

CURRICULUM VITAE**NAME:** Richard K. Bernstein, M.D., F.A.C.E., F.A.C.N., F.A.C.C.W.S.**OFFICE: & HOME:** 1160 Greacen Point Road
Mamaroneck, NY 10543**TELEPHONE:** Office and Home (914) 698-7500**FAX:** (914) 698-7523**E-MAIL:** diabetes@scientist.com**DATE AND PLACE OF BIRTH:** June 17, 1934, New York City**LICENSE #:** 154507, New York**DEA #:** AB2223787**NAT'L. PROVIDER ID:** 1184673196**EDUCATION:**High School: 1947-50 Franklin School
New York CityUniversity: 1950-54 Columbia College
New York, NY
B.A. Degree in Liberal Arts and Mathematics1954-55 Columbia University School of Engineering and Applied Science
New York, NY
B.S. Degree in Industrial and Management Engineering1957 Columbia University School of General Studies
New York, NY
Non-matriculated graduate study in theoretical physics1959-60 Columbia University School of General Studies
New York, NY200
Non-Matriculated graduate study in computer design, solid state circuits and advanced mathematics1978 Columbia University School of General Studies
New York, NY
Completion of Pre-medical curriculum (biology & organic chemistry)1979-82 Albert Einstein College of Medicine
Bronx, NY, M.D. degree

EDUCATION, Continued

1982-83 Westchester County Medical Center
 (New York Medical College)
 Vahalla, N. Y.
 Internship in Internal Medicine

AWARDS

Alpha Pi Mu - Honorary Industrial Engineering Society, 1954
 Columbia College - Dean's Pin, 1994
 Joslin Diabetes Center - Half Century Survivor Medal, 1995
 Eli Lilly - Fifty Years on Insulin Medal, 1997
 American Medical Writers Assoc., N.Y. Metropolitan Chapt.- Outstanding Service Award, 1997
 American Medical Assoc., Physician's Recognition Award with Commendation, every year since 1987
 Diabetes Educator of the Year 2007, Finalist, Internet Survey

DIPLOMATE, NATIONAL BOARD OF MEDICAL EXAMINERS: July 1, 1983
FELLOW, AMERICAN COLLEGE OF ENDOCRINOLOGY: May 4, 1996
FELLOW, AMERICAN COLLEGE OF NUTRITION: June 17, 1997
DIPLOMATE, AMERICAN ACADEMY OF WOUND MANAGEMENT: January 9, 1999
FELLOW, COLLEGE OF CERTIFIED WOUND SPECIALISTS : June 15, 2005

POSITIONS HELD

2006-Present Director Emeritus, (active) Peripheral Vascular Disease Clinic,
 Jacobi Medical Center (Albert Einstein Coll. Of Med.), Bronx, NY.

2002-Present Attending Physician, North Bronx Healthcare Network

1998-2006 Attending Physician and Director Peripheral Vascular Disease Clinic,
 Jacobi Medical Center (Albert Einstein Coll. Of Med.), Bronx, NY.

1989-1997 Asst. Attending Physician Peripheral Vascular Disease Clinic,
 Jacobi Medical Center (Albert Einstein Coll. of Med.), Bronx, NY.

1989-Present Consultant to Dept. of Physical and Rehabilitation Medicine,
 Albert Einstein College of Medicine.

1983-Present Private medical practice – Limited to diabetes mellitus and pre-diabetic conditions, such as
 obesity. Subspecialty – peripheral vascular disease.

1983-Present Instructor,, New York Medical College

1986-89 Asst. Attending Physician, medicine/diabetes, Investigational Review Committee, Library
 Committee
 St. Agnes Hospital, White Plains, NY.

POSITIONS HELD, Continued

- 1982-83 Medical House Officer (PGY-1)
Westchester County Medical Center
New York Medical College, Valhalla, New York
- 1979-82 Medical Student, Albert Einstein College of Medicine, Bronx,
- 1979 Consultant (Diabetes)
American Foundation for the Blind
- 1978 Consultant
(Diabetes Health Care)
Becton Dickinson & Co. Consumer Products Division, Rochelle Park, NJ
- 1978-82 Consultant and member Board of Directors
National Silver Industries, Inc., New York, NY
- 1978-79 Research Associate (Diabetes)
The Brooklyn Hospital, Brooklyn, NY
- 1977-79 Guest Collaborator, Clinical Research (Diabetes)
The Rockefeller University, New York, NY
- 1967-78 Corporate Secretary, Director of Corporate Planning,
National Silver Industries, Inc., New York, NY
(Manufacturer and importer of housewares with annual sales of \$38 million). In addition, Vice
President Product Development and Marketing of \$28 million subsidiary. Member Board of
Directors, Executive Committee, Stock Option Committee
- 1964-67 Director, Research, Development and Marketing
Clay Adams, Inc., New York, NY
(Manufacturer and supplier of medical and laboratory equipment with annual sales of \$15
million). Product line of several hundred items included diagnostic and surgical instruments,
skeletons, anatomical models, laboratory supplies, machinery and glassware, biological stains,
products for cytologic screening, rubber goods, intravenous tubing, etc.
- 1958-64 Assistant to Executive Vice President
Clay Adams, Inc.
- 1955-58 Industrial Engineer, Data Processing Manager, Personnel Manager, Purchasing Agent
National Silver Company, New York, NY

