

DAFTAR PUSTAKA

- Aisyah, S., Gumelar, A. S., Maulana, M. S., & Amallia, R. H. T. 2023. Identifikasi Karakteristik Hewan Vertebrata Mamalia Tikus Putih Berdasarkan Morfologi dan Anatominya. *In Prosiding Seminar Nasional Biologi.* 3(1)
- Al-Sayyar, A.; Hammad, M.M.; Williams, M.R.; Al-Onaizi, M.; Abubaker, J.; Alzaid, F. 2023. Neurotransmitters in Type 2 Diabetes and the Control of Systemic and Central Energy Balance. *Metabolites.* 13(3): 384.
- American Diabetes Association (ADA). 2021. Classification and Diagnosis of Diabetes: Standards of Medical Care in Diabetes. *Diabetes Care.* 44 15-33.
- American Diabetes Association Professional Practice Committee. 2022. Classification and Diagnosis of Diabetes: *Standards of Medical Care in Diabetes—2022.* *Diabetes Care.* 45 (Supplement_1): 17–38.
- American Diabetes Association. 2022. Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. *Clin Diabetes* 1. 40 (1): 10–38.
- Arifin, W. N., Zahiruddin, W. M. 2017. Sample size calculation in animal studies using resource equation approach. *Malays J Med Sci.* 24(5):101–105.
- Aryanta, I. W. R. 2021. Kefir dan Manfaatnya bagi Kesehatan. *E-Jurnal Widya Kesehatan.* 3(1): 35-38.
- Asadi, F., Dhanvantari, S. 2021. Pathways of Glucagon Secretion and Trafficking in the Pancreatic Alpha Cell: Novel Pathways, Proteins, and Targets for Hyperglucagonemia. *Front. Endocrinol.* 12: 63-68.
- Aulia R., Windarwati, Sukoroni, S. 2014. Tyg-Index Untuk Diagnosis Resistensi Insulin Pada Karyawan Rsup Dr.Sardjito Yogyakarta. <https://etd.repository.ugm.ac.id/peneritian/detail/77212>
- Azizi, N.F., Kumar, M.R., Yeap, S.K., Abdullah, J.O., Khalid, Omar, A.R., Osman, M.A., *etal.*2021. Kefir and Its Biological Activities. *Foods.*10(6): 12-10.
- Bajinka, O., Tan, Y., Darboe, A., Ighaede-Edwards, I. G., & Abdelhalim, K. A. 2023. The gut microbiota pathway mechanisms of diabetes. *AMB Express.* 13(1): 16.
- Balakrishnan, G., Agrawal, R. 2014. Antioxidant Activity and Fatty Acid Profile of Fermented Milk Prepared by *Pediococcus Pentosaceus*. *J. Food Sci. Technol.* 51(12): 4138–4142.
- Benuck, I., Wilson, D. P., McNeal C. Secondary Hypertriglyceridemia. [Updated 2023 May 2]. In: Feingold KR, Anawalt B, Blackman MR, et al., editors.

- Borén, J., Taskinen, M.R. 2021. Metabolism of Triglyceride-Rich Lipoproteins. In: von Eckardstein, A., Binder, C.J. (eds) Prevention and Treatment of Atherosclerosis. *Handbook of Experimental Pharmacology*, vol 270.
- Bourrie, B. C. T., Richard, C., & Willing, B. P. 2020. Kefir in the Prevention and Treatment of Obesity and Metabolic Disorders. In *Current Nutrition Reports*. 9(3): 184–192.
- Bujawati, E., Awaliah, R., & Ansar, J. 2021. Type 2 Diabetes in Urban and Rural Areas: A Comparative Study. *Al-Sihah: The Public Health Science Journal*. 13(2): 176-186.
- Calatayud, M., Börner, R. A., Ghyselinck, J., Verstrepen, L., de Medts, J., van den Abbeele, P., Boulangé, C. L., Priour, S., et al. 2021. Water kefir and derived pasteurized beverages modulate gut microbiota, intestinal permeability and cytokine production in vitro. *Nutrients*. 13(11): 1-18.
- Castillo-Núñez, Y., Morales-Villegas, E., Aguilar-Salinas, C, A. 2021. Triglyceride-Rich Lipoproteins: Their Role in Atherosclerosis. *Revisita de Investigacion Clinica*. 74(2): 3-12.
