

# Staying Healthy With Diabetes: Real-Life Stories

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## What can you do?

### Scene 1: Alberto's Birthday Party

Saturday is Alberto's birthday. His family is having a big party for him, and many relatives will bring lots of tasty food and desserts such as cakes, ice cream, and pies. Marta has not been to a potluck meal since her doctor told her she has diabetes. She has worked hard to learn how to eat healthy foods. Now, Marta wonders what she should bring to the birthday party and what foods she should eat while she's there.

**What can Marta bring to the birthday party?**

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**How can Marta eat healthy while she's at the party?**

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**What else can Marta do?**

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## What can you do?

### Scene 2: Miguel's New Shoes

Miguel bought a new pair of shoes a week ago. He wore them 2 days in a row because his feet felt fine. When he took off his shoes at the end of the second day, however, Miguel noticed some red spots on both of his feet and blisters on the big toe of his right foot. He wonders what he needs to do about the red spots and blisters. Miguel is concerned that he did not feel the sores on his feet. He also worries that his diabetes is not under control.

**What can Miguel do about the sores on his feet?**

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**What should people with diabetes consider when buying shoes?**

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## What can you do?

### Scene 3: What's Wrong With Andres?

**First visit:** Andres visits his sister, Isabel, who is a promotora. Andres tells her that he is tired, thirsty, and that he urinates often. He asks Isabel if she thinks he has diabetes.

**What can Isabel tell Andres?**

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**Second visit:** Andres sees Isabel again and tells her that he went to the doctor. The doctor confirmed that Andres has diabetes. Andres is afraid.

**How can Isabel help Andres overcome his fear of having diabetes?**

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