

The GH-Method

Viscoelastic Medicine theory (VMT #399): Impact on cardiovascular disease risks from measured versus predicted Body Weight, FPG, PPG over 8.5 years: Analysis using GH-Method's Math-Physical Medicine Model (No. 1001)

Gerald C. Hsu*

eclaireMD Foundation, USA

Abstract

After 18 years of studying at seven universities and pursuing various careers in professional engineering, founding seven start-ups, and managing high-tech businesses, the 63-year-old author faced severe, life-threatening health issues in 2010. This experience prompted him to undertake a self-study of internal medicine and food nutrition to save his own life.

Individuals with chronic diseases often face challenges in managing their body weight and glucose levels, which fluctuate constantly and over extended periods. Drawing on his 30 years of industrial experience in engineering design and the electronics semiconductor business, the author recognized the significance of "prediction" in averting failures in machines, structures, and business operations. He applied predictive analysis techniques from engineering and enterprise systems to enhance damage prevention and reduce the likelihood of breakdowns or failures.

The author initially directed his medical research towards developing predictive equations for three key biomarkers: body weight, fasting morning glucose, and post-meal glucose. His prediction formulas for these three biomarkers demonstrated exceptionally high accuracy and very high waveform similarities, both exceeding 99%,

In this study, the space-domain viscoplastic medicine energy theory (SD-VMT) was utilized to analyze the dynamic relationships between his risks of having cardiovascular diseases (CVD) or strokes and three key biomarkers: body weight (BW), fasting plasma glucose (FPG), and postprandial plasma glucose (PPG). His CVD risk values are calculated using his developed model of

metabolism index (MI) in combination with certain special considerations, such as blockage and rupture of arteries with structural damage of blood vessels resulting from diabetes.

In summary, the findings from the author's last 8.5 years of data analyses show the following SD-VMT energy ratios, expressed as "measured vs. predicted":

- BW: 32% vs. 32% (R = 86% vs. 87%)
- FPG: 38% vs. 38% (R = 81% vs. 79%)
- PPG: 30% vs. 30% (R = 92% vs. 89%)
- Total SD-VMT energy = 57 from measured vs. 57 from predicted.

These identical energy ratios and total energies suggest that both measured and predicted biomarkers have the same effect his CVD risks. FPG (an indicator of pancreatic beta cells' health state in terms of insulin quality and quantity) offers the largest influence or "energy influx" of 38%. However, the correlations (R) indicate relatively lower waveform similarities of CVD risks versus these three biomarkers.

The time-zone energy distributions were found to have identical ratios between measured and predicted:

- 2013-2018: 73% vs. 73%
- 2019-2023: 27% vs. 27%.

Key Message:

Both measured and predicted biomarkers have an identical influential effect on CVD risks.

Improved predictions can indeed lead to better health outcomes and accurate prediction of biomarkers can offer early warnings to patients before health damage occurs, epitomizing the essential spirit of "preventive medicine."

Keywords: Viscoelastic; Viscoplastic; Preventive Medicine; Diabetes; Glucose; Sleep; Lifestyle; Dementia; Exercise; Cancer; Biomarkers

Abbreviations: CKD: Chronic Kidney Disease; CGM: continuous glucose monitoring; T2D: type 2 diabetes; PPG: postprandial plasma glucose; FPG: fasting plasma glucose; SD-VMT: Space-Domain Viscoelastic Medicine Energy Theory; FFT: Fast Fourier Transform; CVD: Cardiovascular Diseases; MI: Metabolism Index; BW: Body Weight

1. INTRODUCTION

After 18 years of studying at seven universities and pursuing various careers in professional engineering, founding seven start-ups, and managing high-tech businesses, the 63-year-old author faced severe, life-threatening health issues in 2010. This experience prompted him to undertake a self-study of internal medicine and food nutrition to save his own life.

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1.1 Biomedical Information:

The following sections contain excerpts and concise information drawn from multiple

medical articles, which have been meticulously reviewed by the author of this paper. The author has adopted this approach as an alternative to including a conventional reference list at the end of this document, with the intention of optimizing his valuable research time. It is essential to clarify that these sections do not constitute part of the author's original contribution but have been included to aid the author in his future reviews and offer valuable insights to other readers with an interest in these subjects.