BIOGRAPHICAL LISTINGS:

Wikipedia
The International Authors and Writers Who's Who
Who's Who International
Who's Who in Medical Engineering

Who's Who in the World
Who's Who in America

BIOGRAPHICAL LISTINGS, Continued:

Who's Who in the U.S.A.
Who's Who in North America
Who's Who in the East
Who's Who in Medicine and Healthcare
Who's Who in Finance and Industry
Who's Who in Frontiers of Science and Technology
Who's Who in Science and Engineering
Directory of International Biography
International Businessmen's Who's Who
Men of Achievement
Contemporary Authors
Men and Women of Distinction
The Best Doctors - New York Metro Area

AFFILIATIONS – MEDICAL:

American Academy of Wound Management, Diplomate
The Open Diabetes Journal, Editorial Board
American Academy of Nutrition, Fellow
American Obesity Association
American Association of Clinical Endocrinologists, Charter Member, Fellow
Engineering in Medicine & Biology Society
Society for Health Systems - Institute of Industrial Engineers, Senior Member
European Association for the Study of Diabetes
American Association of Diabetes Educators
American Medical Association
Westchester County Medical Society
Medical Society of the State of New York
International Diabetes Federation, Life Member
Peripheral Neuropathy Institute
Prescription Footwear Association
International Diabetic Athletes Association
National Psoriasis Foundation, Professional Member
International Colleges for the Advancement of Nutrition

AFFILIATIONS – MEDICAL, POSITIONS HELD:

American Academy of Ophthalmology-Preferred Practice Patterns Committee, Retinal Disease (1997-Present)
Peer Review Panel, Prescriber's Letter-1996-Present
Medical Advisory Board - Diabetes Interview (Newspaper)
Preceptor, Clinical Mini-Fellowship, Amer. Assoc. Clinical Endocrinologists
American Medical Writers Association, Empire State - Metro New York Chapter, Executive Committee, 1987-Present, Awards Chairman, 1991-7
Consultant to the Department of Rehabilitation Medicine, the Albert Einstein College of Medicine of Yeshiva University
Eating Disorder/Obesity/Preventive Nutrition Council, Amer. Coll. Nutrition

Executive Committee of Committee on Women, Westchester County Medical Society, thru 1995
Advisory Committee, Medic Alert Foundation, Westchester County, 1984
Associate Fellow, Clinical Society, American Diabetes Association, New York Diabetes Affiliate

AFFILIATIONS – MEDICAL, POSITIONS HELD, Continued:

Council on Nutritional Sciences and Metabolism, American Diabetes Association
Trustee, American Diabetes Association, New York Diabetes Affiliate (thru 1979)
Trustee, New York Diabetes Association, Westchester Chapter (thru 1979)
Education Chairman & Trustee, Juvenile Diabetes Foundation, Westchester Chapter (thru 1979)
Research Grant Review Committee, Juvenile Diabetes Foundation International (thru 1979)
Reviewer, Diabetes Care (clinical research journal of American Diabetes Association) 1982, 1988, 1989, 1991, 1993, 1996 thru present
Education Committee, Juvenile Diabetes Foundation International (thru 1979)
1983-Present Adjunct Instructor of Medicine, New York Medical College
Fellow, Westchester Academy of Medicine
Position Statement Committee, Blood Glucose Monitoring, American Association of Diabetes Educators, 1982
Attending Physician, Jacobi Medical Center, Director of Peripheral Vascular Disease Clinic, Affiliated with the Albert Einstein College of Medicine (1998-2004), Director Emeritus (2004- present)
Clinical Practice Standards Committee - Amer. Assoc. of Clinical Endocrinologists (1992-Present)
Reviewer, Nat'l Kidney Foundation: Clinical Practice Guidelines for Chronic Kidney Disease.
Reviewer, Nat'l Kidney Foundation: Managing Dyslipidemias in Kidney Failure
Clinical Preceptor, National College of Naturopathic Medicine, 2000 - 2001
American Academy of Ophthalmology-Preferred Practice Patterns Committee, Retinal Disease (1997-Present)
Peer Review Panel, Prescriber's Letter-1996-Present
Medical Advisory Board - Diabetes Health (magazine)
Panel for Consensus Guidelines on the Treatments of Gastroparesis of the American Motility Society
Preceptor, Clinical Mini-Fellowship, Amer. Assoc. Clinical Endocrinologists
American Medical Writers Association, Metro New York Chapter, Executive Committee, 1987-Present, Awards Chairman, 1991-7
Consultant to the Department of Rehabilitation Medicine, the Albert Einstein College of Medicine of Yeshiva University
Eating Disorder/Obesity/Preventive Nutrition Council, Amer. Coll. Nutrition
Executive Committee of Committee on Women, Westchester County Medical Society, thru 1995
Advisory Committee, Medic Alert Foundation, Westchester County, 1984
Associate Fellow, Clinical Society, American Diabetes Association, New York Diabetes Affiliate
Council on Nutritional Metabolism, American Diabetes Association
Trustee, American Diabetes Association, New York Diabetes Affiliate (thru 1979)
Trustee, New York Diabetes Association, Westchester Chapter (thru 1979)
Education Chairman & Trustee, Juvenile Diabetes Foundation, Westchester Chapter (thru 1979)
Research Grant Review Committee, Juvenile Diabetes Foundation International (thru 1979)
Education Committee, Juvenile Diabetes Foundation International (thru 1979)
1983-Present Adjunct Instructor of Medicine, New York Medical College
Fellow, Westchester Academy of Medicine
Position Statement Committee, Blood Glucose Monitoring, American Association of Diabetes Educators, 1982
Attending Physician, Jacobi Medical Center, Director of Peripheral Vascular Disease Clinic, Affiliated with the Albert Einstein College of Medicine (1998-Present)
Clinical Practice Standards Committee - Amer. Assoc. of Clinical Endocrinologists (1992-Present)
Reviewer, Nat'l Kidney Foundation: Blood Pressure Management and Use of Antihypertensive Agents In Chronic Kidney Disease
Reviewer, Nat'l Kidney Foundation: Clinical Practice Guidelines for Chronic Kidney Disease.

