



FOR YOUR DIABETES LIFE!

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Diabetes Questions & Answers

Your diabetes questions answered by our Experts and Community [Our Disclaimer](#)

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My Profile



Constance Brown-Riggs MSEd, RD, CDE, CDN

Constance is the owner and president of CBR Nutrition Enterprises, a nutrition consulting and counseling service. She is a certified diabetes educator with more than 25 years experience in the field of nutrition. She has worked with Essence magazine as a nutrition consultant and worked with them to help produce personalized weight loss meal plans for The Essence Total Makeover (Three Rivers Press 2001). She is frequently interviewed by Real Health magazine and served as a nutrition expert for the book Lighten Up: Healthquest's Complete 30-Day African-American Weight Loss Program (Amistad Press 2001).

Constance created the Diabetes Soul Food Pyramid and is the author of Eating Soulfully and Healthfully with Diabetes (iUniverse 2006).

Constance has developed workshops and lectured on diabetes and other nutrition-related topics to organizations such as the New York State Department of Health, New York State, Arkansas and North Carolina Dietetic Associations, American Academy of Physical Therapy, University of South Carolina, Empire Medical Association and St. Louis Association of Diabetes Educators.

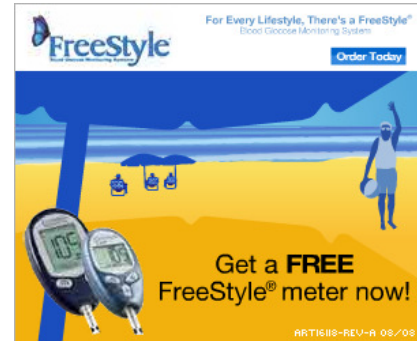
Her professional honors include 2007 Diabetes Educator of the Year from the American Dietetic Association Diabetes Care and Education Practice Group, and Dietitian of the Year from the Long Island Dietetic Association.

Constance is a media spokesperson for the American Dietetic Association and past president of the New York State Dietetic Association.

Specialties: [Newly Diagnosed](#), [Blood Glucose Monitoring](#), [Coping And Emotional Issues](#), [Food and Nutrition](#), [Gestational Diabetes](#), [Heart Disease and Diabetes](#), [Insulin](#), [Oral Medications](#), [Prediabetes](#), [Type 1](#), [Type 2](#), [Women's Issues](#), [Other](#), [Weight Issues](#)

Affiliations: American Dietetic Association; New York State Dietetic Association

Publications: Contributed to The Essence Total Makeover; nutrition expert for Lighten Up: Healthquest's Complete 30-Day African-American Weight Loss Program;



Welcome cbr5274!

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authored Eating Soulfully and
Healthfully with Diabetes

My Answers

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11/03/08 10:03 PM

Are products made by Glucerna good for a diabetic diet?

Asked By: [superdave69](#)

Category: [Food and Nutrition](#) | [Weight Issues](#)

[1 Expert Answer](#) | [0 Community Answers](#)

11/04/08 05:54 PM

Yes, glucerna products are appropriate for people with diabetes. Glucerna products contain blends of carbohydrates that are slowly digested to help minimize peaks in blood sugar. When using glucerna products as with any food you should monitor your blood glucose to determine the how your glucose levels are affected.

Answered By: You!

11/03/08 07:51 AM

My morning sugar's always under 100. Is an A1c of 6.3 o.k ? I take 250mg metformin at 10 A.M., 500 mg at 7 P.M. Do i need to take more meds?

Asked By: [khammam84](#)

Category: [Oral Medications](#) | [Type 2](#)

[1 Expert Answer](#) | [0 Community Answers](#)

11/18/08 08:44 PM

Congratulations khammam84, you are doing an excellent job of managing your diabetes. The American College of Endocrinology recommends an A1C of less than 6.4% - yours is below at 6.3%. Not to worry, you do not need additional medication at this time. And more good news - research shows that keeping your A1C in the target range will significantly reduce your chances of developing complications. Keep up the good work!

Answered By: You!

10/18/08 01:28 PM

A friend is insisting that I have bariatric surgery because it will "cure" my diabetes. She had watched a program on 60 Minutes.

Asked By: [sparky46](#)

Category: [Weight Issues](#) | [Type 2](#)

1 Expert Answer | 0 Community Answers

10/18/08 09:24 PM

Yes Sparky, recent research has demonstrated that surgical weight loss in obese individuals not only remarkably improves blood glucose levels but, can cause a remission of type 2 diabetes – leading some to suggest weight loss surgery is a cure. Results of these studies indicate that the type of weight loss surgery and the length of time since diagnosis were factors affecting the outcomes. Remission of diabetes was more prevalent with gastric bypass than gastric banding and in individuals with a shorter duration of diabetes. At this time more research is needed to better understand the exact mechanism for the remission but, it is clear that weight loss surgery can be beneficial in the management of type 2 diabetes. I would encourage you to speak with your physician who will determine if weight loss surgery is an option for you. Good Luck!

Answered By: You!

10/17/08 05:46 PM

How can someone with pre-diabetes prevent the onset of diabetes if that person is thin.