- Ceballos, L. S., Morales, E. R., de la Torre Adarve, G., Castro, J. D., Martínez, L. P., Sampelayo, M. R. S. 2009. Composition of goat and cow milk produced under similar conditions and analyzed by identical methodology. *Journal of Food Composition and Analysis*. 22(4): 322–9.
- Christie, W, W. 2024. Triacylglycerols: 2. Biosynthesis and Metabolism. *The Lipid Web*. Diakses 18 Mei, 2024, website: https://www.lipidmaps.org/resources/lipidweb/lipidweb_html/lipids/simple/tag2/index.htm
- Clegg, D.J. Benoit, S.C. Reed, J.A. Woods, S.C. Dunn-Meynell, A. Levin, B.E. 2005. Reduced anorexic effects of insulin in obesity-prone rats fed a moderate-fat diet, Am. J. Physiol. Regul. Integr. Comp. Physiol. 288 (4)
- Corathers, S. D., Peavie, S., & Salehi, M. 2013. Complications of diabetes therapy. *Endocrinology and metabolism clinics of North America*. 42(4)
- Daeli, E., Ardiaria, M., Candra, A., 2018. Pengaruh Pemberian Nasi Beras Merah (*Oryza nivara*) dan Nasi Beras Hitam (*Oryza sativa L.indica*) terhadap Perubahan Kadar Gula Darah dan Trigliserida Tikus Wistar (*Rattus norvegicus*) Diabetes Melitus Tipe 2, *Journal of Nutrition and Health* 6(2)
- Dahlan, M.S., 2014. Statistik Untuk Kedokteran dan Kesehatan, 3rd ed. Salemba Medika, Jakarta.
- Dewi, R., Manalu, J. L., Narwati, y. T., Novi, M. D., Sulitstiyo, A. Y. A. B. 2023. Effect of Avocado Seed Extract through Milling on Reducing Triglyceride in Hyperlipidemic Rats. *Journal of Urban Health Research*. 1(3): 37-43

- do Prado, F. G., Pagnoncelli, M. G. B., de Melo Pereira, G. V., Karp, S. G., & Soccol, C. R. 2022. Fermented Soy Products and Their Potential Health Benefits: A Review. In *Microorganisms*. 10(8): 1-24.
- Einarson, T.R., Acs, A., Ludwig, C. *et al.* Prevalence of cardiovascular disease in type 2 diabetes: a systematic literature review of scientific evidence from across the world in 2007–2017. *Cardiovasc Diabetol*. 17: 83.
- Eleazu, C., Eleazu, K., Chukwuma, S., Essien, U. 2013. Review of the mechanism of cell death resulting from streptozotocin challenge in experimental animals, its practical use and potential risk to humans. *Journal of Diabetes & Metabolic Disorders*, 12(1): 60. doi:10.1186/2251-6581-12-60
- Elamin, N. M. H., Fadlalla, I. M. T., Omer, S. A., Ibrahim H. A. M. 2018. Histopathological Alteration in STZ-Nicotinamide Diabetic Rats, a Complication of Diabetes or a Toxicity of STZ?. International Journal of Diabetes and Clinical Research 5(3): 1-8
- Esa, D.F., Prahasary, A.N., Tahapary, D.L., Yunir, E. 2019. Penyakit Arteri Perifer dan Mortalitas Kardiovaskular pada Pasien Diabetes Melitus Tipe-2. *Jurnal Penyakit Dalam Indonesia*. 6: 100.
- Eyth, E., Basit, H., & Swift, C. J. 2023. Glucose Tolerance Test. In *StatPearls*.
- Farag, M. A., Jomaa, S. A., El-wahed, A. A., *et al.* 2020. The many faces of kefir fermented dairy products: Quality characteristics, flavour chemistry, nutritional value, health benefits, and safety. In *Nutrients*. 12(2): 1-23.
- Firdaus, Rimbawan, Marliyanti, S. A., Roosita, K. 2016. Streptozotocin, Sucrose-Induce Diabetic Male Rats Model for Research Approach of Gestational Diabetes Mellitus. *Jurnal Media Kesehatan Masyarakat Indonesia*. 12(1)
- Fletcher, B., Gulanick, M., & Lamendola, C. 2002. Risk factors for type 2 diabetes mellitus. *The Journal of cardiovascular nursing*. 16(2): 17–23.
