

The Quander Quality

Facing Challenges Head on and Triumphant

By all medical accounts, James W. Quander was supposed to be dead by age 10 years. Growing up in racially segregated Washington, D.C. in the 1920s, 1930s, and 1940s, James faced the obstacles of double discrimination - racial discrimination due to the lack of access to better jobs and economic opportunities on all levels; health-related discrimination, as many of his peers deliberately shunned him, characterizing his health condition as "strange," fearful that they might "catch" what ever illness he appeared to have. He remained in what he called, "the diabetic closet," and did not publicly "come out" until the 1970s. By then, the population at large was more familiar with diabetes and accepting of the fact that it was a non contagious health challenge.



His story is riveting, tracing his life through nine decades (1918-2004), relating how he faced challenges head on and triumphed. Order your signed copy of "**The Quander Quality: The True Story of a Black Trailblazing Diabetic**", by mailing this order form to the address below. The author will be donating 50% of all proceeds to Howard University's

College of Medicine for diabetic education and research.

"This riveting testimonial should serve as inspiration to us all and to the fact that we can beat diabetes."

Francine R. Kaufman, M.D.

Children's Hospital, Los Angeles

Past President of American Diabetes Association

Author of *Diabesity*, (Bantam, 2005)

"James W. Quander was truly a trailblazer and a hero, who demonstrated early in life that juvenile diabetes is not necessarily a death sentence. He challenged those who doubted his determination to survive, placing his trust in God, the old Freedmen's Hospital, the Howard University College of Medicine and the medical staff, who taught him basic survival skills.."

H. Patrick Swygert, President, Howard University

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