

# PRESS RELEASE

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## Summerland Publishing's Recent Release of "Eat Well With Diabetes" Highlights Research of Prominent Sansum Diabetes Research Institute

With recent celebrities such as Paula Dean and Alec Baldwin revealing their diabetes diagnosis, the public is becoming more aware of the prevalence of this disease and how to live with it.

A pioneer in the field, Sansum Diabetes Research Institute (SDRI) is a research center devoted to the prevention, treatment and cure of diabetes. Dr. William D. Sansum, who brought renown to Santa Barbara in 1922 as the first physician in the U.S. to produce and administer life-saving insulin to patients with diabetes, founded the nonprofit organization in 1944. Today, under the leadership of Lois Jovanovič, M.D., Sansum Diabetes Research Institute remains an extraordinary place, where diabetes research, nutrition, education, and diabetes prevention have improved the lives of people worldwide who suffer from this serious disease.

The Institute has gained international recognition for its work to develop an artificial pancreas, its success in developing protocols to increase the incidence of healthy babies born to women with diabetes, and its work with people with and at risk for type 2 diabetes. Physicians and researchers continue to develop new treatment protocols for people with diabetes. New drugs and medical devices are clinically tested to ensure their efficacy and safety.

SDRI's scientists are currently working with researchers at the University of California, Santa Barbara, and other diabetes research centers throughout the US and the world on the **Artificial Pancreas Project**. The ultimate goal is a system that will link an insulin pump with a continuous blood glucose sensor to deliver the precise amount of insulin required to closely replicate a healthy pancreas.

In addition to their ongoing research, SDRI published "Eat Well With Diabetes / Comer Bien Con Diabetes," a bilingual cookbook. This novel cookbook rekindles the joy of cooking - and the pleasure of eating - for those with diabetes and their families. The recipes are also lower in carbohydrate than those found in other diabetes cookbooks. Most importantly, they will leave you feeling satisfied without being deprived of flavor. You can enjoy the pleasures of cooking while supporting normal blood sugars and healthful eating.

### Featuring:

- \* Basic nutritional guidance on eating with diabetes
- \* Recipes with no more than 15 grams of carbohydrate per serving
- \* All recipes in English and Spanish
- \* Complete nutritional information
- \* Good for individuals with or without diabetes
- \* Many easy-to-prepare recipes for cooking with children
- \* Beautiful color photos of finished dishes

"Eat Well With Diabetes / Comer Bien Con Diabetes" by Sansum Diabetes Research Institute

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***"We publish books to help make the world a better place."***

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