

# The GH-Method

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## **Viscoelastic Medicine theory (VMT #360): Relationships of Cardiovascular Disease Risks and Four Biomarkers of Type 2 Diabetes Disease, Insulin Resistance via FPG, Glycemic Control via HbA1c and eAG, Hyperglycemia Intensity Using Viscoplastic Energy Model of GH-Method: Math-Physical Medicine (No. 961)**

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### **Abstract**

The interaction between diet quality and portion control significantly influences body weight, a crucial factor in the progression of type 2 diabetes (T2D). T2D is characterized by four key biomarkers: insulin resistance (measured via morning fasting glucose - FPG), daily glycemic control (averaged glucose - eAG), quarterly glycemic control (HbA1c levels), and hyperglycemia situation control (hyperglycemia intensity - HyGI). HbA1c and eAG are similar biomarkers. But, both of them lack representation of insulin resistance influences and damage caused by hyperglycemia. HyGI is calculated as averaged glucose above 180 mg/dL multiplied by the occurrence frequency of glucose above 180 mg/dL. This study explores the author's cardiovascular disease and stroke (CVD) risks associated with these four T2D biomarkers, drawing from personal data collected over the past six years (5/1/2018 to 11/20/2023). Traditional statistical analysis reveals strong correlations (84% to 88%) between the author's CVD risk and the four T2D biomarkers. Additionally, the author employs the space-domain viscoplastic energy (SD-VMT) method to unveil hidden relationships and dynamics (i.e. energies) between these four

T2D biomarkers and his annual CVD risk output. In summary, traditional statistical correlations uncovered significant associations between the author's CVD risks and his four T2D biomarkers: - CVD vs. HbA1c: 87%; - CVD vs. FPG: 88%; - CVD vs. eAG: 85%; - CVD vs. HyGI: 84%. These differ from low positive correlations (14% to 41%) between his cancer risks and the same four T2D biomarkers, reflecting distinct characteristics in the risk waveforms of these two diseases. Using SD-VMT energy results, four energy contribution margins on CVD risks from T2D biomarkers were identified: - Energy from HbA1c: 25%; - Energy from FPG: 29%; - Energy from eAG: 25%; - Energy from HyGI: 22%. Insulin resistance via FPG is the strongest influential factor for his CVD risks.

**Key message:** The author's T2D conditions are indeed linked to his risks of developing CVD. Insulin resistance, indicated by FPG, contributes the most energy to CVD risks (29%), followed by 25% from HbA1c and eAG, and hyperglycemia intensity is the least contributor at 22%. Despite representing only 2% occurrence of the total glucose dataset, hyperglycemia intensity contributes 22% of the total impact or energy on his overall CVD risks.

**Keywords:** Viscoelastic; Viscoplastic; Diabetes; Glucose; Dementia; Parkinson's disease; Cardiovascular Disease; Biomarkers

**Abbreviations:** CGM: continuous glucose monitoring; T2D: type 2 diabetes; PPG: postprandial plasma glucose; FPG: fasting plasma glucose; SD: space-domain; VMT: viscoelastic medicine theory; CVD: cardiovascular disease; SD-VMT: space-domain viscoplastic energy

## 1. INTRODUCTION

The interaction between diet quality and portion control significantly influences body weight, a crucial factor in the progression of type 2 diabetes (T2D). T2D is characterized by four key biomarkers: insulin resistance (measured via morning fasting glucose - FPG), daily glycemic control (averaged glucose - eAG), quarterly glycemic control (HbA1c levels), and hyperglycemia situation control (hyperglycemia intensity - HyGI). HbA1c and eAG are similar biomarkers. But, both of them lack representation of insulin resistance influences and damage caused by hyperglycemia. HyGI is calculated as averaged glucose above 180 mg/dL multiplied by the occurrence frequency of glucose above 180 mg/dL.

This study explores the author's cardiovascular disease and stroke (CVD) risks associated with these four T2D biomarkers, drawing from personal data collected over the past six years (5/1/2018 to 11/20/2023).

