

DIABETES REWIND

June 2, 2021

Dear Physician:

Your patient is participating in an educational seminar on preventing and reversing type 2 diabetes, sponsored by the South Bay Seventh-day Adventist Church. This seminar is based on the latest scientific research on the prevention and treatment of diabetes through lifestyle.

The program incorporates a high-nutrient, high-fiber, low-fat, and low-sugar diet. Participants are also taught the rationale and importance of exercise. During the course of the six-week program, some participants have experienced significant changes in weight and activity levels.

We have encouraged them to check with you before incorporating any of the principles we teach. They are also encouraged to check their blood sugars frequently. Since some participants have reported dropping blood sugars, especially those people who are taking insulin or sulfonylureas, we are asking that they schedule an appointment with you the first week of the seminar (seminar begins June 10) so you can define parameters for decreasing medication dosages if indicated.

Feel free to contact me for additional information.

Sincerely,

Aysha Inankur, MD, FACE
Medical Director

Aysha Inankur
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