

How Pam Managed Her Diabetes

“I’ve been a diabetic for 7 years now, and been in good control for the past two years. For a couple of months before I was diagnosed, I would almost pass out and start babbling/ making no sense because my sugar was too low. My sugar was up and down. When I had high sugar, I felt sick as a dog, really jittery as if I’d had a lot of caffeine. At a regular check up, the doctor found I had diabetes. I was shocked: I was at a healthy weight and watched what I ate. Then I got really scared – I thought ‘I’m going to die from this!’ The doctor told me I could lose my eye, could lose my feet, I could die. It took me a few weeks to start the medicine because I didn’t want to believe I had diabetes. My whole family has it. I’d watched my father, his mother, and his brother all have quadruple bypasses.

“I pulled a lot of strength from my faith. I had to learn how to eat. I wasn’t eating enough. For 40 years I’d just eat one good meal a day, I wasn’t hungry for more. I drank a lot of fluids, and my fluids were sugary. I had to go to a dietician to learn about eating carbs and eating every 4 hours: breakfast, lunch, dinner plus snacks. That was really hard for me – how do you eat when you’re not hungry? I had to train my body. My doctor said I could either take medicine and eat whatever I want, or control my diet.

“I learned to love vegetables and fruit – I crave them now. I eat whole foods, probiotics to keep my gut healthy and avoid yeast infections, and fiber shakes to help with weight control. It took a couple of years to regulate my sugar and then I finally found the key was exercise. My doctor said, ‘Get a dog.’ I adopted a rescue dog that my neighbor brought home. Now we walk 30-45 minutes twice a day, and I’ve lost 2 inches from my waist. Exercise also lessens my arthritis pain – it’s the only thing that keeps me going. I had never been much for exercise, not even gym or sports in school, but now I’m a true believer.

“I gained weight on the diabetes medicine – weight gain is a side effect. Menopause doesn’t help either. I was really upset about that – I care about how I look. All I kept hearing in my head was, “I’m in control of this.” I decided to get a little more proactive and start swimming at a pool. I have gotten my diabetes medicine down to as low a dose as I can have.”



Enka Candler resident
Pam Masiello



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When I was diagnosed, I wanted to know why this had happened. Stop asking why and take charge. Diabetes is controllable. If you want to be in control of your life, be proactive about it.

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Get a coach!

Talk to a doctor about steps to take NOW!