Reviewer, Nat'l Kidney Foundation: Managing Dyslipidemias in Chronic Kidney Disease.
Clinical Preceptor, National College of Naturopathic Medicine, 2000 - 2001
Advisory Board, Diabetes Interview

AFFILIATIONS - PROFESSIONAL & SCIENTIFIC:

American Association for the Advancement of Science
American Society of Mechanical Engineers, Life Member
Amateur Astronomers Association
The Astronomical League
Astronomical Society of the Pacific
Federation of American Scientists
Institute of Electrical & Electronics Engineers
Institute of Industrial Engineers, Life Member, Senior Member
International Dark-Sky Association
National Association of Science Writers, Inc.
Science Writers In New York
Medical Advisory Board, Diabetes Interview (magazine)
Medical Advisory Board – dLife (TV series)

AFFILIATIONS – PERSONAL

INTERTEL
N.Y. Society for General Semantics (Former Treasurer and Trustee)
MENSA, Life Member
Institute of General Semantics
International Society for General Semantics
National Flute Association
N.Y. Flute Club
Sierra Club
Planned Parenthood Federation of America, Inc.

BOOKS

Bernstein, RK: *Diabetes Solution, Third Edition*, Little Brown, New York, 2007

Bernstein, RK: *The Diabetes Diet*, Little Brown, New York, 2005 .

Bernstein, RK: *Diabetes Solution, New Revised Edition: A Complete Guide to Achieving Normal Blood Sugars*. Little Brown, New York, 2003

Bernstein, RK: *Diabetes Solution: A complete Guide to Achieving Normal Blood Sugars*. Little Brown, New York, 1997

Bernstein, RK: *Diabetes, Type II*. Prentice Hall, New York, 1990.

Bernstein, RK: In collaboration with members of the Diabetes Research & Training Center of the Albert Einstein College of Medicine & Montefiore Hospital Medical Center: *Diabetes: The Glucograf Method*

for Normalizing Blood Sugar. Crown Publishers, Inc., New York, 1981 (hard cover). J.P. Tarcher, Inc., Los Angeles, 1984 (trade paperback).

BOOK CHAPTERS:

Bernstein, RK: *Proceedings, Amer. Assoc. Naturopathic Phys.: Foot Care for the Diabetic, Examination for Complications of Diabetes, Prevention is the Best Cure for Diabetic Foot Ulcers, 211-224; Low Carbohydrate, High Carbohydrate Diet, 162-164*, November 5, 1999.

Bernstein, RK: *Alternative Therapies for Complications of Diabetes*, Alternative Medicine and Rehabilitation: A Guide for Practitioners, edited by Stanley F. Wainapel, M.D., M.P.H. and Avital Fast, M.D., Demos Medical Publishing, 2003.

Bernstein, RK: *Major Updates in Treating Type II Diabetes*, Syllabus - Twenty Third Annual Family Medicine Conference, State Univ. of New York at Stony Brook, 451-59, May, 1997.

Bernstein, RK: *Glucograft Method for Normalizing Blood Sugar in Physiological Management of Children and Young Adults with Insulin-Dependent Diabetes Mellitus*. Proceedings of Symposium, 56-61, University of Kansas College of Health Sciences, 1982

NOTEWORTHY PEER-REVIEWED ARTICLES:

Bernstein, RK: *Effects of Low Insulin and Low Carbohydrate on Frequency and Severity of Hypoglycemia*. Am J Med 92, 339-40, 1992.

Bernstein, RK: *A Meaningful Screening Test for Reactive Hypoglycemic*. Diabetes Care 10, 792-3, 1987.

Bernstein, RK: *Severe Cardiac Autonomic Neuropathy in a Fourteen Year Old Girl, Normalized After Fifteen Months of Improved Glycemic Control*. Diabetes Care, 9, 310-313, 1986.

