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Health-maintaining tips for diabetes travelers

For the past 6.5 years (2012-2018), the author has made 179 trips by air which included 69 long-haul travels and 110 short-distance travels. The average trip was 14 days. This paper provides his experience on maintaining his health during traveling days. Prior to 2015, both of his daily average glucose and Metabolism Index (MI), which has a 73.5% break-even level, were high. After 2015, his glucose and MI levels improved to a healthy state; however, he did not meet his own targets- glucose 117 mg/dL and MI 59%. Nevertheless, by following the guidelines listed below from the period after 2015, the author had better results. Therefore, other busy T2D travelers can also maintain their healthy level of both glucose and metabolism during their traveling days by using the same method. The traveling tips summary- (1) Try to avoid having meals at the airport, airline lounge and in-flight food. (2) Don't indulge yourself, avoid soft drinks, high carbs/sugar food (<15 grams/meal); eat mostly vegetables (size: ~2 fists) and eat berries and tomatoes, not overly sweet fruits. (3) Maintain exercise regimen. After eating, find places to walk 4,000 steps. If inside the airport, walk along the hallway between gates, wherever is safe. (4) Drink 2,000 to 3,000 cc of water each day, dress comfortably, control your weight, maintain sufficient sleep hours, keep a positive mindset and avoid getting sick or injured.

Biography

Gerald C Hsu has completed his PhD in Mathematics and has been majored in Engineering at MIT. He has attended different universities over 17 years and studied seven academic disciplines. He has spent 20,000 hours in T2D research. First, he studied six metabolic diseases and food nutrition during 2010-2013, then conducted research during 2014-2018. His approach is math-physics and quantitative medicine based on mathematics, physics, engineering modeling; signal processing, computer science, big data analytics, statistics, machine learning and AI. His main focus is on preventive medicine using prediction tools. He believes that the better the prediction, the more control you have.

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