



HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH



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PERKINS Seminar Series

TUESDAY 7 JUNE



Professor Peter Clifton

University of South Australia

"Lifestyle measures to prevent and treat type 2 diabetes"

Prof Peter Clifton is a general physician with an interest in the dietary treatment of type 2 diabetes, lipid disorders and CVD. He is an active researcher with over 300 publications as well as 5 books and 10 book chapters.

Weight loss of 5kg or less plus exercise can reduce the incidence of type 2 diabetes by 40-50% over 5 years in people with prediabetes. Modest changes in fibre and fat intake were also related to a reduction in the incidence of diabetes but these were not independent of weight loss. Epidemiological data suggests that processed meat intake is related to an increased incidence of type 2 diabetes while dairy, particularly fermented dairy is protective but there have been very few interventions to confirm these observations. We have performed several weight stable interventions in obese and overweight subjects exploring these questions. In the first study we found that a high dairy intake increase insulin resistance compared to a high fresh red meat or a vegetarian diet, especially in women. In an acute study a high dairy meal produced exactly the same insulin and glucose levels compared with a matched meat based meal. In a second study we found that a high red and processed meat diet containing minimal dairy and high glycemic index carbohydrate increased insulin resistance compared with a high dairy, high nut and low glycemic index carbohydrate diet. Thus the effect of dairy is very context dependent and does not appear to be harmful when accompanied by healthy components.

4:30pm till 5:30pm

SEMINAR ROOM 272, HARRY PERKINS INSTITUTE OF MEDICAL RESEARCH,
NORTH CAMPUS

Aberdare Rd

To Perth

A

Your Guide to the



HARRY PERKINS INSTITUTE OF MEDICAL RESEARCH

B

C

D

E

F

Compsie St

Verdun St

Kingston St

Gairdner Dr

Hospital Ave

Winthrop Ave

Kings Park



To Stirling Hwy