Bernstein, RK: *Glipizide: Preprandial Multi-Dose Combination Therapy Capable of Maintaining Normal Blood Glucose Throughout the Day*. Diabetes Care, 8, 306, 1985.

Bernstein, RK: *"The Dawn Phenomenon" - How Do We Treat It?* Diabetes Care 8, 100-101, 1985.

Bernstein, RK: *Some New Considerations Regarding Psychodynamics in Insulin-Dependent Diabetes (IDDM) of Longer than Five Years' Duration*. Israel Journal of Psychiatry, 21, 267-

Bernstein, RK: *R-R Interval Studies: A Simple Office Protocol for Evaluation of Cardiac Autonomic Neuropathy*. Diabetes Care 7, 510-513, 1984.

Bernstein, RK: *Traveller's Diarrhea*. The New England Journal of Medicine, 308:464.1983.

Bernstein, RK: *Virtually Continuous Euglycemia for 5 Yrs. in a Labile Juvenile-Onset Diabetic Patient Under Noninvasive Closed-Loop Control*, Diabetes Care 3: 140-143, 1980.

Bleicher, S; Lee, T; Bernstein, RK: *Effect of Blood Glucose Control on Retinal Vascular Permeability in Insulin Dependent Diabetes Mellitus*. Diabetes Care 3: 184-186, 1980

Bell, GM, Bernstein, RK, Laragh, JH, Atlas, SA, James, GD, Pecker, MS, Sealy, JE: *Increased Plasma Atrial Natriuretic Factor and Reduced Plasma Renin in Patients with Poorly Controlled Diabetes Mellitus*. Clinical Science 77: 177-182, 1989.

NOTEWORTHY PEER-REVIEWED ARTICLES, Continued:

Bernstein, RK: *Protein as the Principal Source of Dietary Carbohydrates for the Physiologic Control of Glycemic Levels in Juvenile Onset Diabetes*. Pediatric and Adolescent Endocrinology, Vol. 7. Z. Laron, S. Karger, AG, Basel. 1979.

Peterson, CM; Jones, RL; Dupis, A; Levine, B; Bernstein, R and O'Shea, M: *Feasibility of Improved Blood Glucose Control in Patients with Insulin-Dependent Diabetes Mellitus*. Diabetes Care 2, 329-335, 1979.

Bernstein, RK: *A New Method for Achieving Euglycemic Control in Juvenile Onset Diabetes*. International Study Group on Diabetes in Children and Adolescents, Bulletin No.3, Brussels: 14-16, 1979.

Bernstein, RK: *Reversal of Severe Cardiac Autonomic Neuropathy and Hyperlipidemia in Two Older Patients, Concomitant with Long Term Normalization of Glycosylated Hemoglobin by Low Carbohydrate Diet*. Diabetes, 38: Suppl.2, 143A, 1989. (Abstract)

Bernstein, RK: *Five Years of Virtually Continuous Euglycemia in a Labile Juvenile Onset Diabetic Under Non-Invasive Closed Loop Control*. Diabetes 28: 422, 1979. (Abstract)

Bernstein, RK: *A New Technique for Achieving Euglycemic Control in Juvenile Onset Diabetes*. Acta Paediatr. Belgique 31: 266, 1978. (Abstract)

Peterson, CM; Jones, RL; Dupuis, A; Bernstein, R and O'Shea, M: *Feasibility of Tight Control for Juvenile Diabetes Through Patient Monitored Glucose Determinations*. Diabetes 27, Supplement 2, Paper 27, May 1978. (Abstract)

OTHER PUBLICATIONS:

Bernstein, RK: *Rethinking the Treatment of Diabetes*, Diabetes Health, Dec. 82008

Bernstein, RK: *The ACCORD Study*, Diabetes SIG, 15:3, pp 1-2, Aug. 2008

Bernstein RK : *Foot Care for Diabetics*. Diabetes Health, Aug-Sept, 2008, 25-26

Accurso, A, Bernstein, RK, et al: *Dietary Carbohydrate Restriction in Type 2 Diabetes and Metabolic Syndrome: Time for a Critical Appraisal*. Nutrition & Metabolism, 5:9, April 2008

Bernstein, RK: *OBSERVATIONS: Diabetes and Driving*, Diabetes Care: 29:12 , 2758, Dec., 2006

Abell TL, Bernstein RK, et al: *Treatment of Gastroparesis: A Multidisciplinary Clinical Review*, Neurogastroenterology and Motility, 2006:18:263-83.

