

## November 13, 2007 The Game of Health, Playing to WIN!!

Contributed by toma Grubb  
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November is Diabetes Awareness month

It may sound strange to some to call health and nutrition a game. There are, however, some very relevant comparisons. Champion athletes are always trying to optimize performance. If we want to win at the game of health we have to optimize our diet and life style. Winning athletes have coaches. Winning at the game of health requires finding coaches that can help optimize our diet and management of our health. These may include Doctors, nurses and other medical professionals.

Our Guests for this show are:

Chris Jarvis is a world class Athlete who will represent Canada at the upcoming Olympic games in China.

In High school Chris competed on the rowing team, where he earned two years MVP and finished the season off as double gold-medalist at the Canadian High Scholl Championships. Over his years in rowing, He has won gold medals in several events at both the Canadian Henly and US Nationals.

Chris is an Olympic athlete from Victoria, Canada. He is truly is an inspiring example of an iron will and uncompromising determination to overcome the potential limitations imposed by diabetes. Chris says, "I am proud of my athletic successes, gold medals, and scholarships; but even more so, I am proud of my daily triumphs over diabetes, of my determination to overcome the little setbacks that could slow me down each day."

Chris won a Gold medal with his partner, rowing for Canada, in the coxless pairs at the Pan American Games in Rio, Brazil

Scott Dunton, 21, is a world-class professional surfer, currently ranked 220th in his first year on the professional circuit.

Dunton began surfing at the age of 5 and started competing when he was 15 years old in local contests in central California. He has surfed the California coastline as well as Hawaii, Florida, Brazil, Australia and New Zealand. He plays water polo and is a whitewater rafter, water skier and wakeboarder

Scott says, "When I am talking to groups of diabetics, I try to tell them that everyone, including me, has been there. No matter what happens with my surfing career, I will always be a diabetic. And I really try to push them to dream big, and don't stop reaching for it, and definitely don't let being a diabetic get in the way. Because I almost did, and my life definitely wouldn't be half as great as it is now."

Scott is the first diabetic to ever surf on the ASP World Tour of surfing

Dr. J. Robin Conway M.D. Practices Diabetes Care in a small Ontario Town.

He is Medical Director of the Canadian Centre for Research on Diabetes carrying on clinical research on diabetes.

Dr. Conway says, "I feel my mission is in helping to educate the family physicians who treat diabetes about the disease and current treatment standards.

he is author of the booklet on Type 2 Diabetes, a Manual for Health Professionals of which 15,000 copies have been distributed to physicians in Canada along with a number of other educational supplements and research papers.

Dr. Conway is Associate editor of Canadian Diabetes, a journal for health professionals of the Canadian Diabetes Association.

CANADIAN CENTRE for RESEARCH on DIABETES His website is: [www.diabetesclinic.ca](http://www.diabetesclinic.ca)