

## Newsletter Article

Yvonne has lived with diabetes for over 25 years. When she first learned she had prediabetes, a condition that put her at increased risk for diabetes, she says she went right into denial. “I weighed over 200 pounds. I smoked two to three packs of cigarettes a day. I didn’t do any kind of exercise and I ate whatever I wanted and how much I wanted and I was wearing a size 20 dress. And I was feeling bad and had all the symptoms of diabetes but in my mind I rationalized that, well it was something else.”

What might surprise people about Yvonne’s story is that she is a registered nurse and diabetes educator. “People would tell me all the time, ‘Well you’re a nurse, you’re supposed to know better.’ But knowing better and doing better are two different things because I still faced the human challenges,” says Yvonne.

Learning to manage diabetes is not easy. People with diabetes are responsible for most of their care including making healthy food choices, being more physically active, monitoring their blood glucose, possibly taking medication, and getting regular health care. When this is added to the other activities of everyday life, managing diabetes can become overwhelming.

People with diabetes can learn the skills to cope with ups and downs of living with diabetes. *New Beginnings* is a program being offered by [*Organization*] to teach people with diabetes important skills such as planning, problem solving, stress management, and communicating with family members and health care providers. In *New Beginnings* groups, people with diabetes and their family members learn these valuable skills in a fun, supportive environment led by a group leader. [*Insert quote from a facilitator, program manager, or participant about your program*].

Yvonne did overcome her denial and started to manage her diabetes by quitting smoking, walking, and making healthier food choices. Eventually, she lost a total of 50 pounds. “In life you have to find something good in everything bad. So yes it was bad that I developed diabetes, but it made me start taking care of myself and it got me a cute little size 12 out of the deal too,” says Yvonne.

For more information about *New Beginnings*, contact [*insert contact information*].