O'Neill, DF, Westman, EC, Bernstein, RK: *The Effects of a Low-Carbohydrate Regimen on Glycemic Control*

- and Serum Lipids in Diabetes Mellitus*, Metabol. Syndr. And Related Disorders, 1:4, 281-298, 2004
- Bernstein, RK: *Take Control of Diabetes*, U. S. News and World Report, pp. 49-55, June 9, 2003
- Bernstein, RK: Observations, *Physical Signs of the Intrinsic Minus Foot*, Diabetes Care 26: June 2003
- Bernstein, RK: *A "Perfect" Response*, Diabetes Interview, No. 117, 14-15, April, 2003.
- Bernstein, RK: *Coronary Artery Calcification in Patients With Diabetes*, Diabetes Care 24:1507-8, August, 2001.
- Bernstein, RK: *What Is Frozen Shoulder And Why Do People With Diabetes Get It?*, Diabetes Interview, No. 12, P.45, Nov. 2001
- Bernstein, RK: Comments and Responses, *Increased Prevalence of Significant Coronary Artery Calcification In Patients with Diabetes*, Diabetes care 24: 157-8, Aug. 2001.
- Bernstein, RK: *Important Steps for Foot Care*, Diabetes Interview, No. 103; P. 7, February, 2001
- Bernstein, RK: *To HbA1c or Not to HbA1c?*, Diabetes Interview, No. 103; PP. 12,44, February, 2001.
- Bernstein, RK: *Dr. Bernstein's Corner*, appears on alternate weeks, Diabetes-In-Control.Com, since December, 2000.
- Bernstein, RK: *Other Properties of Alpha Lipoic Acid*, Diabetes Interview, No. 92; 11,13, March,2000.
- Bernstein, RK: *Hot-Tub Therapy for Type 2 Diabetes Mellitus*, N.E.J.M., 342: 3,218, February 20, 2000.
- Bernstein, RK: *Don't Settle for an HbA1c of 8%*, Diabetes Interview, No. 91, 10, February, 2000.
- Bernstein, RK: *How is Frozen Shoulder Associated With Diabetes?*, Diabetes Interview, No. 88,33, Nov. 1999.
- Bernstein, RK: *Innovative Therapy Helps Man Overcome Diabetes Complications*, Diabetes Interview, No. 87, 29-30, October, 1999..
- Bernstein, RK: *Insulin Antibodies*, Diabetes Interview, No. 77, December, 1998.
- Bernstein, RK: *Should Blood Sugars Be Normalized For Diabetic Children*, Diabetes Interview, No. 76, November, 1998.
- Preferred Practice Pattern Committee, Retina Panel: *Management of Posterior Vitreous Detachment, Retinal Breaks, and Lattice Degeneration*, Amer. Acad. Ophthalmology, 1998.
- Preferred Practice Pattern Committee, Retina Panel: *Diabetic Retinopathy*, Amer. Acad. Ophthalmology, 1998.
- Preferred Practice Pattern Committee, Retina Panel: *Age Related Macular Degeneration*, Amer. Acad. Ophthalmology, 1998.
- Preferred Practice Pattern Committee, Retina Panel: *Age Related Macular Degeneration Revision*, Amer. Acad. Ophthalmology, Dec. 2001.
- Bernstein, RK: *Fat Does Not Raise Blood Sugar*, Diabetes Interview, No. 75: 31, October 1998.
- Bernstein, RK: *The Difficult Case of Meyer K.*, Diabetes Interview, No. 68; 31,38, March 1998.

- Bernstein, RK: *Diabetics Can Control Their Highs and Lows*, Wall St. Journal, CCXXVIII, No. 62, A-13, Sep 26, 1996.
- Bernstein, RK: *Cut Your Carbs or Long Term Injections Can Cause Fat Deposits* Diabetes Interview, No. 48, 6, July 1996.
- Bernstein, RK: *Knots From Shots Can Cramp a Person's Style*, Diabetes Interview, No. 48, 6, July 1996.
- Bernstein, RK: *Should Tingling Hands Cause Concern*, Diabetes Interview, No. 48, 7, July 1996.
- Bernstein, RK: *Hypo Hangover*, Diab. Interview, No. 47, 6, Jun. 1996.
- Bernstein, RK: *Questions and Answers - Gustatory Sweating*, Diab. Self Mgt., May/June 1996.
- Bernstein, RK: *Frozen Shoulder*, Diab. Interview, No. 44, 7, March 1996.
- Bernstein, RK: *Nocturnal Leg Cramps and Low Blood Sugar*, Diab. Interview, No. 36 July 1995.
- Bernstein, RK: *Prevention Is Best Cure for Diabetic Foot Ulcers*, Pedoscope 25:4, 22-23, 1995..
- Bernstein, RK: *Dr. Bernstein's List of Hypoglycemic Symptoms, in The Diabetes Sports and Exercise Book* by Graham, C; Biermann, J; Toohey, B; Lowell House, 1995,213.
- Bernstein, RK: *Ask Doc Iconoclast*, Diab. Reader, Spring Summer, 1995,10.
- Bernstein, RK: *Questions and Answers - Chronic Hunger*, Diab. Self Mgt., Nov/Dec 1994,34.
- White, JR Jr.; Kramer, J; Campbell, K; Bernstein, RK: *Oral Use of a Topical Preparation Containing an Extract of Stevia Rebaudiana and the Chrysanthemum Flower in the Management of Hyperglycemia*, Diab Care, 940, Aug 1994.
- Bernstein, RK: *Doctor/Author Disagrees*, Diabetes Interview, Jun 1994.
- Bernstein, RK: *Diabetic Diarrhea*, Diab. Self Mgt., July/Aug 1994, 39-40.
- Lippman, HI; Fishman, LM; Ferrar, RH; Bernstein, RK: *Edema Control in the Management of Disabling Chronic Venous Insufficiency*, Arch Phys Med Rehabil, 75: 436-441,1994.
- Bernstein, RK: *To Control Diabetes, Cut Down Carbohydrates*, The New York Times, OP/ED Page, Mar 20, 1994:20.
- Bernstein, RK: *Gastroparesis*, Diab. Self Mgt., Nov/Dec 1993,38.
- Bernstein, RK: *Maintaining Tight Control in an Era of Reform*. Med. Tribune, Nov. 4,1993:19.
- Bernstein, RK: *Teaching Diabetics to Take Control of Tight Control*, Med Tribune, Oct 7, 1993: 14.
- Bernstein, RK: *Here's Help in Keeping Up With Curious Patients*. Med. Tribune, Oct 7, 1993:17.
- Bernstein, RK: *Diagnosing Diabetes*. Med. Tribune, Oct 21, 1993:11.
- Bernstein, RK: *Can Hyperglycemia Spark Tachycardia?* Med. World News 34:48, 1993.

