

# Is Food Love?

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**A**s an ethnic physician<sup>1</sup> who has myself been a known, manifested, diagnosed type-2 diabetes patient for 16 years with 16 foot surgeries [including onychomycotic (fungal) toenail avulsions, toenail exenterations, matrix-surgical-chemical destruction(s) and cyst excisions]—all probably diabetes-related surgical disorders now—have finally achieved reasonably tight diabetes control, supported primarily by a 30-lb weight loss and a documented hemoglobin A1C level of 5.4. Thanks to quality podiatric surgical treatment and care, I am able to do and perform daily t'ai chi. I was, and I still am, delighted and empowered to note, read and reread the paper entitled, "Implementing a Diabetes Prevention Program in a Rural African-American Church."

As I reread this outstanding paper, I think of an ethnic woman in my place of worship. Her husband died suddenly and unexpectedly of a massive cerebrovascular event at the relatively youthful age of 60 years, endorsing, "I always fixed breakfast for my husband!" Dare we wonder, knowing that he was an obese, poorly controlled type-2 diabetic with a hemoglobin A1C consistently above 9, how many, exactly how many, calories and specifically how many simple carbohydrates, for example bread, toast, biscuits, muffins, waffles, and/or doughnuts were on his breakfast table each and every morning? Further, exactly how many cookies, pies and cakes were both baked by her and offered to him and consumed by him with all of their evening meals?

Yet, the authors of this exemplary paper demonstrate and document that there is hope for both early detection and prevention of type-2 diabetes. Their documented reduction in weight, body mass index, and systolic and diastolic blood pressure is both encouraging and empowering.

For myself, spirituality is central to all that I am and all that I do. I admire and respect the authors working within the framework of a place of worship—specifically a church. This is the program that I wish we had in our place of worship some several decades ago that might well have—in all reasonable probability—gone a long way toward ameliorating and perhaps even preventing my own type-2 diabetes disorder.

## REFERENCE

1. Grossman JB. Obesity Prevention in Pediatrics. *J Natl Med Assoc.* 2006; 98(10):1714. ■

The 9 users currently in the teen chat room.

good2hug:	14, female, Daytona, FL
joey16:	16, male, Hackensack, NJ
robbieW:	38, male, Daytona, FL
qtrback21:	26, male, Brooklyn, NY
tu_tu:	16, female, Burlington, VT
harrys_gri:	12, female, Appleton, MN
QTpie:	30, male, Chicago, IL
ty1989:	15, female, Naperville, IL
paperboy:	41, male, Beaverton, OR

1 in 5 children is sexually solicited online.

You don't know what your kids are saying online. Or who they are saying it to. A lot of times neither do they. So get involved. To protect your kid's online life or report an incident, call 1-800-THE LOST or visit [cybertipline.com](http://cybertipline.com).



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