

## DIABETIC PATIENT INTERVIEW

### **HOW TO SURVIVE WITH DIABETES**

Diabetes is a globally recognized chronic disease and greatly causes panic in a patient once the diagnosis turns positive. An interview with a diabetic type 1 patient helped me learn more about the situation, and the way to cope with the situation. I realized it's important to routinely check on your sugar levels, most likely to enable day-to-day routine. Checking sugar levels helps to schedule the day's meals, diabetic type 1 patient Kalli takes me through the journey of being ten years old and having to go through this.

The student in grade five was diagnosed with the same at the age of two, the journey has not been easy, rejection falls on every patient on day one of the diagnosis but with time reality has to be accepted, Kalli says. Family and friends' love creates quite a good environment for the patient and understanding of their mood swings which comes along mostly as a side effect.

Most important is having medication or correct insulin as directed by the doctors. I realized medication without proper meal sources a danger to the patient here are some of the correct meals for a patient

#### **Meals recommended for diabetic patient**

- **Protein** such as lean meat, chicken, Turkey, fish, egg, beans, lentils, and tofu.
- **Low-fat or nonfat dairy products** such as milk, yogurt, and cheese.
- **Whole Grains** such as whole white, brown rice, barley, quinoa, and oats.

A question asked by one of my friends is: Is avocado fruit okay for diabetic patients' consumption?? When properly mixed with other food it reduces blood sugar the fruit causes no harm to the patient Kalli gladly said

Note some meals are harmful too. such meals oppose great danger to the patient leading to death, these meals include

- Sugar-sweetened (sweets, chocolate, etc)
- Yogurt with added sugar
- Trans fat
- Simple carbs (pasta, white bread, white rice)
- Honey and maple syrup
- Dried fruit
- Fruit juice
- Store-bought breakfast cereals

Proper exercise is primarily important to your health journey. I learned good exercise reduces stress and increases muscle strength, using stretch bands, doing yoga, trying push-ups, and heavy gardening helps in muscle build.