

Rose Learns About Preventing Diabetes

Rose has just arrived at Mila’s house. She is upset because she has just been diagnosed with prediabetes. Mila and Lola are trying to comfort her.

Mila: Rose, are you okay? You look upset.

Rose: I just had a checkup with Dr. Cabaya, and he told me that I have prediabetes! How do I tell Jose? He will be upset.

Mila: My brother only wants to see you and the family healthy and strong—especially after his struggles with high blood pressure and his stroke. Think of this news in a positive way. You can still make changes now to delay or prevent diabetes.

Rose: I have been trying so hard to help Jose stay healthy and keep his blood pressure under control that I forgot about myself. But Dr. Cabaya told me that the whole family should be healthy, not just one person.

Lola: Rose, Dr. Cabaya is right. You have to stay healthy for your children and family! Remember how hard it was for Jose’s dad to change his habits when he was diagnosed with diabetes? He did not change his lifestyle, so the complications from the diabetes made his last years very hard.

Rose: Yes, Mama (Lola). Dr. Cabaya said I should be physically active every day, make wiser food choices, and lose some weight. He said this would help lower my blood sugar and reduce my risk for diabetes.

Mila: You are already helping Jose make heart healthy changes. It will be easier for you to practice these changes now, too. You could also start walking with Mama (Lola) and me on the weekends. It will be fun!

Rose: Yes, that’s a great idea. Maybe making these changes will not be too hard.

Lola: Have courage, Rose. *Sa taong walang takot, walang mataas na bakod.* “To a fearless person, no fence is too high.”