

STRESS.
IS THAT A NEW PROBLEM
FOR ME TO WORRY ABOUT?

NO, ALICIA, WE ALL HAVE
STRESS IN OUR LIVES.

STRESS OR STRONG EMOTIONS
DON'T CAUSE DIABETES, BUT TOO
MUCH STRESS CAN CAUSE HIGH
BLOOD SUGAR PROBLEMS.

Some Causes of Stress

Anger

Fear or worry

Working too much

Too little sleep

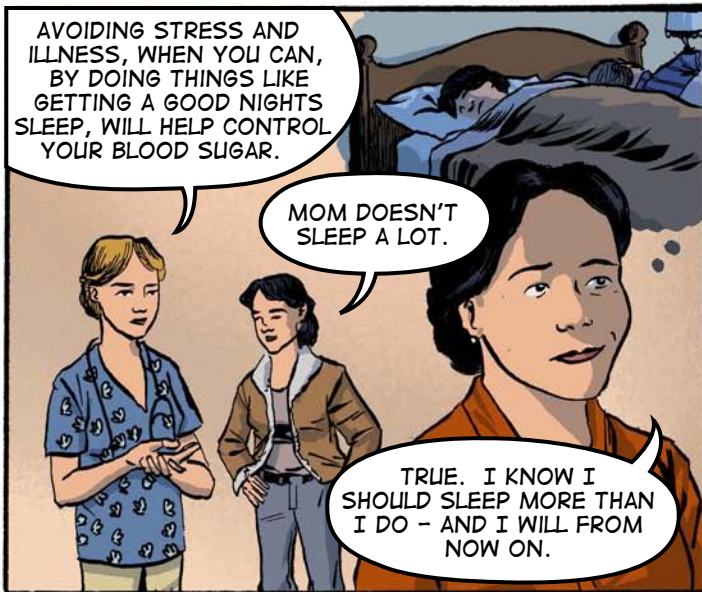
Being sick



AVOIDING STRESS AND
ILLNESS, WHEN YOU CAN,
BY DOING THINGS LIKE
GETTING A GOOD NIGHT'S
SLEEP, WILL HELP CONTROL
YOUR BLOOD SUGAR.

MOM DOESN'T
SLEEP A LOT.

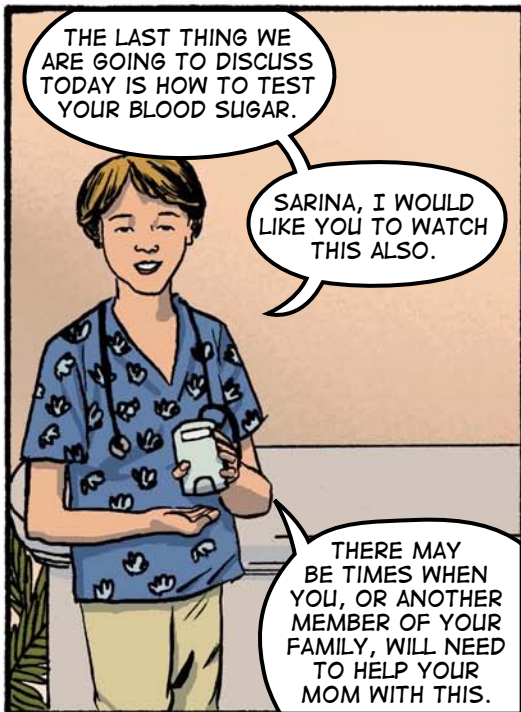
TRUE. I KNOW I
SHOULD SLEEP MORE THAN
I DO - AND I WILL FROM
NOW ON.



THE LAST THING WE
ARE GOING TO DISCUSS
TODAY IS HOW TO TEST
YOUR BLOOD SUGAR.

SARINA, I WOULD
LIKE YOU TO WATCH
THIS ALSO.

THERE MAY
BE TIMES WHEN
YOU, OR ANOTHER
MEMBER OF YOUR
FAMILY, WILL NEED
TO HELP YOUR
MOM WITH THIS.



MOST PEOPLE,
INCLUDING YOU NOW
ALICIA, TEST THEIR
BLOOD SUGAR BY USING
A METER THAT SHOWS
YOU YOUR BLOOD
SUGAR LEVEL.

HERE IS HOW
YOU DO IT.

FIRST YOU STICK
YOUR FINGER WITH A
SMALL NEEDLE TO GET A
DROP OF BLOOD.





