

Dietary Misconceptions in Pakistani diabetic patients

This is with reference to the article “Dietary Misconceptions in Diabetic Patients” published in the Pakistan Journal of Medical Sciences in Jan-Mar 2011 issue.¹

It is true that there are dietary misconceptions in Pakistani patients. Unfortunately these misconceptions prevail even among medical practitioners, whether qualified or even specialists. Moreover, it is commonly observed that patients suffering from hepatitis, fevers etc., without any complications are frequently prescribed fat-feed diet mainly consisting of vegetables viz boiled pumpkin, etc., not only by general practitioners but even by specialists, who should know better. To rectify these erratic practices there is dire need for creating awareness not only in the general public but more so in the medical community and in medical institutions.²

Medical students should be educated/trained about principles of ‘Dietetics’ in the biochemistry

courses which should be clinically-oriented rather than burdening the students with unnecessary material. Education about diet should be continued in clinical education even at the post-graduate level. The fault lies with our education systems, which is burdening with unnecessary and useless details and no attention is paid to the valuable practical clinical aspects of the subjects.

Furthermore, during clinical consultations, doctors should inform/educate their patients about diet, which should be an essential component of the consultation. Dietiticians have an important role to play in hospitals but the main role in medical practical has to be played by the doctors themselves.

REFERENCES

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2. Akhtar MA. Rational Therapeutics, 3rd Edition 1994, Hepatitis Page 149-150.

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