

## From a public health's viewpoint to address glucose control issue of a type 2 diabetes patient (GH-Method: Math-Physical Medicine)

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### Abstract

The author was diagnosed with severe T2D 25 years ago and suffered five cardiac episodes. He has spent more than 20,000 hours during the past 8.5 years to conduct a series of research work on glucose control by using his own developed “math-physical medicine” approach. He believes in “prediction” and has developed five models, including metabolism index, weight, fasting plasma glucose (FPG), postprandial plasma glucose (PPG), and hemoglobin A1C. All prediction models have reached to 95% to 99% accuracy. His focus is on preventive medicine, especially on diabetes control via lifestyle management. T2D patients have faced four major challenges:

- (1) Awareness of disease and overcome “self-denial” (attitude issue)
- (2) Availability of correct disease information with physical evidence or numerical proof (knowledge issue)

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