

## **Abstract**

This bachelor thesis assessed several parameters of healthy lifestyle and potential liver steatosis presence in patients with diabetes mellitus type 2.

In the first part there are descriptions of liver, pancreas, diabetes mellitus type 2, metabolic syndrome, and non-alcoholic fatty liver disease (NAFLD). Further there is a characterisation of Mediterranean diet with its main features and health effects.

Practical part is dealing with a questionnaire survey in patients with diabetes mellitus type 2 referred to abdominal ultrasound examination. There were 19 questions focused on healthy lifestyle (consumption of vegetables, fruits, fish, use of olive oil, drinking tea or coffee, eating of sweets, and drinking of alcohol) and questions assessing knowledge of the Mediterranean diet, physical activity, duration of diabetes, family history of diseases of affluence and hepatoprotective medication use. Age, gender and basic anthropometric data and result of sonographic examination for presence of liver steatosis were recorded.

A total of 92 patients (71 men / 21 women) average age 65 years. Liver steatosis was diagnosed in 88% of patients. Knowledge of the Mediterranean diet was low (20% of respondents). Healthy lifestyle adherence was according to provided answers also unsatisfactory, despite the fact, that more than a half of the patients had been diagnosed with diabetes more than 10 years ago. Olive oil has not been used by 75% of patients, a recommended amount of vegetables per day was reported by less than 10 % patients. By contrast more than 50 % of them reported eating of sweets. Reported regular consumption of fish, drinking of unsweetened beverages, and drinking of coffee can be considered as positive findings. Regular drinking of alcohol may be regarded as a serious finding from a liver perspective.

I consider the obtained data somewhat surprising, but a realistic picture of a healthy lifestyle awareness among these patients. Only on the basis of such information in a specific patient can a potentially successful lifestyle intervention be created.

## **Keywords**

Mediterranean diet, diabetes mellitus type 2, liver steatosis, healthy lifestyle