

BIOGROW

...from Nature to you!

Oat BG22™
OAT BRAN POWDER
with 20% Beta-Glucan

Diabetics have higher risks of developing Heart Disease

Heart disease has been the major cause of death among Malaysians for the past 5 decades. The modifiable risk factors for heart disease are associated with an unhealthy lifestyle, with one of the major factors being sustained high blood sugar level or diabetes. Heart disease and stroke are two of the most important health risks for people with diabetes.

- Heart disease strikes people with diabetes almost twice as often as people who don't have diabetes.
- People with diabetes tend to develop heart disease at a younger age than people without diabetes.
- Two out of three people with diabetes die from either heart disease or stroke.

Diabetes occurs because of defects in the body's ability to produce or use insulin—a hormone required to convert blood sugar or glucose into energy. If the pancreas doesn't make enough insulin or if cells do not respond efficiently to insulin, blood sugar levels get too high, which can lead to serious chronic health problems.

In 2011, our National Health and Morbidity Survey showed that **15.1%** of the population is diabetic equating to **2.6 million** Malaysians. Shockingly, authorities believe the realistic figure could be doubled as for every diabetic person reported, there is another one undiagnosed.

The Diabetes & Dietary Fiber Intake Connection

Oats, especially oat bran, consist of exceptional amounts of a unique soluble dietary fiber known as beta glucan. The health benefits of beta glucans have been extensively studied, with the most well-known

benefit is to lower blood cholesterol, thereby reducing the risk of cardiovascular diseases. But there is so much more to oat beta glucan, and now many health professionals promote its inclusion in diets for individuals suffering from or are at-risk for type 2-diabetes. For instance, studies conducted by Harvard University on male health professionals and female nurses both found that a diet high in cereal fiber was linked to a lower risk of Type 2 diabetes. Furthermore, the same study also found that a diet low in cereal fiber and rich in high glycemic-index foods (which cause big spikes in blood sugar) doubled the risk of Type 2 diabetes¹.

Managing Diabetes with Oat Beta Glucan

The European Food Safety Authority (EFSA) has concluded that the consumption of oat beta-glucan contributes to the reduction of the glucose rise after a meal. The Malaysian Ministry of Health also approves the health claim: "oat soluble fiber (beta-glucan) helps

Diabetes & The Heart



to lower the rise of blood glucose, provided it is not consumed with other food."

The mechanisms of which oat beta glucans are shown to aid in managing diabetes include:

1 Oat beta-glucan slows down the increase in blood sugar level after a meal by delaying gastric emptying. When oat beta-glucan within a meal is digested, it forms a gel which makes the contents of the stomach and the small intestine more viscous. Through this, digestion is delayed and the uptake of carbohydrates into the blood stream takes longer thus preventing sudden fluctuations in blood sugar levels.

2 Positive glycemic response produced by ingesting oat beta-glucan has been shown to improve insulin sensitivity, which may prevent the incidence of Type 2 diabetes. A consistent decrease in insulin secretions was dose-dependently observed in overweight individuals in response to oat beta-glucan, with significant changes reported at a dose of at least 3.8g of oat beta-glucans in a meal².

THE HEART
Exhibition



INSTITUT JANTUNG NEGARA
National Heart Institute



YAYASAN JANTUNG MALAYSIA
The Heart Foundation of Malaysia

A daily intake of 3 – 5g beta-glucan from oats has been shown to help normalize blood sugar and reduce bad cholesterol effectively. Research suggests that 80% of heart disease is preventable. It takes motivation, support and the determination to get oneself on track with a healthy lifestyle. Let this World Heart Day be the starting point to getting yourself into the right direction and to love your heart more!

This article is brought to you by The Heart Programme 2013, supported by Biogrow Oat BG22™ as the Platinum Sponsor. For more information, kindly visit

www.theheart.com.my

¹ Harvard School of Public Health. <http://www.hsph.harvard.edu/nutritionsource/468-11-story/>

² Molecular Nutrition and Food Research, vol. 53, no. 10, pp. 1343–1351, 2009.

³ <http://diabetes.webmd.com/diabetes/low-to-heart-disease>
Bratton JT, et al. 2009. High B-glucan oat bran and oat gum reduce postprandial blood glucose and insulin in subjects with and without type 2 diabetes. *Diabetic Med.* 11:312–318.

Koplan JJ, et al. 2005. Preventing childhood obesity: health in the balance executive summary. *J. Am Diet. Assoc.* 105:133–138.

Nor M, et al. 2008. The Third National Health and Morbidity Survey (NHMS) 2006: nutritional status of adults aged 18 years and above. *Malaysian J. Nutr.* 14(2):1–67.

Tapole H, et al. 2005. Glycemic response of oat bran products in type 2 diabetic patients. *Nutr. Metab. Cardiovasc. Dis.* 15:255–261.

My Heart, My Life



Come visit
Biogrow Oat BG22™
THE HEART Exhibition 2013
Venue: Mid Valley Exhibition Center, Hall 2, Booth P04
Date: 28 & 29 (Sat & Sun) Sept 2013
Time: 10am – 9pm *T&C apply
***Get a FREE Mystery Gift**



MS 1500:2009
1 076-07/2012



Oat Bran Powder
Imported from
SWEDEN



Like us on
Facebook
fb.biogrow.com.my

Help Reduce Cholesterol Naturally with Biogrow Oat BG22™

Helping Malaysians to Lead A Healthy Lifestyle



Message by Yayasan Jantung Malaysia
(The Heart Foundation of Malaysia):



Take 3g of beta-glucan (soluble fiber) from oats daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol**.

Call Infoline: 03-7956 2220
(Mon-Fri 9am-5pm)
Email: info@biogrow.com.my
www.biogrow.com.my



Available in all leading pharmacies nationwide.