



Hi, I'm Cynthia and I was diagnosed with Diabetes Mellitus Type II (Type 2 Diabetes) in 2009. When I was first diagnosed, I was scared, I really didn't understand the disease and I wouldn't eat anything sweet. I put myself on a low-calorie diet, closely monitored my glucose level, I wouldn't eat after 6:00 p.m., and quickly lost about 25 pounds. Life was good, I started feeling better, but it wasn't long before I fooled myself into thinking I had a handle on things. I was taking my medication as directed but I started embracing my old behavior – eating whatever I wanted to, not monitoring my glucose level, and I was not embracing a healthy lifestyle.

Fast forward to May 2020 and I lost my younger sister, Danielle, who passed away due to complications from Type II Diabetes. It was a wake up call for me. My blood sugar was out of control 178 and I had literally gained back all the weight I had lost and more. Then, I got a piece a mail from my health insurance provider offering a free Livongo glucose monitor and testing supplies. I ordered the glucose monitor and supply kit and started to monitor my glucose level every day, I enrolled in a Diabetes Management class on Zoom hosted by the P.G. County Health Department and began to change my eating habits. While I learned a lot in the Diabetes Management course when the class ended in December 2020, I realized that I needed additional support, encouragement, information, and inspiration from others who are experiencing the same struggle as I am.

Since I have been a part of the Diabetes Support Group hosted by Gail Bussell, I have I continued to be educated about Diabetes, have changed my eating habits, have lost 22 pounds, and my A1C dropped from 6.6 to 6.1. I am incorporating exercise which has been a bit of a challenge, but my glucose level does not control me, I control it. This support group and fellowship has been great! Not2DaySugar!