THEN THE DROP OF BLOOD IS PUT ON A PIECE OF PAPER CALLED A TEST STRIP.

THEN THE STRIP IS PUT IN A METER AND THE METER SHOWS YOU YOUR BLOOD SUGAR LEVEL.

I DON'T LIKE NEEDLES.



NO ONE DOES, ALICIA. THIS DOESN'T REALLY HURT. HERE. NOW YOU TRY.

GOOD. THIS BOOKLET WILL TELL YOU MORE ABOUT WHEN AND HOW TO CHECK YOUR BLOOD SUGAR.

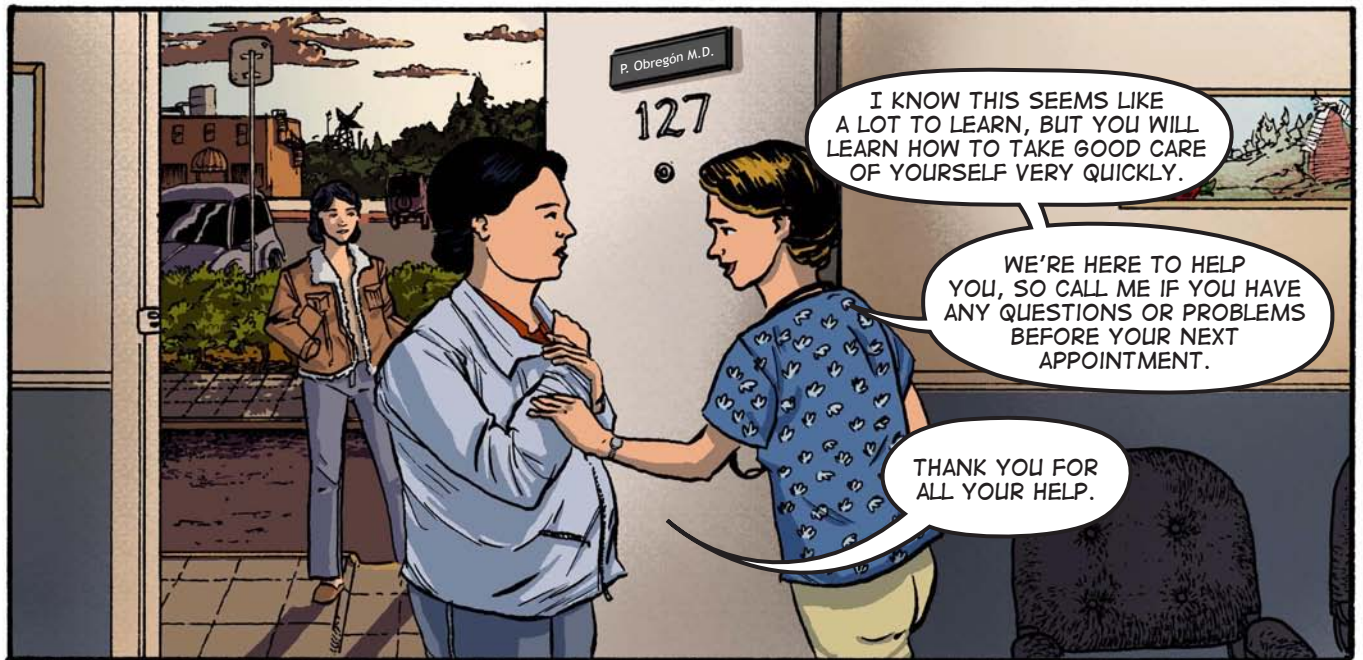
IT IS ALSO A DIARY SO YOU CAN KEEP A RECORD OF YOUR BLOOD SUGAR NUMBERS. WE WILL REVIEW YOUR DIARY TOGETHER EVERY TIME YOU COME TO THE OFFICE.

DO YOU OR SARINA HAVE ANY QUESTIONS ABOUT THIS OR ANY OF THE OTHER THINGS WE HAVE DISCUSSED?



NO. THANK YOU.

NO.

