

QUESTIONS YOU MUST ASK AT TODAY'S EXAM

Guide to

Health**monitor**

Diabetes

SPECIAL FOCUS
ON TYPE 2

YES, YOU
CAN REACH
A HEALTHIER
WEIGHT!

*Conquer the
obstacles in
your path*

IS YOUR
TREATMENT
ON TRACK?

See p. 11

**"I want to be
around for the
future"**

Kelly deVos went from
diabetes denier to
diabetes dominator!

COMPLIMENTS OF YOUR HEALTHCARE PROVIDER

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AADE FAVORABLY
REVIEWED

Guide to Diabetes

SPECIAL FOCUS ON TYPE 2



20 Being positive and proactive helps Hayley, top, Elissa, above left, and Adam maintain diabetes-friendly habits.

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“I found my diabetes cheerleader!”

Chasing her grandkids, nieces and nephews around her Florida backyard is now Abbie Padmore's greatest joy. “They are my stress relievers. We race and I catch them and hug them!” she laughs. “I have a lot more energy and not a care in the world!” Yet not so long ago, Abbie was weighed down by seemingly uncontrollable high blood sugar. Fortunately, the right person came along and changed everything...

In 2007, then 38-year-old Abbie was startled when a routine blood test revealed she had type 2 diabetes. Sure, she was tired—but wasn't everyone? And yeah, her weight had climbed over the years. But diabetes?

At first, Abbie didn't work at managing the disease: Between traveling for her bank job and raising her two kids, who had the time? Also, it didn't help that her doctor prescribed insulin and Abbie had a fear of needles.

It was an offhand remark that finally convinced Abbie to take her type 2 seriously: “Someone reminded me that I had to take care of me, so I could take care of my kids,” says Abbie, whose weight had soared to 336 pounds.

“I realized I needed help”

After 10 years of toughing it out on her own, Abbie found an ally in diabetes educator Shani Davis PhD, ANP-BC,

CDE. “Dr. Davis explained my type 2 diabetes in a way that was easy to understand. She talked to me like a friend and approached it in a way that wasn't scary.”

Goal one? To lose 30 pounds. Davis suggested tweaking her eating habits, a daily walk and talking to her healthcare team about trying a new treatment—a once-weekly non-insulin injectable that increases the body's production of insulin and promotes weight loss. She also recommended a continuous glucose monitor so Abbie could track her blood sugar without multiple finger sticks.

“What a difference!”

“I used to wake up and my fasting blood sugar would be in the 300s,” she says. But since meeting Davis, she's lost 30 pounds and her blood sugar is more stable: “Now I wake up with blood sugars less than 100. I'm sleeping better. I'm feeling great!”

And while Abbie's new medication is also an injection, she's not complaining: “I transitioned from giving myself insulin injections several times a day to now taking a weekly injection,” she says. “My body is doing what it should be doing—it's creating its own insulin.”

“I am able to do more now at 50 because I discovered my perfect diabetes healthcare partner and the right treatment regimen!” Today, Abbie is hoping to inspire others by sharing the strategies that worked for her:

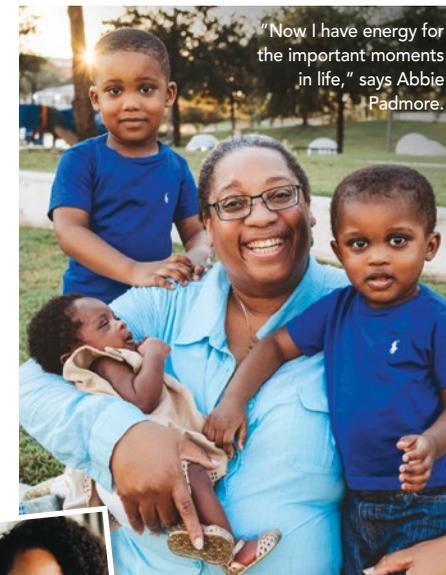
1. Don't give up! “That person and medication is out there to get you to where your goals are; you *can* get diabetes under control!”

2. Find your motivation. “My children, grandchildren, nieces and nephews are the biggest parts of my heart! I want to be around for the important moments.”

3. Keep moving! “I started at 3,000 steps a day and now can easily accomplish 5,000 steps.”

4. Find new favorites. A smoothie with dark leafy greens and fruit recommended by Davis has become Abbie's go-to in the morning and evening. 🍷

—Karen Kleimann



“Now I have energy for the important moments in life,” says Abbie Padmore.



“No, type 2 is not your fault!”

...says Abbie's diabetes educator Shani Davis, PhD, ANP-BC, CDE, left, of Your Best You in Tampa, FL: “So don't feel guilty! A lot of factors lead to diabetes, and you didn't bring it on yourself. Fortunately, lifestyle changes and treatment can help you manage your type 2 diabetes, so it becomes something you live with—not your life!”