

Dear Claire
Feinman

18.2.15

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Dear Claire,

Thanks for your email.

On reflection, I am not sure what is going on here. The original question, as I understand it, is about whether low carb diets have a place in the management of type 2 diabetes and, related, what is DAA's position on low carb diets?

It is not obvious why there has to be a meeting at all and, at this point, I would have to say that this is taking a rather unpleasant turn.

The original agenda that you sent was very vague and seemed to be questioning my professional expertise and experience and the meeting sounds like, in Vladimir Nabokov's words, an invitation to a beheading. Also, your last comment "Please be clear, it is not a suggested date" seems strangely adversarial. I think that in the absence of clear specific questions in advance, I will not be able to attend.

I think the question of therapy in diabetes is undergoing big changes -- the USDA is giving up proscriptions on dietary cholesterol, Prime Minister Cameron is giving up bread and one meta-analysis after another finds no risks in saturated fat. Most surprising, Osama Hamdy of the Joslin Diabetes Center at Harvard wrote an editorial saying that "we made a mistake" in recommending high carbohydrate. Given this changing environment, I think it would be unproductive for me personally and DAA to give the impression of inflexibility. I should say that I am not a low-carb advocate and never have been. I have found, after years of experience, that many, if not most of my patients do best on some form of carbohydrate restriction, not surprising given the nature of diabetes, but I have always tried to fit the treatment to the particular patient.

There were two other issues. The question of a patient complaint I already answered and the question of facebook is simply that it is a place where practitioners can take a popular approach -- appreciated by many patients -- and my comments are informal but I don't think I violated any rules of propriety. But, again, the real issue is where low-

carb strategies fit in and whether DAA has a position and what that is.

I think that this has spiraled off in the wrong direction. If you want to discuss the issue of carbohydrate restriction, we can do so, although this can be done adequately in emails. Alternatively, we can just press the restart button and recognize that there was some misunderstanding.

Regards

Jennifer