Bernstein, RK: *Hunger-A Common Symptom of Hypoglycemia*. Diab. Care 16, 1049, 1993.

Bernstein, RK: *Summary and Commentary - Regression of Left Ventricular Hypertrophy with 1 year of Antihypertensive Treatment in Type I Diabetic Patients with Early Nephropathy*. Diabetes Spectrum, 6:196-197, 1993.

OTHER PUBLICATIONS, Continued :

Bernstein, RK: *Depression in Adults with Diabetes*. Diab Care 16, 847-8, 1993.

Bernstein, RK: *Man Has Inability to Sweat*. Medical Tribune, April 8, 1993:24; May 13, 1993:16.

Bernstein, RK: *Tachycardia in a Diabetic*. Medical Tribune, June 25, 1992:15.

Bernstein, RK: *Diabetes - The Law of Small Numbers*. Medical Tribune, April 13, 1992:11.

Bernstein, RK: *Questions & Answers*. Diabetes Self - Management, May/June 1991:22-33.

Bernstein, RK: *Questions & Answers*. Diabetes Self - Management, March/April 1991:31-32.

Bernstein, RK: *Treating Impotence in Diabetic Patients*. Med. Tribune, Dec 12, 1991:26.

Bernstein, RK: *Insulin Injections: Rotation of Anatomic Regions and Plasma Glucose*. JAMA, 264:535-36, 1990

Bernstein, RK: *Hypoglycemia in IDDM*. Diabetes Care 13:810-11, 1990.

Bernstein, RK: *Is There Dementia Associated with Diabetes?* Topics in Geriatric Rehabilitation 5:3, 26-31:1990.

Bernstein, RK: *More News of Cloudy Regular Insulins*. Diabetes Care 12:598-599, 1989.

Bernstein, RK: *Availability of Miniature Insulin Vials*. Practical Diabetes 5:234, 1989

Bernstein, RK: *Questions & Answers*. Diabetes Self - Management, Jan/Feb 1988, 38,39.

Bernstein, RK: *Dr. Bernstein Replies*. Diabetes Educator 13, 368, 1987.

Bernstein, RK: *Clouding and Deactivation of Clear (Regular) Insulin-An Association with Silicone Oil from Disposable Syringes?* Diabetes Care 10, 786-7, 1987.

Bernstein, RK: *Lessons from Glucose Monitoring at Night*. Diabetes Care 10, 797-8, 1987.

Bernstein, RK: *Osteoarthritis After Blood Glucose Self Monitoring*. Lancet, No. 8542: 1143, 1987.

Bernstein, RK: *Psychological Stress and Metabolic Control in Type I Diabetes Mellitus*. New England Journal of Medicine 315: 1293-4, 1986.

Bernstein, RK: *Doctor Dialogue-Jousting with the Tarter of Tight Control*. Medical Tribune 27, No. 24:30, 1986.

- Bernstein, RK: *Shake, Rattle, or Roll? - Which is the Right Way to Mix Insulin?* Diabetes Self-Mgt., July-Aug, 1986, 32-34.
- Bernstein, RK: *Three Myths About Insulin Injections.* Diabetes Self-Management, Fall 1985, 20-21.
- Bernstein, RK: *Advances in Treatment of Diabetes Mellitus,* N.Y. State Jnl. Med. 85:200, 1985
- Bernstein, RK: *Two Tips for Care of Diabetic Feet.* Diabetes Care 8, 525, 1985.

OTHER PUBLICATIONS, Continued :