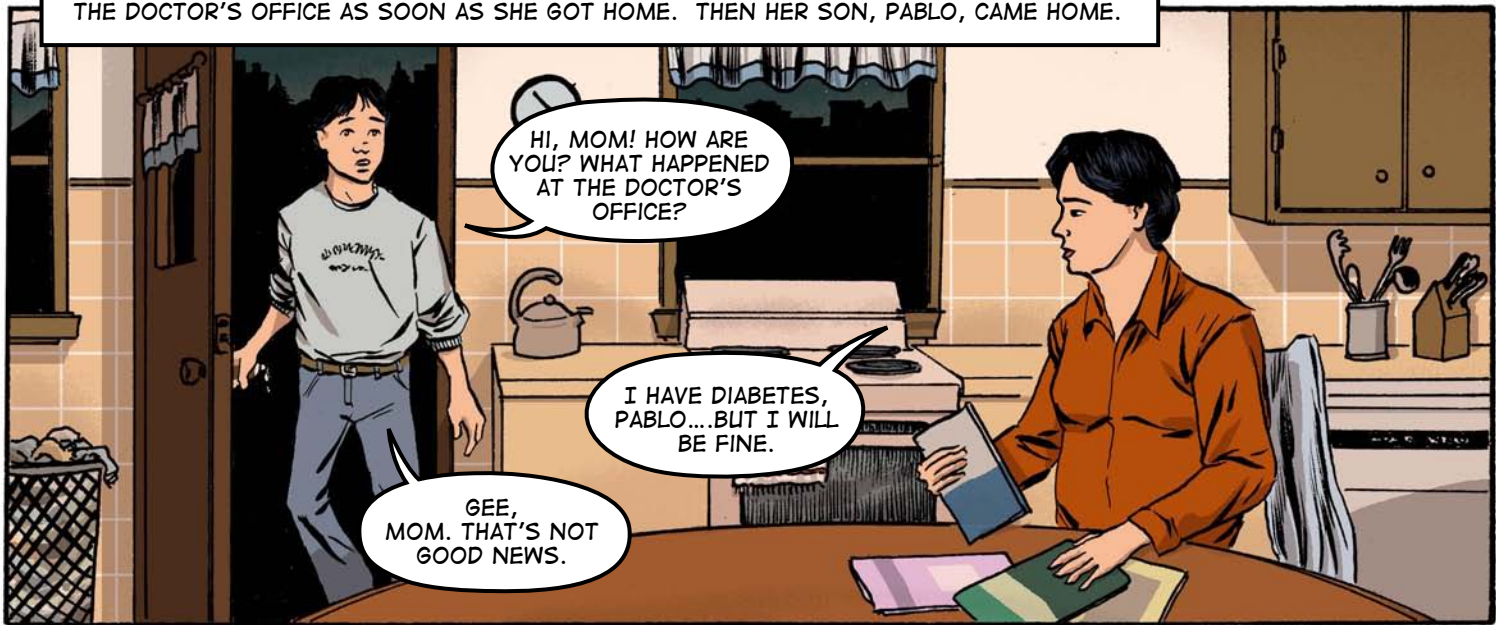


I KNOW THIS SEEMS LIKE A LOT TO LEARN, BUT YOU WILL LEARN HOW TO TAKE GOOD CARE OF YOURSELF VERY QUICKLY.

WE'RE HERE TO HELP YOU, SO CALL ME IF YOU HAVE ANY QUESTIONS OR PROBLEMS BEFORE YOUR NEXT APPOINTMENT.

THANK YOU FOR ALL YOUR HELP.

ALICIA KNEW SHE HAD A LOT TO LEARN. SHE STARTED TO READ THE BROCHURES SHE GOT AT THE DOCTOR'S OFFICE AS SOON AS SHE GOT HOME. THEN HER SON, PABLO, CAME HOME.



HI, MOM! HOW ARE YOU? WHAT HAPPENED AT THE DOCTOR'S OFFICE?

I HAVE DIABETES, PABLO... BUT I WILL BE FINE.

GEE, MOM. THAT'S NOT GOOD NEWS.

RICO'S MOM HAS DIABETES AND SHE SAYS IT'S FATE. THERE IS NOTHING ANYONE CAN DO ABOUT IT.

THAT'S NOT TRUE. THERE'S A LOT THAT I CAN DO.

MOM'S RIGHT, PABLO. AUNT MARGARET HAS HAD DIABETES FOR A LONG TIME.

SHE TAKES DIABETES PILLS, TAKES GOOD CARE OF HERSELF, AND SHE'S 76 YEARS OLD!