Pathophysiological explanations of relationship between CVD risks and body weight, fasting morning glucose, and post-meal glucose

The relationship between cardiovascular disease (CVD) risks and body weight, fasting morning glucose, and post-meal glucose involves various pathophysiological factors:

1. **Body Weight:** Excess body weight, particularly in the form of visceral adiposity (belly fat), is associated with an increased risk of CVD. Adipose tissue secretes inflammatory cytokines and adipokines, contributing to systemic inflammation and insulin resistance, which are risk factors for CVD. Additionally, obesity is linked to hypertension and dyslipidemia, both of which are established risk factors for CVD. Hypertension relates to after ruptures and dyslipidemia related to after blockage.
2. **Fasting Morning Glucose:** Elevated fasting morning glucose levels are indicative of impaired glucose metabolism (especially insulin resistance), which is linked to an increased risk of CVD. Chronic hyperglycemia can contribute to endothelial dysfunction, oxidative stress, and inflammation, all of which are involved in the development and progression of atherosclerosis and CVD.
3. **Post-Meal Glucose:** Higher post-meal glucose levels, especially if sustained over time, can contribute to atherosclerosis and endothelial dysfunction. Postprandial hyperglycemia has been associated with an increased risk of CVD events due to its

impact on oxidative stress, inflammation, and impaired vascular function.

In summary, the relationship between CVD risks and body weight, fasting morning glucose, and post-meal glucose involves the complex interplay of metabolic imbalances, chronic inflammation, and endothelial dysfunction. These factors contribute to the development and progression of atherosclerosis and ultimately increase the risk of cardiovascular events. Effective management of body weight and glucose levels is crucial in mitigating these risks and promoting cardiovascular health.

Note by the author

The author experienced 5 cardio episodes between 1995 and 2004 when he weighed 220 lbs (BMI 32) and had an eAG of 280 mg/dL, FPG at 180 mg/dL, and PPG at 380 mg/dL. However, after 15 years of self-education on internal medicine and making stringent and persistent lifestyle improvements, by 2023, his weight has been reduced to 164 lbs (BMI 24), with an eAG of 100 mg/dL, FPG at 89 mg/dL, and PPG at 104 mg/dL. Since 2005, he has not suffered any heart issues

1.2 MPM Background:

To learn more about his developed GH-Method: math-physical medicine (MPM) methodology, readers can read the following three papers selected from his published 760+ papers.

The first paper, No. 386 (Reference 1) describes his MPM methodology in a general conceptual format. The second paper, No. 387 (Reference 2) outlines the history of his personalized diabetes research, various application tools, and the differences between the biochemical medicine (BCM) approach versus the MPM approach. The third paper, No. 397 (Reference 3) depicts a general flow diagram containing ~10 key MPM research methods and different tools.

The author's diabetes history:

The author has had a severe T2D patient since 1995. He weighed 220 lb. (100 kg) at that time. By 2010, he still weighed 198 lb. with an average daily glucose of 250 mg/dL (HbA1C at 10%). During that year, his triglycerides reached 1161 (high risk for CVD and stroke) and his albumin-creatinine ratio (ACR) at 116 (high risk for chronic kidney

disease). He also suffered from five cardiac episodes within a decade. In 2010, three independent physicians warned him regarding the need for kidney dialysis treatment and the future high risk of dying from his severe diabetic complications.

In 2010, he decided to self-study endocrinology with an emphasis on diabetes and food nutrition. He spent the entire year of 2014 developing a metabolism index (MI) mathematical model. During 2015 and 2016, he developed four mathematical prediction models related to diabetes conditions: weight, PPG, fasting plasma glucose (FPG), and HbA1C (A1C). Through using his developed mathematical metabolism index (MI) model and the other four glucose prediction tools, by the end of 2016, his weight was reduced from 220 lbs. (100 kg) to 176 lbs. (89 kg), waistline from 44 inches (112 cm) to 33 inches (84 cm), average finger-piercing glucose from 250 mg/dL to 120 mg/dL, and A1C from 10% to ~6.5%. One of his major accomplishments is that he no longer takes any diabetes-related medications since 12/8/2015.

In 2017, he achieved excellent results on all fronts, especially his glucose control. However, during the pre-COVID period, including both 2018 and 2019, he travelled to ~50 international cities to attend 65+ medical conferences and made ~120 oral presentations. This hectic schedule inflicted damage to his diabetes control caused by stress, dining out frequently, post-meal exercise disruption, and jet lag, along with the overall negative metabolic impact from the irregular life patterns; therefore, his glucose control was somewhat affected during the two-year travelling period of 2018-2019.

He started his COVID-19 self-quarantined life on 1/19/2020. By 10/16/2022, his weight was further reduced to ~164 lbs. (BMI 24.22) and his A1C was at 6.0% without any medication intervention or insulin injection. In fact, with the special COVID-19 quarantine lifestyle since early 2020, not only has he written and published ~500 new research articles in various medical and engineering journals, but he has also achieved his best health conditions for the past 27 years. These achievements have resulted from his non-travelling, low-stress, and regular daily life routines. Of course, his in-depth knowledge of chronic diseases,

sufficient practical lifestyle management experiences, and his developed high-tech tools have also contributed to his excellent health improvements.