- Bernstein, RK: *Celestial Oblate Spheroid Illusion.* Sky and Telescope 70, 196, 1985.
- Bernstein, RK: *Ingested Carbohydrates and Blood Glucose in Diabetics.* J.A.M.A. 254, 234-235, 1985
- Bernstein, RK: *Angiodematous Urticaria in a Diabetic, Successfully Treated with Nifedepine: Case Report* Diabetes Care, 8, 197-198, 1985.
- Bernstein, RK: *The Somogyi Phenomenon: It Can Be Prevented.* Archives of Internal Medicine 145:575, 1985.
- Bernstein, RK: *Improving the Accuracy of Blood Glucose Meters that Use Enzymatic Reagent Strips.* Diabetes Care 8, 101-102, 1985.
- Bernstein, RK: *Bismuth Subsalicylate--An Aid to the Diagnosis and Treatment of Reflux Esophagitis.* Diabetes Care 4, 404-405, 1984.
- Bernstein, RK: *Advances in Treatment of Diabetes Mellitus,* NY State Jnl. Med. 85:200, 1985
- Bernstein, RK: *Near Normalization of Blood Sugars Around the Clock Using Conventional Insulin Therapy or Insulin Pumps - Part I.* PUMPERS 2:1; 1,4-5; 1984.
- Bernstein, RK: *Near Normalization of Blood Sugars Around the Clock Using Conventional Insulin Therapy or Insulin Pumps - Part II.* PUMPERS 2:2, 7-9, 1984.
- Bernstein, RK: *Near Normalization of Blood Sugars Around the Clock Using Conventional Insulin Therapy or Insulin Pumps--Part III.* PUMPERS 3:2, 9-10, 1985.
- Bernstein, RK: *Continuous Normalization of Blood Glucose: How to Utilize the Information Generated by Self-Monitoring.* Tape #10MB. American Association of Diabetes Educators Annual Conference. Associated Meetings Services, Inc., 1982.
- Bernstein, RK: *Dextrometer Calibration Procedure.* Diabetes Care 5, 142, 1982.
- Bernstein, RK: *Practical Diabetes: A Modified Procedure for Calibration of Dextrometer.* Diabetes Care 4, 424-426, 1981.

Bernstein, RK: *Blood Glucose Control*. Archives of Internal Medicine 141, 267-268, 1981.

Bernstein, RK: *Blood Glucose Self-Monitoring by Diabetic Patients: Refinements of Procedural Technique*. Diabetes Care 2, 233-236, 1979.

Bernstein, RK: *A Closer Look*. Emergency Medicine, July 15, 1985. 135.

Bernstein, RK: *Shorter Insulin Needles?* Medical Tribune, Jan. 12, 1989.24.

PUBLISHED ABSTRACTS:

Bell, GM; Bernstein, RK; Atlas, SA; James, GD; Pecker, MS; Sealey, JE; Laragh, JH: *Increased Plasma Atrial Natriuretic Factor (ANF) In Poorly Controlled Diabetes Mellitus*. Proceedings, Amer. Soc. Nephrology 20th Annual Meeting, November 1987.

DIGITAL PUBLICATIONS:

Bernstein, RK: *Secrets to Normal Blood Sugars for Type 1 Diabetes*, CD, March 2005, diabetes in control.com

Bernstein, RK: *Secrets to Normal Blood Sugars for Type 2 Diabetes*, CD, March 2005, diabetes in control.com

Bernstein, RK: *Using Insulin to Control Diabetes*, CD April 2006, diabetes 911.net

PUBLISHED PHOTOS

Total Solar Eclipse, Zimbabwe 2003, Cover, Mensa Bulletin No. 470, Nov./Dec., 2003

PRESENTATIONS

The Use of Incretin Mimetics to Curb Over-Eating in Diabetes and the Metabolic Syndrome, 2009 OAND Conference and AGM, Ryerton University, Toronto CA, April 18, 2009

The Charlie Rose Show, *Diabetes Epidemic*, March 16, 2006

dLife TV, CNBC, Carbohydrate Debate, June 26, 2005

Motility Society, *Gastroparesis Diabeticorum*, Rochester, MN,, Sept. 12, 2006

CBS network TV, *The Early Show*, *Dr. Bernstein vs. The ADA*, Nov. 5, 2003

CBS network TV, *Evening News, Low Carbohydrate Diet for Diabetics*, Aug. 31, 2003.

Diabetes Health Expo: *Diabetes Questions and Answers*, Miami Beach, FL, March 16, 2001.

United Nations Diabetes Support Group; *What They Don't Tell You About Treating Type 2 Diabetes*. New York, N.Y., Nov. 2000.

Amer. Med. Writers Assoc.; *Unpublished Studies of off-label use of nifedipene for treating atopic conditions , asthma, Poison Ivy, Insect bites, allergies and nocturnal leg cramps*. New York, NY, Nov. 2000.

Amer. Assoc. Naturopathic Physicians, 1999 Convention, Keynote Speaker, *Achieving Normal Blood Sugar, in Type 2 Diabetes; Undiagnosed, Misdiagnosed or Mistreated Complications of Type 2 Diabetes*, Coeur d'Alene, Idaho, Nov. 5, 1999.

PRESENTATIONS, Continued :

Greater N.Y. Mensa; *Obesity, Diabetes and Carbohydrate Craving*, N.Y.C., Sept. 1998.

Grand Rounds, Dept. Physical and Rehabilitation Medicine, Albert Einstein College of Med., Bronx, N.Y., Dec. 1998.

State Univ. of NY at Stony Brook, Annual Family Medicine Update - "*Major Updates in Treating Type II Diabetes*", Stony Brook, NY: June, 1997

Eighth International Workshop in Clinical Practice of Diabetology - "*The GLUCOGRAF Method for the Treatment of IDDM*" , Dusseldorf, Jan. 1996.

