



Understand and Manage  
Diabetic Nerve Pain

DiabetesPainHelp.com

Steven Edelman, M.D.  
Founder and Director, Taking Control of Your Diabetes  
Renowned Diabetes Expert

Dr. Edelman, who has been living with diabetes since the age of 15, is the founder and director of Taking Control of Your Diabetes (TCOYD), a not-for-profit 501(c)3 diabetes education organization founded in 1995. Committed to promoting education, motivation, and self-advocacy for people living with diabetes, Dr. Edelman has become a local, national and international leader in diabetes treatment, research, and especially education. He champions the cause of patient advocacy and has dedicated his life to helping people with diabetes live healthier lives.

Dr. Edelman currently serves as Professor of Medicine in the Division of Endocrinology, Diabetes & Metabolism at the University of California, San Diego, and the Veterans Affairs Healthcare System of San Diego. He is also the director of the Diabetes Care Clinic VA Medical Center and the editor of the journals *Insulin* and *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*.

Dr. Edelman received his MD from the University of California, Davis where he was valedictorian. His postgraduate training included a residency in internal medicine at UCLA-San Fernando, a clinical fellowship in diabetes and metabolism at The Joslin Clinic, a fellowship in endocrinology and metabolism at the Lahey Clinic in Burlington, Massachusetts, and a research fellowship in diabetes and metabolism at the University of California, San Diego. Dr. Edelman is certified in internal medicine and metabolism, diabetes, and endocrinology.

A highly sought public speaker for both professional and lay audiences, Dr. Edelman has given over 1,000 lectures around the globe and appears frequently on television, including the TCOYD-TV educational series. He has written numerous books and over 200 publications, including articles and abstracts that have been published in such journals as *American Journal of Physiology, Diabetes*, and *Journal of Clinical Endocrinology and Metabolism*. Dr. Edelman is a reviewer for several journals, including *Annals of Internal Medicine, Journal of Clinical Investigation*, and *Journal of Clinical Endocrinology and Metabolism*. His honors include valedictorian of his medical school graduating class, the Distinguished Alumnus Award from the University of California, Davis School of Medicine, multiple Chief Resident's Teacher of the Year Awards from the University of California, San Diego, the Humanism in Medicine Award from the University of California, San Diego, and the American Diabetes Association's 2009 Outstanding Educator in Diabetes Award.

Dr. Edelman is married to Dr. Ingrid Kruse, a podiatrist who specializes in diabetes foot problems. They have two daughters, Talia and Carina.

