

National Diabetes Education Program
Managing Diabetes Podcast: Rudy
Podcast Transcript

RUDY: What I do as far as keeping my sugars down, first I will try to prepare my meals in advance. I change my eating habits by taking classes on heart health and managing diabetes. Now I eat all of my vegetables first and then I eat my protein that's necessary. I just snack on nuts and fruits and check my sugar daily.

It's nothing difficult. It's just that before I hit the ground running with trying to combat diabetes and stay in good health, there was a remarkable change of educating myself, so now I educate everybody. With that I do more support in dealing with diabetes but also I have a good family structure that helps support me.

Since '85 I've been maintaining and trying to keep my health. Living with diabetes and visiting my health providers and telling them that I had this disease, I want to do something to manage it—how can you help me? But it's an individual disease that's managed by people individually. A good way of thinking is how do I live my life longer, how do I do good things to make a better life and what could I contribute to this life that we have as Native Americans to the culture and our lives for our kids and our families. We need to fight diabetes. We need to see our doctors. We need to talk to each other. We need to listen to those that have it and then go on the journey with them.

My advice for others with diabetes is just get in control. Just do what's right. Work with your doctor, watch what you eat and exercise. If you can't exercise by yourself, get someone to exercise with you. Don't be afraid. There are other people who have the same disease and they can be just as supportive of your needs as you are of them.