Barnes Research Fdn., Fall Physician's Teaching Seminar - "*New Approaches to Treatment of Diabetes and Obesity*", Scottsdale Arizona, Sept. 1995.

"*Diabetes, Obesity and Carbohydrate Craving*", Amer. Med. Writers Assoc., New York, N.Y. Feb 1995.

Complications of Diabetes that are Rarely Recognized or Properly Treated". Grand Rounds, Department of Physical and Rehabilitation Medicine, Albert Einstein College of Medicine, Bronx, N.Y., July, 1995

Workshop- "*Edema Control in the Management of Ulcers of Chronic Venous Insufficiency*". With Loren Fishman M.D., Amer. Assoc. of Physical Medicine and Rehabilitation, Annual Mtg. Miami, FL, Nov. 1993.

Albert Einstein College of Medicine, Inservice Presentation, Dept. Physical Therapy, "*Prevention and Treatment of Diabetic Complications*", Bronx, N.Y., Sept. 1993.

Beth Abraham Outpatient Care Center, Inservice Presentation, "*Diabetic Complications*," Bronx, N.Y., April, 1993.

"*Complications of Diabetes – Prevention & Cure*", 4.5 hr. seminar, National Center for Disability Services, Albertson, N.Y. March 1993.

Eighth International Workshop in Clinical Practice of Diabetology - "*The GLUCOGRAF Method for the Treatment of Diabete, s* Cumberland Hospital, Medical Staff Rounds, Brooklyn, N.Y., Nov. 1990.

Albert Einstein College of Medicine, Primary Care Rounds, Bronx, N.Y., March 1989.

"An Engineering Approach to Blood Sugar Normalization", Engineering in Medicine & Biology Society, The Rockefeller University, New York City, Feb. 1989.

Franklin Delano Roosevelt V.A. Hospital, Medical Rounds, Montrose, N.Y., Nov. 1988.

U.S. Naval Hospital, Visiting Professor, Portsmouth, VA, April 1988.

Albert Einstein College of Medicine, Grand Rounds, Physical Medicine, Bronx, New York, Feb. 1988

St. Agnes Hospital, Medical Grand Rounds, White Plains, N.Y., Dec. 1985.

Albert Einstein College of Medicine, Diabetes Rounds, Bronx, New York, Oct. 1985.

"Exercise and Diabetes", Assoc. of Insulin Dependent Diabetics, New York City, Feb. 1983.

PRESENTATIONS, Continued :

City Hospital of San Juan, Medical Grand Rounds, Puerto Rico Medical Center, San Juan, May 1985.

Vancouver General Hospital, Staff Rounds, Vancouver, Canada, Aug. 1984.

Shaughnessy Hospital, Staff Rounds, Vancouver, Canada, Aug. 1984.

Annual Diabetes Symposium, University of Manitoba, Health Sciences Centre, Winnipeg, Canada, November 1984

Grand Rounds: University of Minnesota School of Medicine, St. Mary's Hospital, Duluth, Dec. 1982

9th Annual Symposium - " The Treatment of Diabetes Mellitus", Univ. of Minnesota School of Medicine, Duluth, Dec. 1982

Conference on " Physiological Management of Children and Young Adults with Insulin Dependent Diabetes Mellitus", University of Kansas College of Health Sciences, Sept. 1982.

International Symposium on Normoglycemia for the Diabetic, Detroit, May 1981.

American Association of Diabetes Educators, Annual Meeting/Workshop, San Antonio, Sept. 1982.

International Symposium on New Approaches to the Management of Patients with Insulin-Dependent Diabetes Mellitus, New York City, May 1979.

University of Alabama, Diabetes Hospital, Grand Rounds, Birmingham, Aug. 1978.

Fourth International Symposium on "Nutrition and the Diabetic Child", Hertzelia, May 1978.

International Study Group on Diabetes in Children and Adolescents, Netanya, May 1978.

American Diabetes Assoc. Postgraduate Workshops, New York City, Jan. 1978.

Joslin Clinic, Fellows Conference, Boston, March 1978.

PATENTS:

U. S. Patent No. 6'972'291 B2, issued 12/6/05,, Method for Reducing Food Intake

U.S. Patent No. 5,716,976, issued 2/10/98, Method For Treatment of Carbohydrate Addiction and Resultant Obesity.

U.S. - 1967, Calibrated Microhematocrit Tube.

PERSONAL:

Married 1956, Children ages 30, 40 , 43, 46 Grandchildren ages : 19, 10, 6, 5

Wife: Anne E. Bernstein, M.D., F.A.P.A. - Board Certified in Psychiatry and Neurology; Professor of Clinical Psychiatry, Columbia University College of Physicians & Surgeons; Staff Psychiatrist, Columbia Psychoanalytic Center; Attending Psychiatrist, Presbyterian Hospital, N.Y.C. and Cornell-Weil Medical Center, White Plains, N.Y.

HOBBIES:

Flute, singing (bass), sailing, music (Baroque through 1946), painting, home and boat repairs, Landscape architecture, photography, astrophotography, solar eclipse chasing, post-graduate self - study of mathematics, quantum physics, relativity, cosmology.