



IN IT TOGETHER

WHEN I FIRST WAS DIAGNOSED, A LOT OF THE EMOTIONS REALLY WERE NEGATIVE EMOTIONS, THEY WERE FEAR, ANGER, HOPELESSNESS. MY MOTHER DIED FROM COMPLICATIONS RELATED TO TYPE TWO DIABETES AT THE AGE OF THIRTY-FIVE. IRONICALLY, I WAS DIAGNOSED AT THE AGE OF THIRTY-FIVE. WHEN THE DOCTORS TOLD ME THAT I HAD GESTATIONAL DIABETES, I WAS DEVASTATED BECAUSE HERE I HAVE JUST LEARNED THAT I'M HAVING THIS BUNDLE OF JOY, I AM PREGNANT, YOU KNOW, THIS IS MY FIRST CHILD AND SO I'M EMBRACING THE PREGNANCY. I FELT THAT I HAD TO STEP UP TO THE PLATE AND, AND SAY, OKAY, AS THE OLDEST OF THE SIBLINGS I'M GONNA TAKE CARE OF MY MOM FROM NOW ON. MY PRIMARY CARE DOCTOR SIMPLY SAID, OKAY, YOU HAVE TYPE TWO DIABETES, LET'S GET YOU ON SOME MEDICATION. I DIDN'T KNOW ANYTHING ABOUT WHAT IT REALLY MEANT. I DIDN'T KNOW HOW I SHOULD CHANGE MY EATING HABITS. I DIDN'T KNOW THAT I SHOULD INCORPORATE EXERCISE INTO MY LIFE. AT THAT TIME, I DIDN'T HAVE WHAT I FELT LIKE WAS A GOOD SUPPORT SYSTEM. I REALLY HAD TO COME TO THE REALIZATION THAT IT IS NOT GOING TO GO AWAY. I CANNOT JUST BE IN DENIAL AND NOT DEAL WITH IT BECAUSE, AGAIN, NOW THAT I HAVE THIS CHILD THAT IS GONNA DEPEND ON ME SO NOW I HAVE TO CHANGE MY LIFE NOT ONLY FOR HIM BUT FOR ME SO THAT I CAN LIVE. THERE ARE CHALLENGES, I SAID, I GUESS I WOULD CALL THEM, KNOWING THAT, YOU KNOW, SHE'S AGING AND SO JUST RECOGNIZING THOSE KIND OF ISSUES. WE DON'T WANT TO TALK ABOUT DIABETES. SO WHY IS THAT? THAT'S THE MOST PUZZLING THING, I WOULD SAY. WHEN I FIRST FOUND OUT ABOUT HAVING DIABETES I FELT LIKE AGAIN