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ABSTRACT

Study the Effect of Dietary Supplements and Rhubarb Root on Palestinian Diabetic Patient

Yasmeen Abu Dheam¹
Al-Quds University¹

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Diabetes mellitus is a common cause of morbidity and mortality worldwide. The World Health Organization predicts that diabetes will become the seventh leading cause of death in 2030. Dietary supplements may be used as adjuvant to anti-diabetic medications; they are perceived to prevent or at least delay diabetic complications. In addition, diabetic patients may use some herbal product to help control blood sugar. One medicinal herbal product that diabetic Palestinian patients may use is Rhubarb root. This cross-sectional study will evaluate knowledge and practice of Palestinian diabetic patients' use of dietary supplements and herbal products in general and Rhubarb root in particular. A questionnaire will be used as an instrument of measurement. Approximately 250 questionnaires will be distributed to diabetic patients in Bethlehem, Jerusalem, Hebron, Ezzariya and Ramallah. In addition, the investigator will interview Al-Attarin about the herbal product use in diabetic rhubarb plant and will also interview patients that use this plant to obtain better knowledge of patient practice. Results: Preliminary results from 42 questionnaires suggest that 79% of diabetic patients have type II diabetes. Out of the 42 diabetic patients, only 13 patients use Dietary supplements (about 30%), and Vitamin B12 is the most nutritional supplements used by these patients. Some patients reported using some plants to treat diabetes, but none of the patients reported using the rhubarb root plant.