Traditional statistical analysis reveals strong correlations (84% to 88%) between the author's CVD risk and the four T2D biomarkers. Additionally, the author employs the space-domain viscoplastic energy (SD-VMT) method to unveil hidden relationships and dynamics (i.e., energies) between these four T2D biomarkers and his annual CVD risk output.

### 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 Parkinson's disease and certain biomarkers of type 2 diabetes, such as insulin resistance via FPG, diabetic control via HbA1C and eAG, and hyperglycemia intensity:

Cardiovascular disease (CVD) risks often involve a complex interplay of factors, including hypertension, dyslipidemia, smoking, and diabetes. Elevated blood pressure and cholesterol levels contribute to atherosclerosis, leading to narrowed arteries and increased risk of heart attacks or strokes. Diabetes, particularly type 2, amplifies these risks due to insulin resistance, promoting inflammation and atherosclerosis. As for biomarkers in type 2 diabetes:

#### **Insulin Resistance (via Fasting Plasma Glucose - FPG):**

High FPG levels indicate impaired glucose tolerance and insulin resistance, key factors in type 2 diabetes. Insulin resistance hinders cells from effectively utilizing insulin to absorb glucose.

#### **Diabetic Control (via quarterly HbA1C and daily eAG):**

Hemoglobin A1C (HbA1C) reflects average blood glucose levels over several months (approximately 90-120 days). Elevated levels indicate poor diabetic control during this period. Estimated Average Glucose (eAG) is a calculated value for each day which correlated with HbA1C and provided a snapshot of a shorter period of time or recent glucose levels.

#### **Hyperglycemia Intensity:**

Persistent high blood glucose levels, known as hyperglycemia, contribute to various diabetes complications. Monitoring fasting and postprandial glucose levels helps assess the intensity of hyperglycemia and guide treatment adjustments.

Understanding these four biomarkers aids in managing a patient's type 2 diabetes conditions and mitigating its associated cardiovascular risks. Regular monitoring and

lifestyle interventions play crucial roles in preventive care.

## 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 was 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 to develop 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 traveled 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 traveling 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-traveling, low-stress, and regular daily life routines. Of course, his in-depth knowledge of chronic diseases, sufficient practical lifestyle management experiences, and his own 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 checks 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 over 40,000 hours and read 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-length 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 glucoses 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) are

influencing 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., deform; 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, the 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 biomedical case, both processes of energy influx and energy dissipation take some time which is not as simple and quick as the structural load removal in the engineering case. Therefore, the age difference and 3 input behaviors are “dynamic” in nature, i.e. time-dependent. This time-dependent nature leads to a “viscoelastic or viscoplastic” situation. For the author’s case, it is “viscoplastic” since most of his biomarkers are continuously improved during the past 13-year time window.

### **Time-dependent output strain and stress of (viscous input\*output rate):**

Hooke’s law of linear elasticity is expressed as:

$$\text{Strain } (\epsilon: \text{epsilon}) = \text{Stress } (\sigma: \text{sigma}) / \text{Young's modulus } (E)$$

For biomedical glucose application, his developed linear elastic glucose theory (LEGT) is expressed as:

**PPG (strain) = carbs/sugar (stress) \* GH.p-Modulus (a positive number) + post-meal walking k-steps \* GH.w-Modulus (a negative number)**

where GH.p-Modulus is the reciprocal of Young's modulus E.

However, in viscoelasticity or viscoplasticity theory, the stress is expressed as:

**Stress = viscosity factor ( $\eta$ : eta) \* strain rate (de/dt)**

where strain is expressed as Greek epsilon or  $\epsilon$ .