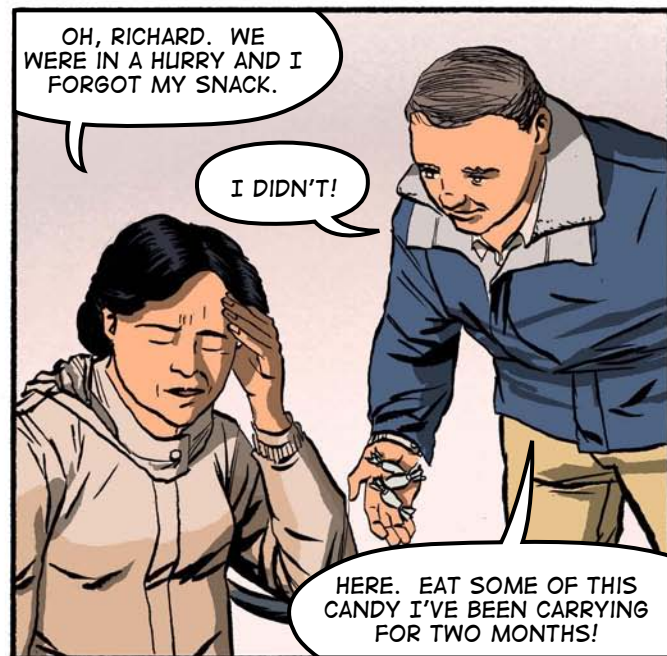
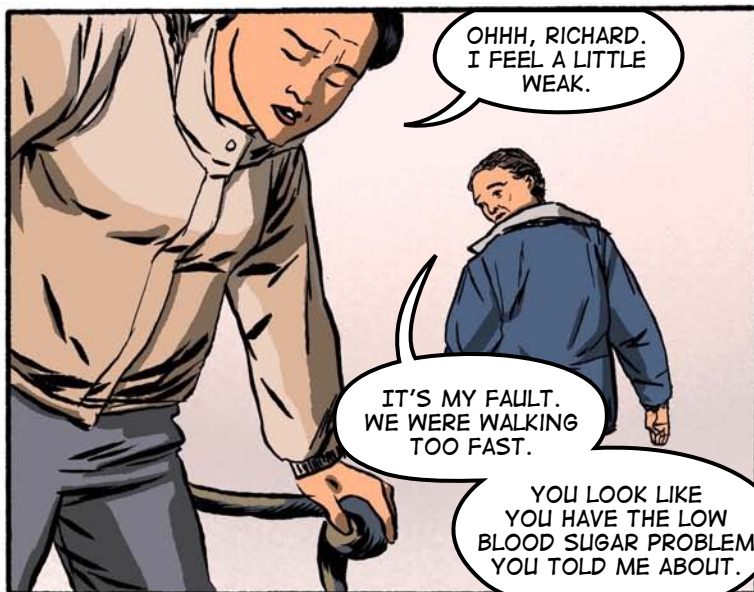
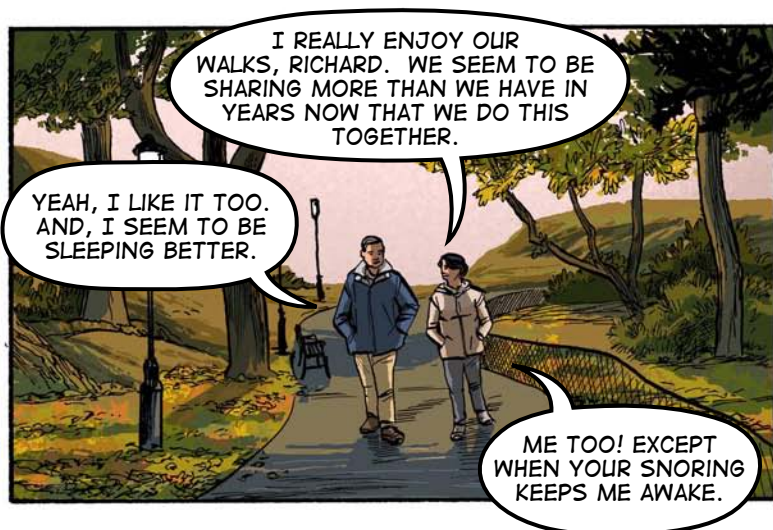
SIX MONTHS LATER. ALICIA AND HER HUSBAND, RICHARD, ARE WALKING IN THE TOWN PARK. THEY HAVE BEEN WALKING ONCE OR TWICE A WEEK SINCE ALICIA FOUND OUT SHE HAD DIABETES. ON OTHER DAYS, ALICIA WALKS WITH HER GIRLFRIENDS OR SOMETIMES WITH SARINA.



