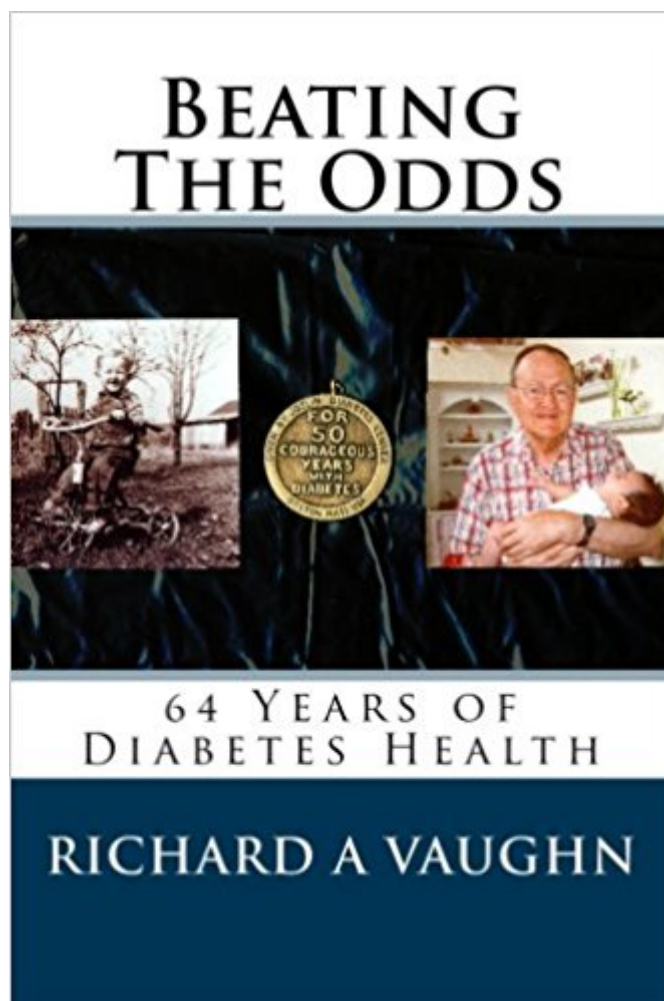


The book was found

# Beating The Odds: 64 Years Of Diabetes Health



## Synopsis

This is the story of my 64 years with diabetes. It gives my diabetes history and some of my autobiography. Online friends have wanted to know what it was like to be a diabetic in the 1940's and beyond. This will be explored here and carried to the present day. Many topics are discussed, including causes of Type 1 diabetes, how some Type 1 diabetics have lived so long without complications, the Joslin Medalist Program and my participation in the Joslin Medalist Study. There are many pictures dating as far back as the 1930's. My online blogs of my past have been very popular. Hundreds of replies say I have given inspiration and hope for the future of many of my diabetic readers and their families. My hope is that I can do the same for those of you who read this book.

## Book Information

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## Customer Reviews

Born in Roanoke, VA on Sept.10, 1939 1945 - Diagnosed with diabetes 1957 - Graduated at Andrew Lewis High School in Salem, VA 1961 - Earned BS degree in Mathematics at Roanoke College, Salem, VA 1963 - Earned MS degree in Statistics at VA Tech in Blacksburg, VA 1963 - First full time college teaching position at Bridgewater College, VA 1964 - Married Anita Ellis from Falls Church, VA 1966 - Birth of first son, David Vaughn 1969 - Birth of second son Gary Vaughn 1970 - Family moved to Kingston, NY 1970 - Began teaching at Ulster County Community College, Stone Ridge, NY 1990 - Promoted to Professor 1997 - Retired from teaching 2003 - Birth of grand daughter, Vanessa 2006 - 2009 - Joined diabetes websites and gave help to many diabetics, shared my experiences and past with support group members 2007 - Birth of grandson, Jason 2008

- My series of blogs online became an ebook on diabetesdaily.com 2008 - Appeared in an article in the Diabetes Forecast magazine 2009 - Received the Joslin Medal for 50 years of living with Type 1 diabetes 2009 - Participated in the Joslin Medalist Study in Boston

I would think this review makes the tenth review with a FIVE star rating and there's a very good reason for that... Mr. Vaughn's book is fantastic!!! I don't know Richard personally but I know of him from his sensitivity and contributions to the various online diabetic websites that we both belong to. I was so engrossed in the book the other night that my wife asked, "well, what do you think?" and I think my response to her will make the most glowing testimonial as I explained that the author writes in a very concise and conversational tone. I briefly reviewed the book to my wife as "I feel as though the author is writing an email directly to me." At first I thought Richard's lessons would not have meaning to me. I mean, Richard is a Type I and I'm a Type II. Richard takes insulin and has a pump. I am not even on meds at this time. But there are many lessons in the book but above and beyond that, the title "Beating the Odds" is appropriate. Richard's book features periods of sadness and periods of humor but throughout the book consistent periods of love and support and respect from his family and to his family. This book is truly inspirational, motivational and educational. I have no reservations in recommending this worthwhile book to the diabetic and to their supporters. Richard is proof of success in life, diabetes, as a friend, as a family member, and as a remarkable person. This is a "must read" in my opinion.

Way to go Richard! As a type 1 for 48 years myself it is great to read about others who are living productive, relatively healthy lives. I appreciated Richard's love for his family, what his well meaning mother tried to do, and his always positive attitude - for that I believe is the key. I would have liked more technical information and am glad for the references included at the end. Thank you Richard for sharing with the world your vast knowledge. You are to be commended.

I have read and re-read Richards story. It is inspirational! It is also a Love Story and touched my heart. He is a part of Diabetes History! From back in the days when there was none of the advanced medicine or information. This book took me back in history and i enjoyed each page. I could not stop reading this fantastic book. For anyone with diabetes this is a learning experience and educational book. A must read.....I LOVED This Book!!! BRAVO! My husband read this book too. I am writing the review. I am Deborah Montalto Piffer.

Richard Vaughn has survived 64 years with Type 1 diabetes---something which may not seem so remarkable to those who have only known of diabetes in the late 20th/early 21st centuries. Beyond his own interesting revelation of his life and how it was shaped and challenged by diabetes, it was FASCINATING to hear first hand how primitive the tools were for ascertaining the amount of excess sugars, the crudeness of the tools, the complete lack of awareness of the disease, even among physicians putting themselves forward as experts. Richard has made a huge, personal contribution to our understanding of how far we've come in managing diabetes. His health today, his positive outlook, his ability to adapt to new strategies should give us all great hope for more and better solutions---and look toward the cure we all know is possible!

Purchased as a requested gift and the recipient who has a type 1 child enjoyed it

Very interesting and helpful!

Great book very infirmative

Simple to follow and a pleasure to have read, Richard A. Vaughn is quite candid in sharing his life and times with diabetes. It is a baffling, pandemic disease. AKBuckroth

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