In this article, in order to construct an "ellipse-like" diagram in a stress-strain space domain (e.g., "hysteresis loop") covering both the positive side and negative side of space, he has modified the definition of strain as follows:

**Strain = (body weight at certain specific time instant)**

He also calculates his strain rate using the following formula:

**Strain rate = (body weight at next time instant) - (body weight at present time instant)**

The risk probability % of developing into CVD, CKD, Cancer is calculated based on his developed metabolism index model (MI) in 2014. His MI value is calculated using inputs of 4 chronic conditions, i.e. weight, glucose, blood pressure, and lipids; and 6 lifestyle details, i.e. diet, drinking water, exercise, sleep, stress, and daily routines. These 10 metabolism categories further contain ~500 elements with millions of input data collected and processed since 2010. For individual deadly disease risk probability %, his mathematical model contains certain specific weighting factors for simulating certain risk percentages associated with different deadly diseases, such as metabolic disorder-induced CVD, stroke, kidney failure, cancers, dementia; artery damage in heart and brain, micro-vessel damage in kidney, and immunity-related infectious diseases, such as COVID death.

Some of the explored deadly diseases and longevity characteristics using the viscoplastic medicine theory (VMT) include stress relaxation, creep, hysteresis loop, and material stiffness, damping effect based on

time-dependent stress and strain which are different from his previous research findings using linear elastic glucose theory (LEGT) and nonlinear plastic glucose theory (NPGT).

## 2. Results

Figure 1 shows data table, Time-domain curves and SD-VMT energies.

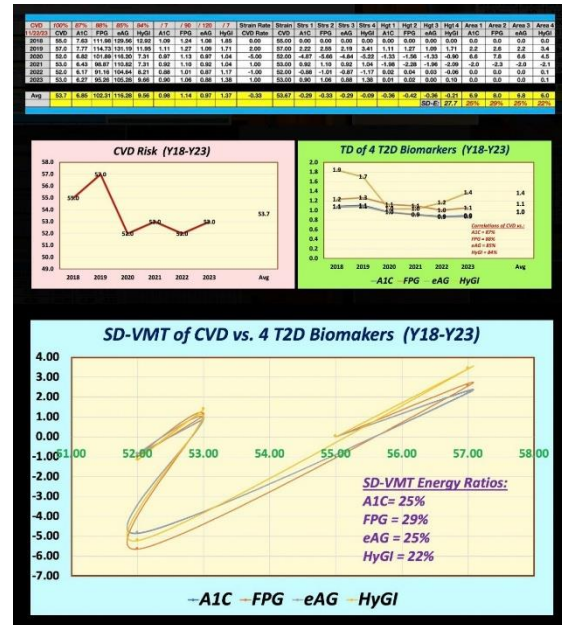


Figure 1: Data table, Time-domain curves and SD-VMT energies.

## 3. Conclusions

In summary, traditional statistical correlations uncovered significant associations between the author's CVD risks and his four T2D biomarkers:

- CVD vs. HbA1c: 87%
- CVD vs. FPG: 88%
- CVD vs. eAG: 85%
- CVD vs. HyGI: 84%.

These differ from low positive correlations (14% to 41%) between his cancer risks and the same four T2D biomarkers, reflecting distinct characteristics in the risk waveforms of these two diseases.

Using SD-VMT energy results, four energy contribution margins on CVD risks from T2D biomarkers were identified

- Energy from HbA1c: 25%
- Energy from FPG: 29%
- Energy from eAG: 25%
- Energy from HyGI: 22%.

Insulin resistance via FPG is the strongest influential factor for his CVD risks.

### **Key Message**

The author's T2D conditions are indeed linked to his risk of developing CVD. Insulin resistance, indicated by FPG, contributes the most energy to CVD risks (29%), followed by 25% from HbA1c and eAG, and hyperglycemia intensity is the least contributor at 22%. Despite representing only a 2% occurrence of the total glucose dataset, hyperglycemia intensity contributes 22% of the total impact or energy on his overall CVD risks.

### **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.eclairemd.com](http://www.eclairemd.com).

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# Viscoelastic and Viscoplastic Glucose Theory Application in Medicine

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