

## APPLICATION OF ROMEBEAUTY APPLICATIONS TO DECREASING BLOOD SUGAR LEVELS IN DIABETES MELLITUS PATIENTS

Sulis Stiyani, Endah Sri Wahyuni, Hermawati

[Sstiyani12@gmail.com](mailto:Sstiyani12@gmail.com)

STIKES 'AISYIYAH SURAKARTA

### ABSTRACT

**Background:** Diabetes Mellitus (DM) is a chronic sickness wichone caused by high blood glucose levels with metabolic disorder. Normally, blood glucose is controlled by insulin, some hormone that produced by pancreas, wich allowed cells to absord glucose in the blood. But in diabetes, occurs insulin defficiency caused by desreassed insulin secretion and inhibition of insulin absorbtion. One of non-pharmacological therapy for to reduce blood glucose is consume Romebeauty apple regulary. **Objektive :** Describes the results of application of Romebeauty apple with decreases of blood glucose on Diabettes Mellitus patients. **Method :** This research used descriptive method with measurement of blood glucose levels on a time and observation sheets. **Result :** After applying Romebeauty apple consumption 3 time a day in a week, continusly, there was a decrease in blood glucose on a time in both respondense. Decreased occoured from poor level to medium levels. Blood glucose on a time Mrs. J level decreases from 249 mg/dl to 149 mg/dl, and a while Mr. I from a level 210 mg/dl to 177 mg/dl the average decreas on two respondense are 66,5. **Conclussion :** the decreases on blood glucoses on a time levels are after applying apple romebaeuty consumptions.

**Keywords:** Diabetes Mellitus, Hyperglycemia, Romebeauty apples