- Gassasse Z., Smith D., Finer S., *et al.* 2017. Association between urbanisation and type 2 diabetes: an ecological study. *BMJ Glob Health*. 2: 1-8
- Gentry, B., Cazón, P., & O'Brien, K. 2023. A comprehensive review of the production, beneficial properties, and applications of kefiran, the kefir grain exopolysaccharide. *International Dairy Journal*. 144: 105691.
- Ghasemi, A., Khalifi, S., Jedi, S. 2014. Streptozotocin-nicotinamide-induced rat model of type 2 diabetes (Review). *Acta Physiologica Hungarica*. 101(4)
- Ginsberg, H. N., Packard, C. J., Chapman, M. J., Borén, J., Aguilar-Salinas, C. A., *et al.* 2021. Triglyceride-rich lipoproteins and their remnants: metabolic insights, role in atherosclerotic cardiovascular disease, and emerging therapeutic strategies-a consensus statement from the European Atherosclerosis Society. *European heart journal*. 42(47): 4791- 4806.

- Gleissner, C. A., Galkina, E., Nadler, J. L., & Ley, K. 2007. Mechanisms by which diabetes increases cardiovascular disease. *Disease mechanisms*. 4(3)
- Goyal R., Singhal M., Jialal I. 2024. Type 2 Diabetes. In: *StatPearls [Internet]*.
- Guan, H., Tian, J., Wang, Y. et al. Advances in secondary prevention mechanisms of macrovascular complications in type 2 diabetes mellitus patients: a comprehensive review. *Eur J Med Res* 29, 152 (2024).
- Hadisaputro, S, Djokomoeldjanto, R.R.J., Judiono. 2012. Effects of oral plain kefir supplementation on proinflamatory cytokine properties of hyperglycemia wistar rats induced by streptozotocin. *Acta. Med. Indones.* 44(2): 100-104.
- Harper, D. 2021. Etymology of diabetes. *Online Etymology Dictionary*. Diakses 6 Mei, 2024, website: <https://www.etymonline.com/word/diabetes>
- Hati, D. L., Andarini, S., Handayani, D., Rosyidi, D., Radiati, L. E. 2022. Potensi Whey Kefir Susu Kambing Sebagai Anti Obesitas Melalui Penghambatan Sintesis Lipid dan Aktivitas Phosphoenolpyruvate Carboxykinase (PEPCK) pada Sel Model Adiposit 3T3-L1. *Indonesian Journal of Human Nutrition*. 9(2): 207-233.
- Henderson, S. R., Maitland, R., Mustafa, O. G, et al. 2013. Severe hypertriglyceridaemia in Type 2 diabetes mellitus: beneficial effect of continuous insulin infusion, *QJM: An International Journal of Medicine*. 106(4): 355–359.
- Huntari, H., ESA, I. A., Erny, K., Ramatika, S. 2023. The Effect Of Intermittent Fasting On Triglyceride Levels In The Wistar Strain White Rats (Rattus Norvegicus) Diabetes Mellitus Model. *JMJ, JAMHESIC*. 299-304
- Husna, F., Suyatna, F. D., Arozal, W. et al. 2019. Model Hewan Coba pada Penelitian Diabetes. *Pharmaceutical Sciences and Research (PSR)*. 6(3)
- International Diabetes Federation (IDF). 2021. IDF Diabetes Atlas, 10th edition. ed. IDF (online), Brussels, Belgium.
- Ismail, L., Materwala, H., & Al Kaabi, J. 2021. Association of risk factors with type 2 diabetes: A systematic review. *Computational and structural biotechnology journal*. 19: 1759–1785.
- Isty, G. M. N., Setyawardani, T., Sumarmono, J. 2023. Karakteristik Fisik dan Sensori Kefir Susu Sapi yang Diperkaya dengan Ekstrak Beras Hitam. *Jurnal Triton*. 14(2), 573-582.
- Jainata, D., Utama, B. I., Desmawati. 2021. Pengaruh Probiotik Dalam Menurunkan Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe 2: Sebuah Tinjauan Sistematis. *Jurnal Ilmu Kesehatan Indonesia*. 2(4): 312-340.

