

# OneWorld Progressive Institute, Inc.



## Presents:

“21<sup>st</sup> Century Conversations” with N’Zinga Shäni

Date: Oct. 16, 2008

Topic: “Preventing & Managing Diabetes?”

Guests: Robert Sherwin, M.D., FACC Cardiologist

Assoc. Prof. of Med., Yale University

Erin Ruppe, APRN, Fair Haven Health Clinic

1. What does the latest research shows in terms of curing diabetes?
2. Many people who have been successfully treated for AIDS over the past several years are now diabetic; is there a correlation? Strong correlation between AIDS treatment & diabetes onset  
Doctor’s explanation is very detailed – copy of TV program available – [Call \(203\) 407-0250](tel:2034070250)
3. If I am not heavy, and do not have diabetes in my immediate family (parents, grand-parents, aunts and uncles) why would I develop diabetes, and what can I do to prevent my children from becoming diabetic?
4. I would greatly appreciate if the doctors would talk about the medication that my 9 year-old son is taking. He was diagnosed with ADHD several years ago, and has been taking Concerta 36 mg. He now takes Novalog for his diabetes. The teachers are saying that he is not performing up to 5th grade standards in all academic areas, yet he is articulate, and intelligent, and I don't understand where the disconnect lies.
5. What are the MOST important things we can do to prevent getting diabetes? Eat sensibly; control weight; exercise regularly; actively and consciously manage your health. See links:  
[NDEP | Information and tips on diabetes prevention](#)  
Diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the ...  
[ndep.nih.gov/diabetes/prev/prevention.htm](http://ndep.nih.gov/diabetes/prev/prevention.htm) - 40k -
6. Can Stem Cell transplant cure diabetes is adults or in children? (X 3) The answer is complicated. A pancreas transplant can cure diabetes, but one would still have to manage diet and exercise and take special care so the disease would not re-occur. Visit the following links to learn more: [Stem Cell Research Questions And Answers : Juvenile Diabetes ...](#)  
How can these IVF-derived stem cells help cure diabetes? ... immune system of a person with Type 1 diabetes will not tolerate an islet cell transplantation, ...  
[www.jdrf.org/index.php](http://www.jdrf.org/index.php) - 32k -

[American Diabetes Association Home Page](#)

American Diabetes Association Home Page.... Get the latest diabetes news and diabetes research summaries. Recipe of the Day ...

[www.diabetes.org/](http://www.diabetes.org/) - 41k -

# Preventing & Controlling Diabetes!

Visit the main home page of the American Diabetes Association below and look on the menu column on the left links that will that you to areas that provide answers to all of the questions below.

## [Diabetes Information - American Diabetes Association](#)

The **American Diabetes Association** recommends the FPG because it is easier... This area of our Web **site** can help ease your fears and teach you more about **all aspects of diabetes** [www.diabetes.org/about-diabetes.jsp](http://www.diabetes.org/about-diabetes.jsp)

1. What is Pre-diabetes? What are the signs of diabetes?
2. How many types of diabetes are there? Is one type more dangerous than the other? If so which one and why?
3. How do people find out the type of diabetes they have?
4. Does diabetes runs in families? **YES!**  
If diabetes runs in your family, how much more likely it is that you will have diabetes?
5. How important is it to effectively control your diabetes? **It is critically important!**  
-What are some of the more serious physical effects of diabetes?  
Amputations, blindness, loss of kidney functions and therefore dialysis, liver problems, etc.
6. How do you get high blood glucose? How does it affect your body? See ADA web site
7. What is the link between Cardiovascular Disease and Diabetes? **See ADA site**
8. What are some of the cultural issues related to diabetes?  
Diet, cultural practices that inhibit conforming to good nutrition [Food, Culture, and Diabetes in the United States -- Kulkarni 22 \(4 ...](#)

Length of stay in the United States had an **effect** on the choice of fats used in .... **Diabetes Educ 28:922 -927, 2002**[Free Full Text]. 5 Ethnic Food **Practice ...**  
[clinical.diabetesjournals.org/cgi/content/full/22/4/190](http://clinical.diabetesjournals.org/cgi/content/full/22/4/190) -

9. How can people sensibly compensate for those issues? **See link above**

10. What can diabetics do to Prevent Serious Health Problems!

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