

# **Diabetes Solution** Revised and Updated

## The Complete Guide to Achieving Normal Blood Sugars

by

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### **Foreword**



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**D**iabetes is “hot”!

From many viewpoints—scientific, educational, therapeutic, economic, size of the diabetes problem and thus “need,” policy decisions, the political process, public and patient concerns, et cetera—diabetes is demanding, and receiving, attention. This attention is all to the good!

In the few years since the previous edition of this important book, we have learned a lot more about diabetes—what could be causing it; how best to treat it; and indeed, now, how to prevent type 2 diabetes. This new knowledge should lead to better ways to deal with diabetes and to improve the quality of life of persons affected by the disease. For example, while we have understood for many years both (1) the importance of good blood glucose control directly on vascular complications as well as indirectly through lowering of blood pressure and blood lipids, and (2) the benefits of early detection and treatment of potential diabetes complications, there are now more and better medicines for facilitating improved regulation of body metabolism, as well as exciting technology to let us know when blood glucose, pressure, and lipids need attention. It is reasonable to expect even further ways to achieve good metabolic regulation in the near future.

The possibility of prevention of diabetes, especially type 2 (often referred to as maturity-onset or non-insulin-dependent diabetes), has also become a “hot” issue since the last edition of Dr. Bernstein’s book. Particularly for people at high risk for developing type 2 diabetes—those with impaired glucose tolerance, or what is now being called pre-diabetes—the chances of progression to type 2 diabetes can be substantially reduced with weight reduction, dietary control, and activity changes, as well as various medications. This too is very good news and means that the epidemic of type 2 diabetes that is occurring throughout the world could be attenuated.

Thus, scientific investigations at the basic, clinical, applied, and health services levels are really giving us ammunition and conviction that the potential devastation of diabetes—indeed the disease itself—does not have to happen.

Yet at the same time that we are excited about this new information and new possibilities, there are growing concerns. Diabetes—both types 1 (juvenile-onset) and 2—is reaching epidemic proportions in the United States and actually throughout the world. In addition, there remains a gap—perhaps even a chasm—between what *should* be happening to prevent and treat potentially devastating complications associated with this disease and what is *actually occurring* on a daily basis in the real world.

So diabetes is indeed “hot,” and there is much we can do now that was not possible in years past. Still, some of the old challenges remain. Even with the new information, we still have to make a difference in the

lives of people at risk for, or with, diabetes. To me, making a difference is the *great value* of the way Dr. Bernstein lives, thinks, works with patients, and shares information, as in this revised edition of his book. In a way, all the new science, understanding, medications, and so forth require—even more so than in the past—methods and approaches to encourage, empower, activate, help, and support *people*.

We now have so many choices, and so many things to think about! But the essence of what is contained in this book—the conviction that good things can happen; that although it may not be easy to get to this good point, it can be done—is impressive. And for people facing diabetes who heed his advice, the reward is that they can take charge of their lives and this disease with the knowledge that their chances of staying healthy are very good indeed.

Dr. Bernstein himself exemplifies the experience that diabetes is controllable, and that all people can improve their lives in spite of diabetes. While the task is demanding, it is doable, and with Dr. Bernstein's approaches, new information and new science can be used to help all people at risk for or with diabetes. With the programs and recommendations contained in this book, diabetes can be managed well! So I thank Dr. Bernstein for continuing his commitment to people with diabetes, and for sharing his own experiences and helpful approaches so that we all can get a good handle on this condition called diabetes mellitus.

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