

# 3<sup>rd</sup> INTERNATIONAL OBESITY SUMMIT AND EXPO

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2<sup>nd</sup> International Conference on

# DIABETES, NUTRITION, METABOLISM & MEDICARE

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# LASER, OPTICS AND PHOTONICS

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## HOW SWEET IT IS—AN INTIMATE HISTORY OF DIABETES AND INSULIN

**Abraham solomon**

Florida Gulf Coast University, USA

Understanding and appreciating the history in medicine is important, if we are to fully value where we are and where we are likely to go. The History of diabetes and its scourge on humanity dates back centuries. The diagnosis of diabetes has been relatively easy, and was essentially a death sentence for those affected by this disease. The understanding of the metabolism and physiology of diabetes has proved impossible until the 1920's. When an obscure Canadian Surgeon, Banting had a spark of an idea at 2 am one cold night in London Ontario, that led to a series of experiments that permitted the discovery of insulin. This discovery and the subsequent purification of insulin has not provided an absolute cure But has offered a solution to a chronic disease that affects many organs and has changed countless lives for the better. The eventual manufacture of Insulin on a grand scale was also significant. Like all good history it is based on the intimate struggles, passions, and drive of those individuals whose fruits we can see in the present, and possibly beyond. Banting and his associates went on to win the Nobel Prize shortly after their discovery and purification of insulin. Today the disease is still potentially deadly, but we have the means to save the lives of our diabetic patients.