The Salt Controversy: Should You Put That Shaker Away?
While few would disagree that salt – like butter – makes food more flavorful, we’ve been told for decades to put down that salt shaker to preserve our health. What’s behind that logic, what are the rules regarding salt consumption…and what choices can consumers make to optimize their health?

Treatment For My Diabetes In the Market?
Various reports suggest there are more than 400 foods, minerals and nutrients to help control blood sugar. Here we sort fact from fiction.

Everyday Hero: Teen Conquers Diabetes With Grace and Diligence
Diagnosed with type 1 diabetes at 12 months of age, Luke Castellano has not only survived, but thrived…through grace, diligence and a whole lot of heart.

Celiac Disease: Is It Something I Ate?
Originally thought to be a rare childhood syndrome, celiac disease is now known to be a relatively common digestive condition triggered by the consumption of the protein gluten. Learn more about the symptoms, diagnostic testing for and control of this autoimmune disease.

There’s An App For That: Using your Smartphone to Improve Your Diet, Exercise and Diabetes Management
Among the estimated 775,000 apps available for smartphones are a valuable collection designed to assist with weight loss and diabetes management. An endocrinology fellow weighs in on her favorites.

It’s Not Too Late to Prevent Type 2 Diabetes: Take Your First Step Today
The largest-growing group in the U.S. of those at risk for prediabetes or diabetes is those who are 65 years or older. In this article, the National Diabetes Education Program (NDEP) offers tips for older adults to help prevent the disease.

Sex and Plastics – A Connection You Should Pay Attention To!
A chemical found in plastic used to make everything from baby bottles to food packaging may interfere with the body’s production of hormones and lead to a variety of health issues. We explain why there is cause for concern.

My Journey in Training to be an Endocrinologist
A doctor-in-training shares the story of how patients with diabetes helped expand her horizons as a caregiver.

News To EmPower You
A new feature series highlighting medical news that offers helpful information for a healthier lifestyle.

Osteoporosis: Does Exercise Really Matter?
The association between exercise and osteoporosis prevention and treatment is examined.