- Judiono, Djokomoeljanto, Hadisaputro, S. 2011. Effects Of Oral Clear Kefir Probiotics On Glycemic Status, Lipid Peroxidation, Antioxidative Properties Of Streptozotocin Induced Hyperglycemia Wistar Rats. *Gizi Indonesia*. 34(1):1-6
- Karamanou M., Protogerou A., Tsoucalas G., Androutsos G., Poulakou-Rebelakou E. 2016. Milestones in the history of diabetes mellitus: The main contributors. *World J Diabetes*. 7(1): 1-7.
- Karanchi H, Muppidi V, Wyne K. 2024. Hypertriglyceridemia. In: StatPearls
- Kementerian Kesehatan (Kemenkes). 2023. Laporan SKI 2023 Dalam Angka. Kemenkes BKPK. Diakses: <https://www.badankebijakan.kemkes.go.id/ski-2023-dalam-angka/>
- Kemenkes. 2018. Data Komposisi Pangan Indonesia. Global Alliance for Improved Nutrition (GAIN). Diakses: <https://panganku.org/id-ID/view>
- Khan, M. A. B., Hashim, M. J., King, J. K., Govender, R. D., Mustafa, H., & Al Kaabi, J. 2020. Epidemiology of Type 2 Diabetes - Global Burden of Disease and Forecasted Trends. *Journal of epidemiology and global health*. 10(1): 107–111.
- Kinteki, G. A., Rizqiaty, H., Hintono, A. 2018. Pengaruh Lama Fermentasi Kefir Susu Kambing Terhadap Mutu Hedonik, Total Bakteri Asam Laktat (BAL), Total Khamir, dan Ph. *Jurnal Teknologi Pangan*. 3(1): 42-50.
- Kishore, L., Kajal, A., Kaur, N. 2017. Role of Nicotinamide in Streptozotocin Induced Diabetes in Animal Models. *Journal of Endocrinology and Thyroid Research*. 2(1): 1-4.
- Kozdag, G., Ertas, G., Emre, E., Akay, Y., Celikyurt, U., Sahin, T., Gorur, G., Karauzum, K., Yilmaz, I., Ural, D., & Sarsekeyeva, M. 2013. Low serum triglyceride levels as predictors of cardiac death in heart failure patients. *Texas Heart Institute journal*, 40(5), 521–528.
- Kusnadi, Y., Saleh, M. M. I. 2023. Buku Monograf Membahas Permasalahan: Abnormalitas Mikrobiota Usus Pada Diabetes Melitus Tipe 2. Bening media publishing: palembang.
- Lacob, S., Diana, G.L. and Luminita, M. 2019. Intestinal Microbiota as a Host Defense Mechanism to Infectious Threats. *Front Microbial*. 9(1) : 2-9.
- Lestari, P. H. P., Nurahmi, N., Esa, T., & Kurniawan, L. B. 2020. Analisis rasio profil lipid kolesterol total, High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL), dan trigliserida pada pasien Diabetes Melitus Tipe 2 (DM-2) dengan dan tanpa komplikasi ulkus kaki diabetik. *Intisari Sains Medis*. 11(3): 1333-1340.

- Lian, J. Chen, Y. Yuan, M.S.M. Daud, L. Luo, Y. Zhu, S. Li, S. Bu. 2017. Cortex Mori Radicis extract attenuates myocardial damages in diabetic rats by regulating ERS. *Biomed. Pharmacother.* 90: 777–785.
- Magdalena, R., Arifin, N., *et al.* 2021. Tingkat Pengetahuan Lansia Terhadap Diabetes Militus Tipe ii Pasca Promkes Di Pulau Pramuka. *Jurnal Akademi Keperawatan Husada Karya Jaya*. 7(2): 54-58
- Martharini, D., Indratiningsih, I. 2017. Kualitas Mikrobiologis dan Kimiawi Kefir Susu Kambing dengan Penambahan Lactobacillus acidophilus FNCC 0051 dan Tepung Kulit Pisang Kepok (*Musa Paradisiaca*). *Agritech*. 37(1): 22-29.
- Molehin, O.R., Oloyede, O.I., Adefegha, S.A., 2018. Streptozotocin-Induced Diabetes in Rats: Effects of White Butterfly (*Clerodendrum volubile*) Leaves on Blood Glucose Levels, Lipid Profile and Antioxidant Status. *Toxicol Mech Methods*. 28: 573–586.
- Muntafiah, A., Sunarti, Nurliyani. 2015. Potensi Antihiperglikemia Kefir Berbasis Susu Kambing dan Kedelai pada Tikus Model DM Tipe 2. *Mandala of Health*. 8: 612–621.
