

Using on-line program of good nutrition and right diet helps to fight against obesity.

MD Krylov Vadim



Introduction: It is too much easier and cheaper to prevent a decrease a bone density and fractures, than in the future to treat osteoporosis and its complications.

Materials and methods: we used an online system for patient education based on the video lessons, full of humor, pictures, and cartoons to convey the necessary information on good nutrition, necessary to do exercises and the need for exposure to the sun to our patients.

Study results: Watching the short movies, the patients formed the habits of good nutrition during the first month already, which includes a diet with restriction of fat, digestible carbohydrates and daily consumption of low-fat dairy products, slow carbohydrates, protein and fiber. Were also presented recommendations for compliance with the physical activity, as well as vitamin D consumption.

A patient was in touch with a doctor-endocrinologist, if he has any additional questions.

We examined data from a survey of 50 patients registered in the online system and 20 patients control group who were given the same recommendations on the appointment.

Surprisingly, persistent decrease in body weight by an average of 5.5 kg over six months was demonstrated in all patients of the main group, the consumption of milk and dairy products increased by 2.6 times, compared with patients in the control group. The exposure to the sun was observed 15 to 30 minutes daily, compared with the control group 5-10 minutes. Regular physical activity were the main group of 260 minutes per week, in control group 80 minutes per week.

Conclusions:

Very important how we can make delivery of the material. We live in a world of high technologies and lack of time. Often the patient has no opportunity to go to the doctor for an appointment, and during reception it is not always possible to discuss all aspects, and even if it was possible, some information is forgotten by patients. So, we need to improve the quality of information material, including using online technologies to improve the quality and duration of life of our patients.

