabetic patients. Pharmacological management of medication therapy in the diabetic patient continues to be a significant challenge to the entire healthcare team involved in the patient's care. Further challenge is presented to the team because a high percentage of diabetic patients also have hypertension which is another therapeutic challenge. If we really look at the biochemistry and physiology associated with the development of diabetes and hypertension, it becomes increasingly obvious that nutrition therapy can become a very useful tool to be added to the therapy plan of diabetic patients. The pharmacist has a strong knowledge base in the fundamental sciences and therefore is in a good position to understand the importance of carbohydrate and electrolyte management to the treatment of diabetes and hypertension. Understanding the importance of reducing the patient's Glycemic Load (GL) by reducing the amount of carbohydrate in the patient's diet and assuring that the carbohydrates in the diet are Low Glycemic Index (LGI) carbohydrates are essential to achieving better blood glucose control. This dietary approach will also increase the important electrolytes (i.e., potassium, magnesium), which are critical to the appropriate utilization of carbohydrate and the maintenance of blood pressure control. I actually practice the pharmacist has successfully improved the outcomes in diabetic and hypertensive patients. The pharmacist working collaboratively with the patient's physician can contribute significantly to improving therapeutic outcomes.

### Biography

Roger S Klotz finished graduation from the University of Illinois College of Pharmacy. He started out as a Pharmacist at Children's Memorial Hospital in Chicago where he advanced to Director of Pharmacy Services and Director of Clinical Dietetics. He joined Home Health Care of America in June of 1983 as Director of Clinical Pharmacy Development. In 1998, he opened a community pharmacy practice that provided services including compounding, DME services, immunization services, provision of "CLIA Waived" testing, and nutritional therapy management. In 2006, he created Care Partners Consulting Pharmacists, LLC, which is focused on consulting patients, pharmacists/providers, and physicians. In that same year, he was appointed Assistant Professor of Pharmacy Practice and Administration at Western University of Health Sciences College of Pharmacy. In 2013, he was promoted to Associate Professor of Pharmacy Practice and Administration.

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