



Staying Healthy With Diabetes: Real-Life Stories

Scene 1: Harris family reunion

Saturday is the Harris family reunion. Many relatives will bring tasty foods and desserts. Harold hasn't been to a potluck meal since his health care provider told him he has diabetes. He's worked hard to change his eating habits. Now, Harold wonders what he should bring to the reunion and how he can stick to his eating plan.

What can Harold bring to the reunion?

How can Harold stick to his eating plan at the reunion?

What else can Harold do?



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Scene 2: Connie's new Shoes

Connie bought a new pair of shoes a week ago. She wore them 2 days in a row because her feet felt fine. When she took off her shoes at the end of the second day, however, Connie noticed some red spots on both of her feet and blisters on the big toe on her right foot. She wonders what she needs to do about the red spots and blisters on her feet. She's concerned that she didn't feel the sores on her feet. She also worries that her diabetes isn't under control.

What can Connie do about the sores on her feet?

What should people with diabetes consider when buying shoes?



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Scene 3: What's wrong with Angela? What can you do?

First visit: When Angela and her cousin, Dawn, go shopping, Angela often has to stop to use the restroom. Dawn, a community health worker, asks her if anything is wrong. Angela says she's been more tired and thirsty lately and has to pee frequently. Even though she's physically active, Angela worries she has diabetes. She asks Dawn what to do.

What should Dawn tell Angela?

Second visit: Angela tells Dawn that she went to the health care provider and she has diabetes. Now she's afraid.

How can Dawn help Angela overcome her fear of having diabetes?