ARE YOU READY, ALICIA?

ALMOST. I JUST HAVE TO FINISH CHECKING MY BLOOD SUGAR.





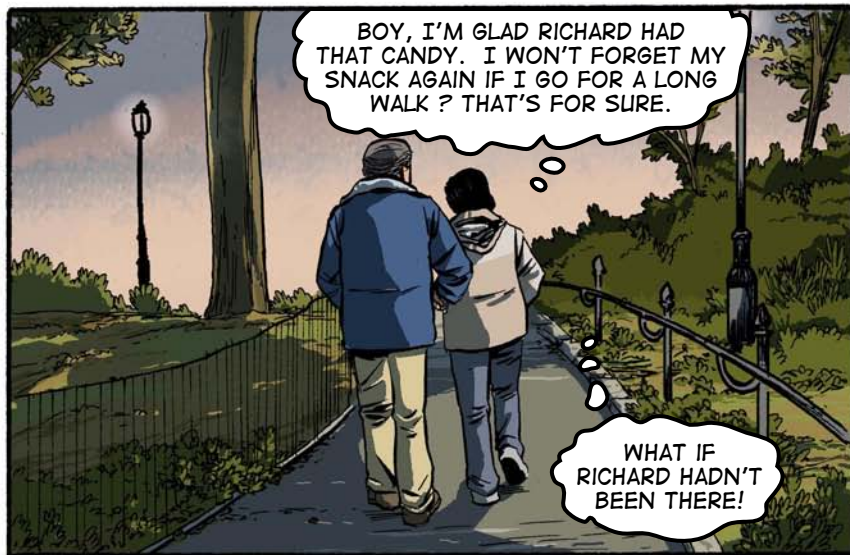
15 MINUTES LATER. ALICIA IS STILL SITTING ON THE BENCH. SHE'S SMILING AND LOOKS LIKE SHE IS FEELING BETTER.

I FEEL BETTER NOW, RICHARD. LET'S GO HOME.

LET'S WAIT A COUPLE OF MINUTES MORE, ALICIA. JUST TO BE SAFE.

THE GAME CAN WAIT. IT'S JUST ONE MORE GAME IN A MILLION GAMES. RIGHT?

HA.



BOY, I'M GLAD RICHARD HAD THAT CANDY. I WON'T FORGET MY SNACK AGAIN IF I GO FOR A LONG WALK ? THAT'S FOR SURE.

WHAT IF RICHARD HADN'T BEEN THERE!

MOM, YOU LOOK GREAT TONIGHT.

THANK YOU, SARINA. I FEEL GOOD TOO.

AND, I WANT TO THANK ALL OF YOU FOR HELPING ME WITH MY EXERCISES AND REMINDING ME TO CHECK MY BLOOD SUGAR WHEN I FORGET TO CHECK IT...WHICH I STILL DO AT TIMES.

NO PROBLEM, MOM. IT'S BEEN FUN REMINDING YOU WHAT TO DO FOR A CHANGE!

I'M PROUD OF YOU, ALICIA.

WE'RE ALL PROUD OF YOU. YOU ARE DOING A GREAT JOB CONTROLLING YOUR DIABETES.





Check your blood sugar levels often



Avoid stress and worry as much as you can



If you take medicine, always take it as directed (and don't stop taking it without speaking to your doctor or nurse)

REMEMBER, YOU CAN CONTROL YOUR DIABETES BY FOLLOWING THESE SIMPLE RULES:

YOU CAN LEAD A FULL AND HAPPY LIFE WITH DIABETES, JUST LIKE EVERYONE ELSE, BY TAKING GOOD CARE OF YOURSELF.



See your doctor for regular checkups

SHARE THIS BOOKLET WITH OTHERS.

WE ALL NEED TO JOIN THE FIGHT AGAINST DIABETES!

If you have diabetes, always check with your doctor before making any change in your diabetes treatment plan. For more information, contact your doctor's office or call the American Diabetes Association at 1-800-Diabetes or online at www.diabetes.org.

END of Story. Visit www.learningaboutdiabetes.org for Parts 1 and 2 of The Mysterious Symptoms.



Stay active ...exercise, if you can, every day



Eat healthy foods ...every day

