

Both Anna and Mary are recently diagnosed with type 2 diabetes.
Everyone's diabetes journey is different. Here are their stories.



ANNA

Anna has difficulties accepting her diagnosis. She has too much going on in her life.

- Sense of loss
- Fear
- Shock
- Anger
- Stress
- Sense of control

MARY

Mary talks to her family and close friends about her diagnosis and next steps.



TIME PASSES



Anna takes her medicine when she can and sometimes misses her health care provider's appointments. She did not make any healthy changes.



Mary joins a type 2 diabetes program, works with her health care provider, and starts to make small, healthy changes.

TIME PASSES



Anna starts having trouble seeing because her blood glucose is high. She starts to worry.



Mary knows that change is tough, sometimes she makes unhealthy choices but works hard to stay on track. She's feeling healthier.

TIME PASSES



Anna runs the risk of developing complications:

- Heart disease and stroke
- High blood pressure
- Kidney disease
- Amputation
- Blindness



Mary continues to learn how to live well with diabetes. She and her family are making healthier choices together.

Learn more about living with type 2 diabetes.

diabetes.org/type2program

1-800-DIABETES (742-2387)