

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.

