

# Russell's Diabetes Journey

*"It was a bombshell. Kind of like, it hit me so hard I broke down in the office."*

*"Oh yeah, oh my God, change lifestyle. I had to change the way I eat. I had to change the way I think. It was hard, going certain places to eat. Other people eating good, I couldn't eat."*

*"And diabetes effect you in a lot of ways. Sex wise, with heart things, your pressure, all that and that really took a toll to me. Especially when it came to the sex, you know, 'cause it really does something to you and you can't function as well when the diabetes has control of your body. And the only thing you can do, you gotta don't let it control you, you control it."*

*"Well, when the doctor told me about things that you could lose and I watched my feet, I watched my color of my skin. I feel my ankles, I feel my feet where they swelling, coloring of the toes where they turning black."*

*"So now I just be more careful of what I put on my feet to protect my feet as well as my- my hands, my fingers."*

*"I talk to my doctor and he's like, he was a marine, he's a pretty strict guy and he don't pull no punches. And he ain't feeling sorry for you because he's telling you like it is. He tell you what you should do and if you don't listen, you don't follow through, that's on you. He put it out there but you have to listen, take it in and work what he tell you to do and that's what I do."*

*"She make sure I don't eat the wrong things. She make sure I check my sugar. That goes to show you how she love me and was concerned about me. Sometimes a man like a woman tell 'em what to do you know, but in this case, that's something I needed to do because she show me concern and love. That's all I can say about my girlfriend, she's there for me."*

*"I don't try to use diabetes as a crutch but I have a lot of happy moments with Margaret and that breaks the ice. So I don't always try to put diabetes as a crutch or saying I'm not gonna make it or this and the other. No I don't do that. I say, "I will overcome and I will be happy."*