

PREVIEW - Dr. Keith Runyan - Improve Type 1 Diabetes with Low Carb (LCC 2015)

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Dr. Keith Runyan: Well I developed what's called Latent Autoimmune Diabetes in Adults, in 1998 when I was 38 years old. So, I started on insulin, went to the endocrinologist and basically diet never came up in any conversations, so I just continued my usual diet.

And my, you know, symptoms and I've lost a lot of weight, so, my weight eventually returned to normal. I also had a number of complications of diabetes. I developed peripheral neuropathy and autonomic neuropathy.

Dr. Eenfeldt: So, what's that? How is that?

Dr. Keith Runyan: Well, there are complications of having high blood sugar for some time. I actually had been in denial about my diabetes for about a year and a half, while I was losing the weight and so, those complications developed as a result of having high blood sugars for that period of time.

And so, you know, the insulin, bringing the blood sugars down, eventually reversed those complications. And my hemoglobin A1c also came down to the recommended levels, you know, anywhere from 6 to 6 ½.

Dr. Eenfeldt: So you're doing pretty well.

Dr. Keith Runyan: Yeah, pretty good and my endocrinologists were happy with that, but part and parcel to that, what really bothered me, was hypoglycemic episodes. And if you never had one, it's really hard to understand how miserable that is.

Dr. Eenfeldt: Tell me.