

# **Managing Your Diabetes: An Introduction**

**Lance Miller, Diabetes Patient**

Diabetes was always in the back of my head, that I could get it, but you are never, ever prepared for a life-changing diagnosis like that.

**Gilberto Vaquero, Diabetes Patient**

It was just almost too much to handle, so I just kind of blur out that week.

**Rhonda Cruz, Diabetes Patient**

It's a whole change of your life.

**Cecilia Sauter, Diabetes Educator, University of Michigan**

As you've just heard, diabetes is a complex disease, and living with it every day can be difficult.

**Jasmine Gonzalvo, Pharmacist, Diabetes Educator, Purdue University**

Diabetes educators (like myself and Cecilia) have created this series, Managing Your Diabetes.

**Cecilia Sauter, Diabetes Educator, University of Michigan**

The series has seven short videos and some helpful informational sheets that you can download in either English or Spanish. We'll give you tips for making your life easier as you learn to live with diabetes.

**Jasmine Gonzalvo, Pharmacist, Diabetes Educator, Purdue University**

Each video focuses on a different topic: Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risks and Healthy Coping.

**Cecilia Sauter, Diabetes Educator, University of Michigan**

Each program runs for only 4 to 6 minutes, so they won't take hours of your time to watch. And there's no particular order. So, you can watch any part at any time, even re-watch some, if you like, whatever your schedule allows.

**Jasmine Gonzalvo, Pharmacist, Diabetes Educator, Purdue University**

We do suggest that you watch the entire series. It has some great suggestions for helping you take control of your diabetes.

**Rhonda Cruz, Diabetes Patient**

If you want your numbers to be good and you want to live longer, it's something that you have to change in your lifestyle.

**Lance Miller, Diabetes Patient**

One of the best ways I've found to cope with my disease is to educate myself about my disease. The more you know, the more power you have over it.

**Narrator**

Managing Your Diabetes. Seven steps to a healthier you.