On 5/5/2018, he applied a continuous glucose monitoring (CGM) sensor device on his upper arm and checked his glucose measurements every 5 minutes for a total of 288 times each day. Furthermore, he extracted the 5-minute intervals from every 15-minute interval for a total of 96 glucose data each day stored in his computer software.

Through the author's medical research work of over 40,000 hours and reading over 4,000 published medical papers online in the past 13 years, he discovered and became convinced that good life habits of not smoking, moderate or no alcohol intake, avoiding illicit drugs; along with eating the right food with well-balanced nutrition, persistent exercise, having a sufficient and good quality of sleep, reducing all kinds of unnecessary stress, maintaining a regular daily life routine contribute to the risk reduction of having many diseases, including CVD, stroke, kidney problems, micro blood vessels issues, peripheral nervous system problems, and even cancers and dementia. In addition, a long-term healthy lifestyle can even "repair" some damaged internal organs, with different required time lengths depending on the particular organ's cell lifespan. For example, he has "self-repaired" about 35% of his damaged pancreatic beta cells during the past 10 years.

Energy theory:

The human body and organs have around 37 trillion live cells which are composed of different organic cells that require energy infusion from glucose carried by red blood cells, and energy consumption from labor-work or exercise. When the residual energy (resulting from the plastic glucose scenario) is stored inside our bodies, it will cause different degrees of damage or influence to many of our internal organs.

According to physics, energies associated with the glucose waves are proportional to the square of the glucose amplitude. The residual energies from elevated glucose are circulating inside the body via blood vessels which then impact all of the internal organs to cause different degrees of damage or influence, e.g., diabetic complications.

Elevated glucose (hyperglycemia) causes damage to the structural integrity of blood vessels. When it combines with both hypertension (rupture of arteries) and hyperlipidemia (blockage of arteries), CVD or Stroke happens. Similarly, many other deadly diseases could result from these excessive energies which would finally shorten our lifespan. For an example, the combination of hyperglycemia and hypertension would cause micro-blood vessel's leakage in kidney systems which is one of the major causes of CKD.

The author then applied Fast Fourier Transform (FFT) operations to convert the input wave from a time domain into a frequency domain. The y-axis amplitude values in the frequency domain indicate the proportional energy levels associated with each different frequency component of input occurrence. Both output symptom value (i.e., strain amplitude in the time domain) and output symptom fluctuation rate (i.e. the strain rate and strain frequency) influence the energy level (i.e. the Y-amplitude in the frequency domain).

Currently, many people live a sedentary lifestyle and lack sufficient exercise to burn off the energy influx which causes them to become overweight or obese. Being overweight and having obesity leads to a variety of chronic diseases, particularly diabetes. In addition, many types of processed food add unnecessary ingredients and harmful chemicals that are toxic to the bodies, which lead to the development of many other deadly diseases, such as cancers. For example, ~85% of worldwide diabetes patients are overweight, and ~75% of patients with cardiac illnesses or surgeries have diabetes conditions.

In engineering analysis, when the load is applied to the structure, it bends or twists, i.e., deforms; however, when the load is removed, it will either be restored to its original shape (i.e. elastic case) or remain in a deformed shape (i.e. plastic case). In a biomedical system, the glucose level will increase after eating carbohydrates or sugar from food; therefore, carbohydrates and sugar function as the energy supply. After having labor work or exercise, the glucose level will decrease. As a result, the exercise burns off the energy, which is similar to load removal in the engineering case. In the

3. CONCLUSION

In summary, the findings from the author's last 8.5 years of data analyses show the following SD-VMT energy ratios, expressed as "measured vs. predicted":

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Key Message:

From an energy perspective on the impact of the author's CVD risks, both measured and predicted biomarkers have identical influential effects.

Improved predictions can indeed lead to better health outcomes, which epitomizes the essential spirit of "preventive medicine."

4. REFERENCES

For editing purposes, the majority of the references in this paper, which are self-references, have been removed from this article. Only references from other authors' published sources remain. The bibliography of the author's original self-references can be viewed at www.eclaircmd.com.

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For reading more of the author's published VGT or FD analysis results on medical applications, please locate them through platforms for scientific research publications, such as ResearchGate, Google Scholar, etc.

Viscoelastic and Viscoplastic Glucose Theory Application in Medicine

Gerald C. Hsu

