



CARTER FAMILY PRACTICE
MODERN MEDICINE, CLASSIC CARE

Karen's Corner

LIVING WELL WITH DIABETES SERIES

FIELD NOTE
1 OF 8

Understanding Your Diagnosis

What is diabetes?

Diabetes is a condition that affects the way your body uses sugar (glucose) for energy.

When you eat, your body breaks food down into glucose, which enters your bloodstream. Insulin, a hormone made by your pancreas, acts like a key that helps move that glucose into your cells for energy.



In Type 2 Diabetes, your body either doesn't make enough insulin or can't use it well. This causes sugar to build up in your blood.



Over time, high blood sugar can damage your heart, blood vessels, nerves, eyes, and kidneys.



The good news? With the right care and daily choices, you can manage your blood sugar and live a long, healthy life.



A diagnosis of diabetes isn't the end of your health story—it's the beginning of understanding your body better. And I'm here to walk this journey with you.



Remember:

- ✓ Diabetes is manageable.
- ✓ You are not alone.
- ✓ Small steps every day make a big difference.
- ✓ We will build a plan that works for you.



Karen's Corner

I know hearing the word "diabetes" can feel overwhelming. But please know—this does not define you, and it does not define your future.

My goal is to help you understand what is happening, create a plan that fits YOUR life, and support you every step of the way.

You've got this—and I've got you.

♥ Karen

Questions for Karen

- ♥ What type of diabetes do I have?
- ♥ How serious is my diabetes?
- ♥ Can I reverse my diabetes?
- ♥ What should I focus on first?

Contact Karen

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Let's work together! ♥



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