

**CURRICULUM VITAE****NAME:** Richard K. Bernstein, M.D., F.A.C.E., F.A.C.N., F.A.C.C.W.S.**E-MAIL:** diabetes@scientist.com**DATE AND PLACE OF BIRTH:** June 17, 1934, New York City**EDUCATION:**

High School:	1947-50	Franklin School New York City
University:	1950-54	Columbia College New York, NY B.A. Degree in Liberal Arts and Mathematics
	1954-55	Columbia University School of Engineering and Applied Science New York, NY B.S. Degree in Industrial and Management Engineering
	1957	Columbia University School of General Studies New York, NY Non-matriculated graduate study in theoretical physics
	1959-60	Columbia University School of General Studies New York, NY200 Non-Matriculated graduate study in computer design, solid state circuits and advanced mathematics
	1978	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
	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**AWARDS, Continued**

<b>FELLOW, AMERICAN COLLEGE OF NUTRITION:</b>	June 17, 1997
<b>DIPLOMATE, AMERICAN ACADEMY OF WOUND MANAGEMENT:</b>	January 9, 1999
<b>FELLOW, COLLEGE OF CERTIFIED WOUND SPECIALISTS :</b>	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.
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

**POSITIONS HELD, Continued**

- 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  
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

**AFFILIATIONS – MEDICAL, Continued:**

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  
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

**AFFILIATIONS – MEDICAL, POSITIONS HELD, Continued:**

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: *Glucograf 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-

**NOTEWORTHY PEER-REVIEWED ARTICLES, Continued:**

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.

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: *Comments-Unna's Boot*, Jnl. Am. Col. Wound Care Spec., 1:2 73-4, Apr.2009

Bernstein, RK: *Rethinking the Treatment of Diabetes*, Diabetes Health, Dec. 2008

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

**OTHER PUBLICATIONS, Continued:**

Abell TI, 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.



**OTHER PUBLICATIONS, Continued:**

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.

**OTHER PUBLICATIONS, Continued:**

- 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.
- 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.

**OTHER PUBLICATIONS, Continued :**

- 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.
- 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.

**OTHER PUBLICATIONS, Continued :**

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 Eclipse of the Sun, NagyvaSony, Hungar, 1999*, Arch. Int. Med., 170: 5,p 497Mar. 8, 2010

*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, FI, 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.

**PRESENTATIONS, Continued :**

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.

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 Diabetes"*, 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. 3034509, issued May, 1962, Surgical Tubing

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.