- Mutia, S., Fauziah, Thomy, Z., 2018. Pengaruh Pemberian Ekstrak Etanol Daun Andong (*Cordyline fruticosa* (L.) A. Chev) Terhadap Kadar Kolesterol Total dan Trigliserida Darah Tikus Putih (*Rattus norvegicus*) Hiperkolesterolemia, *Jurnal Bioleuser*.
- Noor, S.M., Dharmayanti, N.L.P., Wahyuwardani, S., Muhrsini, S., Cahyaningsih, T., Widianingrum, Y., Sukmasari, P.K., Syawal, M., Febretrisiana, A., Misniwaty, A., Tiesnamurti, B., 2022. Penanganan Rodensia dalam Penelitian Sesuai Kaidah Kesejahteraan Hewan. IAARD Press, Jakarta.
- Nugroho, A. E. 2006. Hewan Percobaan Diabetes Mellitus: Hewan Percobaan Diabetes Mellitus : Patologi Dan Mekanisme Aksi Diabetogenik. *Biodiversitas, J. Biol. Divers.* 7(4): 378–382.
- Nurliyani, Harmayani, E., Sunarti, 2015. Antidiabetic Potential of Kefir Combination from Goat Milk and Soy Milk in Rats Induced with Streptozotocin-Nicotinamide. *Korean J Food Sci Anim Resour*. 35: 847-858
- Ojo, O, A., Ibrahim, H, S., Rotimi, D, E., Ogunlakin, A, D., Ojo, A, B. 2023. Diabetes mellitus: From molecular mechanism to pathophysiology and pharmacology. *Medicine in Novel Technology and Devices*. 19: 1-8.
- Omar-Hmeadi, M., Lund, Gandasi, *et al.* 2020. Paracrine control of α -cell glucagon exocytosis is compromised in human type-2 diabetes. *Nat Commun*. 11
- Patel, P., & Macerollo, A. 2010. Diabetes mellitus: diagnosis and screening. *American family physician*. 81(7): 863–870.

- Peng, J., Luo, F., Ruan, G., Peng, R., & Li, X. 2017. Hypertriglyceridemia and atherosclerosis. *Lipids in health and disease.* 16(1): 233.
- Perkumpulan Endokrinologi Indonesia (PERKENI), 2021. Pedoman Pengelolaan Dan Pencegahan Diabetes Melitus Tipe 2 Di Indonesia. PB Perkeni, Jakarta.
- Petersen, M. C., & Shulman, G. I. 2018. Mechanisms of Insulin Action and Insulin Resistance. *Physiological reviews.* 98(4): 2133–2223.
- Prayoga, I. P. A., Rmona, Y., Suaskara, I. B. M. 2021. Bakteri Asam Laktat Bermanfaat Dalam Kefir dan Perannya Dalam Meningkatkan Kesehatan Saluran Pencernaan. *Simbiosis.* 9(2): 115-130.
- Priyadi, A., Permana, H., Muhtadi, A., Sumiwi, S.A., Sinuraya, R.K., Suwantika, A.A. 2021. Cost-Effectiveness Analysis of Type 2 Diabetes Mellitus (T2DM) Treatment in Patients with Complications of Kidney and Peripheral Vascular Diseases in Indonesia. *Healthcare.* 9: 211.
- Raynal-Ijutovac, K., Lagriffoul, G., Paccard, P., Guillet, I., Chilliard, Y. 2008. Composition of goat and sheep milk products : An update. *J Small Rum Res.* 79: 57–72.
- Rias, Y. A., Sutikno, E. 2017. Hubungan Antara Berat Badan Dengan Kadar Gula Darah Acak Pada Tikus Diabetes Mellitus. *Jurnal Wiyata.* 4(1): 72-77.
- Richardson, C. R., Borgeson, J. R., Van Harrison, R., et al. 2021. Management of Type 2 Diabetes Mellitus [Internet]. Ann Arbor (MI): Michigan Medicine
- Rodwell, V. W., Bender, D. A., Botham, K. M., Kennelly, P. J., Weil, P. A. 2015. Harper's Illustrated Biochemistry. New York: The McGraw-Hill Education.
