

BLOOD SUGAR LEVEL

Following provided with permission by renowned Medical Oncologist Stephen Strum, a specialist specifically in research and treatment of recurring and advanced prostate cancer since 1983

I wanted to bring to your attention a different focus on blood sugar (glucose).

Almost every cancer thrives on glucose metabolism, and having traveled extensively around the world I know just how much our foods and our deserts are sweetened in comparison with the rest of the world. Also, the American image elsewhere is now one of gross obesity and for the majority of Americans this is founded on reality. Our citizens have lost the work ethic that made America a powerhouse and now it is replaced with an entitlement mentality. The land of opportunity has transformed into the land of corpulence (obesity).

With this said, I believe that the physician approach to assessing glucose toxicity is way off base in that it uses a fasting blood sugar to assess the functional status of the beta cells of the pancreas. What we should have learned is that testing under "load" or in the context of how we lead our lives is much more valuable than testing after a 9-12 hour fast.

In fact, the following is how we should be appraising our ability to handle sugar:

"The data collected from these normal people showed that throughout the night their fasting blood glucose remained flat in the low 80 mg/dl range. After a high carbohydrate meal, their blood sugar rose to a median value near 125 mg/dl for a brief period. This occurred about 45 minutes after they ate. In all but the people with the highest readings, blood sugar dropped back under 100 mg/dl by one hour and fifteen minutes after eating and **it returned to 85 mg/dl by one hour and forty-five minutes after eating.** "

I would suggest you all start testing your own blood sugars at ONE HOUR AND 45 MINUTES AFTER MEALS. See the table I have created for such testing:

Blood Glucose Results				Patient Name Here			
Date							
Fasting							

1hr 45 min PB							
1hr 45 min PL							
1hr 45 min PD							
Bedtime							

PB = after breakfast PL = after lunch PD = after dinner

Suggest obtain glucose levels for all times indicated in purple rows for 2-3 days in a row over a week's time. If at all possible, keep a detailed food diary of what you ate over those 2-3 days. Once data collected, provide to your treating physician. Note the following optimal glucose levels below.

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