From Discouraged to Encouraged: Yes You Can!

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What’s so tough about diabetes?
Diabetes Management is a BIG Job

150+ tasks

Constant need for decision making

Moving target & always changing
It’s 24/7
Discouraging Results
The Pay Stinks!

Where’s my “good job”?!
The Tightrope of “Perfect”
Many Tough Feelings

Sadness

Anger

Discouragement

Overwhelmed

Frustration

Hopeless

Guilt

Worry

Fear

Burned Out!
Diabetes Police

“You can’t eat that!”
Feeling Alone

No one gets it!
Strategies for moving forward
Joslin 50-Year Medalists
Joslin 50-Year Medal Winners, 1984 - 2008
Complications that occurred during the DCCT/EDIC and EDC studies by treatment group

<table>
<thead>
<tr>
<th>Complication</th>
<th>No. (%)</th>
<th>DCCT/EDIC conventional (n=730)</th>
<th>EDC (n=161)</th>
<th>DCCT/EDIC intensive (n=711)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CVD</td>
<td></td>
<td>61 (8)</td>
<td>18 (11)</td>
<td>38 (5)</td>
</tr>
<tr>
<td>Retinopathy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PDR</td>
<td>173 (25)</td>
<td>70 (43)</td>
<td>71 (10)</td>
<td></td>
</tr>
<tr>
<td>CSME</td>
<td>183 (25)</td>
<td>33 (21)</td>
<td>93 (13)</td>
<td></td>
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<tr>
<td>Scatter laser</td>
<td>129 (18)</td>
<td>NA</td>
<td>42 (6)</td>
<td></td>
</tr>
<tr>
<td>Focal laser</td>
<td>80 (11)</td>
<td>NA</td>
<td>30 (4)</td>
<td></td>
</tr>
<tr>
<td>Blind (&lt;20/200 in either eye), %</td>
<td>1 (0.1)</td>
<td>7 (4)</td>
<td>4 (1)</td>
<td></td>
</tr>
<tr>
<td>Nephropathy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Renal insufficiency</td>
<td>118 (16)</td>
<td>22 (14)</td>
<td>41 (6)</td>
<td></td>
</tr>
<tr>
<td>Renal replacement</td>
<td>26 (4)</td>
<td>3 (2)</td>
<td>10 (1)</td>
<td></td>
</tr>
<tr>
<td>Neuropathy: amputations</td>
<td>14 (2)</td>
<td>2 (1)</td>
<td>4 (1)</td>
<td></td>
</tr>
<tr>
<td>Neuropathy: amputations</td>
<td>8 (1)</td>
<td>3 (2)</td>
<td>7 (1)</td>
<td></td>
</tr>
</tbody>
</table>
Bang for your buck

Focus on actions to take that will give you the biggest payoff

- Know your numbers
- Are you on the right insulin regimen and doing it?
- Regular exercise
- Watch portion size
- Limit temptation
Healthy “Good Enough”

“Good enough” does NOT mean lackadaisical or that it is ok to ignore it.
Takes into account INDIVIDUAL and FAMILY needs.
Ambitious yet realistic.
Flexible.
Will change over time.
Responds with “What now?” instead of “Why?”
What is your plan for action?

small, very specific, action for change

Pick the biggest “bang for your buck”!
Set a healthy “good enough” goal
Have Hope!

- You can live a long, healthy and happy life with diabetes!
- It is never too late to start
- Small changes can add up to BIG results
Behavioral Diabetes Institute

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