- Rosa, D.D, Dias, M.M.S., Grześkowiak, L.M., Reis, S.A., Conceição, L.l., Peluzio, M.D.C.G. 2017. Milk Kefir: Nutritional, Microbiological and Health Benefits. *Nutrition Research Reviews.* 30(1):82–96.
- Sapra A, Bhandari P. 2023. Diabetes. In: *StatPearls [Internet].*
- Sari, F, N. P., Pramono, A. 2012. Pengaruh Pemberian Kefir Susu Sapi Terhadap Kadar Trigliserida Tikus Jantan Sprague Dawley. *Journal of Nutrition College.* 1(1): 322-326.
- Setyawardani, T., Sumarmono, J., Rahardjo, A. H. D., Sulityowati, M., Widayaka K. 2017. Kualitas Kimia, Fisik Dan Sensori Kefir Susu Kambing Yang Disimpan Pada Suhu Dan Lama Penyimpanan Berbeda. *Buletin Peternakan.* 41 (3): 298-306
- Setyawati, T., Lintin, G., 2016. Efek Ekstrak Daun Sirsak (*Annona muricata*) Terhadap Penurunan Kadar Trigliserida Pada Model Tikus Diabetes Melitus, *Jurnal Kesehatan Tadulako.* 2(2): 33-41

- Sevda, G., Kashfi, K., Ghasemi, A. 2017. A practical guide for induction of type-2 diabetes in rat: Incorporating a high-fat diet and streptozotocin. *Biomedicine & Pharmacotherapy*. 95: 605-613.
- Sheleme, T., Mamo, G., Melaku, T., Sahilu, T., 2020. Prevalence, patterns and predictors of chronic complications of diabetes mellitus at a large referral hospital in Ethiopia: A prospective observational study. *Diabetes, Metabolic Syndrome and Obesity*. 13: 4909–4918.
- Sihombing M., Tuminah, S. 2011. Perubahan Nilai Hematologi, Biokimia Darah, Bobot Organ dan Bobot Badan Tikus Putih pada Umur Berbeda. 12(1): 5864
- Subarjati, A., Nuryanto. 2015. Hubungan Indeks Massa Tubuh Dengan Kadar Leptin Dan Adiponektin. *Journal of Nutrition College*. 4(2): 428-434
- Talayero, B. G., & Sacks, F. M. 2011. The role of triglycerides in atherosclerosis. *Current cardiology reports*. 13(6): 544–552.
- Tao, L. C., Xu, J. N., Wang, T. T., Hua, F., & Li, J. J. 2022. Triglyceride-glucose index as a marker in cardiovascular diseases: landscape and limitations. *Cardiovascular diabetology*, 21(1), 68.
- Trachet, B., Fraga-Silva, R. A., Jackuet, P. A., Stergiopolus, N., Segers, P. 2015. Incidence, severity, mortality, and confounding factors for dissecting AAA detection in angiotensin II-infused mice: a meta-analysis. *CardiovascularResearch*. 108: 159–170. doi:10.1093/cvr/cvv215
- Tung, Y. T., Chen, H. L., Wu, H. S., et al. 2018. Kefir Peptides Prevent Hyperlipidemia and Obesity in High-Fat-Diet-Induced Obese Rats via Lipid Metabolism Modulation. *Mol Nutr Food Res*. 62(3).
- Witjes, V. M., Boleij, A., Halfman, W. 2020. Reducing versus Embracing Variation as Strategies for Reproducibility: The Microbiome of Laboratory Mice. *Animals*. 10(12): 2415; <https://doi.org/10.3390/ani10122415>
- Yang, H., Yiran, S., Rui, C., Ying, C. And Bing, G. 2019. The Impact Of Dietary Fiber and Probiotics In Infectious Diseases. *Journal Microbial Pathogen*. 140(1): 1-27.
- Yorek, M. A. 2016. Alternatives to the Streptozotocin Diabetic Rodent. *International Review of Neurobiology* (1st ed., Vol. 127). Elsevier Inc.
- Zheng, Y., Ley, S. H., & Hu, F. B. 2018. Global aetiology and epidemiology of type 2 diabetes mellitus and its complications. *Nature reviews Endocrinology*. 14(2): 88–98.
- Zhou, Z., Sun, B., Yu, D., & Zhu, C. 2022. Gut Microbiota: An Important Player in Type 2 Diabetes Mellitus. *Frontiers in cellular and infection microbiology*, 12: 834485.