Asked By: [lindaincanada](#)

Category: [Prediabetes](#) | [Women's Issues](#)

1 Expert Answer | 0 Community Answers

10/18/08 09:59 PM

Linda - congratulations on taking steps to prevent diabetes. Research studies have found that keeping your blood glucose levels at a normal range can prevent or delay the onset of type 2 diabetes. You should aim for the following targets; Fasting glucose less than 100 mg/dl, 2 hour after meals less than 110 and an A1C less than 6%. The A1C blood test reflects your average blood glucose level over the last three months. In other words, it tells what your blood glucose has been 24/7 for the past 90 days. It is the best way to know your overall blood glucose control during this period of time. You mention that your blood glucose levels are "unstable...many lows and some spikes" if you find that you are not achieving the goals as outlined above I would encourage you to schedule a consultation with a registered dietitian, certified diabetes educator. A diabetes educator will work with you to explore your current eating habits

and determine if there is a need for a change. By getting to know you a diabetes educator can help you to set goals and come up with problem solving strategies to reach your goals. To find a diabetes educator in your area visit www.diabeteseducator.org or call 1-800-832-6874. Good Luck!

Answered By: You!

10/14/08 01:43 PM

How do I get around artificial sweeteners that make me sick?

Asked By: [scottishrose6](#)
Category: [Food and Nutrition](#) | [Type 2](#)

[1 Expert Answer](#) | [0 Community Answers](#)

10/18/08 10:38 PM

Scottishrose you present with a very complicated situation. I fully understand that you may not be able to afford a visit with a registered dietitian(RD) - but did you know that many RDs accept insurance for office visits? Additionally, many local hospitals have out patient services provided by an RD. The RD will be able to craft a meal plan based on your individual needs and tolerances. Other great resources where you will be able to get personalized one on one assistance at no cost are your local American Diabetes Association, State Department of Health or Cooperative Extension Office. BTW- Speaking of carbohydrate counting - for the purpose of clarification and because I often find that people tend to think of carbohydrate only in the context of starches...bread, cereal, pasta, rice etc., please understand carbohydrates are also found in fruit, vegetable and milk. If you decide to take the next step you can find an RD in your area at www.eatright.org, click on "Find a Nutrition Professional" in the upper right hand corner. Good luck Scottishrose!

Answered By: You!

10/12/08 05:51 PM

I have a fasting blood sugar level of 109. I also have hypoglycemia. My doc put me on a strickt atkins diet. Is this extreme? I'm so confused.

Asked By: [cmr9439985](#)
Category: [Food and Nutrition](#) | [Other](#)

[1 Expert Answer](#) | [0 Community Answers](#)

10/12/08 10:04 PM

manage your diabetes. Meal planning can be a challenge - especially when you don't see the results you expect. It is not clear when your blood test were performed, however according to the American College of Endocrinology your fasting blood glucose should be less than 110 mg/dl and 2 hours after a meal less than 140 mg/dl. Low carbohydrate diets have been shown to decrease insulin resistance and aide in weight loss. The American Diabetes Association recommends a minimum of 130 grams of carbohydrate daily. Based on your good blood glucose levels weight loss is your biggest challenge at this time. If you have been following a "strict Atkins Diet" you will need to add carbohydrate back into your diet very slowly, otherwise you may gain back the weight that you've already lost. A registered dietitian (RD) who is a certified diabetes educator (CDE) will be able to assist you in achieving your goal of continued weight loss while maintaining good blood glucose control and eating a healthy well balanced diet. To find an RD, CDE in your area go to www.diabeteseducator.org and click on "Find a Diabetes Educator."

Answered By: You!

10/10/08 01:19 PM

I have a young teenage son who is extremely overweight, and I am afraid he will become a diabetic. Where can I get help for him

Asked By: [rosieq712](#)

Category: [Children's Issues](#) | [Weight Issues](#)

[1 Expert Answer](#) | [0 Community Answers](#)

10/10/08 06:50 PM

Congratulations on taking steps to manage your diabetes and your son's weight. dLife has a wealth of great information to assist you with meal planning. Click on the Healthy Eating area where you will find great recipes and meal plans. You can also sign up for the Diabetes Meal Manager. Eating ethnic food can certainly be a challenge. There is an excellent book available that is written in both English and Spanish. The title is "Beyond Rice and Beans - The Caribbean Latino Guide to Eating Healthy with Diabetes" by Lorena Drago, MS, RD, CDN, CDE. After reading the book if you find you still need more help I would suggest a consultation

with a registered dietitian (RD), certified diabetes educator (CDE) who will be able to craft a meal plan based on the needs of you and your son. To find an RD, CDE in your area go to www.diabeteseducator.org and click on find a diabetes educator. Buen Provecho!

Answered By: You!

1 2 3 4 5 6 (40 Questions)

*** All information contained on dLife.com is intended for informational and educational purposes only. Our Expert Q&A is not intended to be a replacement or substitute for consultation with a qualified medical professional or for professional medical advice related to diabetes or another medical condition. Please contact your physician or medical professional with any questions and concerns about your medical condition.

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