



Diabetes in The News

Posted By: Jo

Unique Combination Of Critical Vitamins, Minerals And Antioxidants Shown To Reverse The Effects Of Diabetic Neuropathy According To New Study

Mark L. Gostine, M.D., founder of Michigan Pain Consultants, PC, one of the nation's leading full-service pain management practices, and Lawrence Pawl, M.D., a recognized oncologist, released the results of a new study revealing that the under consumption of micro-nutrients - essential vitamins, minerals and antioxidants- can accelerate pain and other complications associated with diabetic neuropathy, a peripheral nerve disorder caused by diabetes. Of the 20.8 million reported diabetics in the country, an estimated 70 percent, or 14.6 million, have or will develop some form of diabetic neuropathy.

"While the over consumption of macro-nutrients, such as carbohydrates and fats, is recognized as a root cause of type 2 diabetes, we set out to determine if the under consumption of select micro-nutrients might be the cause of diabetic complications such as neuropathy," said Gostine. "What we found is that restoring a group of five dietary vitamins and minerals was very effective in alleviating a number of key symptoms, including burning, numbness and overall pain."

[Vitamin C Lowers Blood Sugar In Type 2's](#)

Research from Finland indicates that high doses of ascorbic acid (vitamin C) helps people with type 2 diabetes maintain glycemic control.

A double blind study performed at the Malmi Municipal Hospital in Helsinki found that daily doses of 2,000 mg of ascorbic acid improved both fasting blood glucose and HbA1c readings in patients with type 2 diabetes.

Further Reading: Diabetes Blog: [Boost glycemic control with Vitamin C](#)

[Why Does Diabetes Damage Eyes?](#)

Diabetic retinopathy is a leading cause of blindness in the U.S. According to the National Diabetes Information Clearinghouse, between 12,000 to 24,000 new cases of blindness every year are attributed to diabetes.

[snip]

Retinopathy is not always noticeable in the early stages and can progress for years before there are symptoms. It's important to keep blood glucose levels as near to normal as possible to prevent retina damage. *If you notice any changes in your vision, call your eye doctor immediately.*

Jo Says: Before I was diagnosed I was having major eye problems. Seemed like every 6 months I was having to get my script changed. Nothing seemed to work and I was getting frustrated and it was costing a lot of money. Once I was diagnosed and was getting the proper treatment, the eyes problems stopped and I was actually able to go back to my original script before it all started. To date, after at least three years now, my script is still the same. If you are experiencing eye problems along with other symptoms related to Diabetes, get to a doctor NOW.

[Study Finds Drug Spending Caps Cause Some Seniors to Quit Taking Key Medicines](#)

September 13, 2007 ([EurekAlert](#)) - Many seniors quit taking drugs for chronic illnesses such as diabetes and high blood pressure when they exceed their drug plan's yearly spending limits, according to a RAND Corporation study issued today.

Even when drug benefits resume at the start of a new health plan year, a significant number of seniors do not resume their prescription medications, according to the findings published in the September/October edition of the journal Health Affairs.

The study, which examined the behavior of seniors enrolled in a national private health plan, provides insight into how seniors may act under provisions of Medicare's new drug benefit plan that will leave about one-third of enrollees without drug coverage for some part of each benefit year.