

The Reply



We thank Dr. Chacko for her remarks on our Commentary¹ and appreciate her concerns for timing of the diet and exercise to improve glucose tolerance. We are strong advocates of following a healthy lifestyle, including exercise and diet. As she points out, a healthy diet usually excludes most animal-based foods and, as such, is low in cholesterol. In the case of diabetes, timing of both the meal or insulin injection can greatly alter the subsequent glucose level.² Because diabetes is a known risk factor for coronary artery disease, prevention of this condition by attention to the issues mentioned by Dr. Chacko is recommended.

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2. Duran-Valdez E, Burge MR, Broderick P, et al. Insulin timing: a patient-centered approach to improve control in type 1 diabetes. *Endocr Pract* 2017;23(4):471–8.

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