

PREVIEW_ Ivor Cummins –

Framingham and the Muddy Waters part 1 (SD 2016)

Ivor Cummins: So you'd kind of say, "I got type 2 diabetes. "It's a pain in the ass if I find out that someone could've measured "and told me I was heading there 20 years ago. I would've liked to know, because it would've been easy to stop it back then."

Well, we go through a measuring at warm. So doctor and professor Gerald Reaven back in the 80s he recognized that there were few measurements in the human body, physiological measurements that if you had three or more of them, you're a special person. And... you were a metabolic syndrome person.

But there are no special prizes for this. Because what you got was a much higher risk for atherosclerosis and cardiovascular disease. So a bit of a booby prize. But what they didn't realize at the time was, you're also at much higher risk for a whole range of modern inflammatory diseases.

And if you google metabolic syndrome and stick in the disease of your choice, you won't probably have a lot of papers to read. You know, this is the big deal. But didn't I say earlier that insulin resistance was the big thing? Not so much cholesterol...

That was the big elephant. Seems odd there's another big elephant now. I mean how many of these guys are there? Well, that's not that odd. Because metabolic syndrome is now more properly called insulin resistance syndrome.

There's only one big elephant and it's stomping all over the modern population. Increasingly over the past decades. So you could get away with not measuring loads of measurements and getting confused... "Have I got three, four, five? Am I screwed or what's going on here?"

And you could get some really good measurements like high insulin secretion after a meal or after glucose and that will tell you a lot on its own. And we have a saying in engineering, "If you don't measure it, it don't get fixed."

And that's one of the problems I believe for the past 30 or 40 years. We have been running around in every degrees in circles after this cholesterol thing. They are missing the most important measurements.