

ALGORITHM ON LIFESTYLE CHANGES IN DM2

redGDPS 2020

GENERAL INTERVENTION

The basic intervention will be applied to all patients and the advanced intervention to those whose conditions allow it. In addition, specific recommendations will be taken into account in the event of special situations.

SPECIAL SITUATIONS

1. Recommendation.
2. Restriction.
3. Comment.

ABBREVIATIONS:

Ca: calcium.
CV: cardiovascular.
GFR: glomerular filtration rate.
CH: carbohydrates.
IPAQ: International physical activity questionnaire.
Na: sodium.
P: phosphorus.
PREDIMED: prevention with a Mediterranean diet.
RAPA: rapid assessment questionnaire for physical activity.
Vit: vitamin.

