

National Diabetes Education Program
Managing Diabetes Podcast: Sorcy
Podcast Transcript

SORCY: The first thing, and most important thing, that I had to do was to begin to educate myself. I attended classes to understand better what these things are: portion control, carb control, eating a size of food. I should start eating on a 9 inch plate instead of a 12 inch plate. It was really a challenge because changing all of what I grew up with. I started reading food labels; it's a whole change to my lifestyle.

The most important thing that I do is really monitoring my blood sugar every day. I have set a goal for myself and that is, no matter what, I will avoid dialysis because now I know that I might end up with kidney complications and other complications if I don't learn how to control my blood sugar. Self monitoring is very important for me.

Then continuous education; I attend classes on nutrition, weight management, preventing complications. This helps me a lot. I did not even know how my medications work, but now I know that these are the things that I need to do because my goal is not to have any complications.