

PREVIEW_Priyanka Wali 1- Challenging The Dogma (SD 2016) 1

Dr. Wali: I felt like I wasn't necessarily healing people, the way I feel like physicians should heal people. I felt like I was just keeping the wheel moving and it didn't make any sense to me. And so, I began to reach out to other people who I thought might have more education than me. And after several conversations and sort of talking to other people, then, I finally came across the papers, like Westman's papers and all of the data. And it was kind of this huge little box, had been open full of all these like precious jewels.

And I remember the moment when I looked at the little box and I saw the HOMA-IR scores and I saw the statistical significance and I was like "The insulin, is actually more predictive of atherosclerosis than the LDL's or the hemoglobin A1c's."

And I was like "What? Wait a minute, that's really important. "Why isn't this... why don't people know about this? This is really important." And I remember that was that moment, I changed my practice like the next day.