

Testimony

Women Living with Diabetes

Patients' Perspectives

Presenter : Lurline Less, Jamaica



29 years ago



- Graduation from College
- Acceptance in University overseas for further studies



**How old were you when
diagnosed with diabetes?**

Diagnosed with Diabetes



- Type 1 diabetes - new disease, new country of study? Declined offer to further studies
- Reaction - shocked, worried, confused
- Lack of :- DM education, psychosocial support & testing supplies
- Lack of understanding of DM
- Excellent family support

Non Compliance

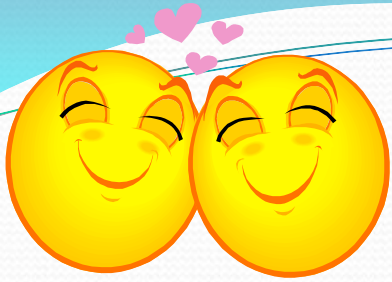


- Employed for 4 years
- Did not follow treatment recommendations
- Blood sugar constantly high or low
- Lifestyle adjustments ad hoc
- Share chaos in first 4 years
- Got testing supplies and education from USA, limited supplies in Jamaica

Diagnose with DM Complication

- Diabetic Neuropathy
- Constant pain in the limbs
- Frequent doctor's and specialist visits
- Sadness, anger, lack of motivation
- Resigned from Job
- Disabled for one year with great discomfort





Opportunity !!

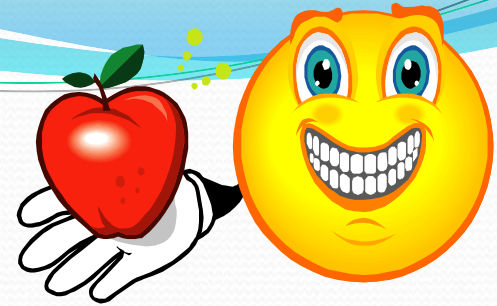


- Determined not to let diabetes win
- While recovering, used this one year to educate myself on diabetes
- Got Married
- Better lifestyle adjustment to timing of meals in relation to medication and physical activity
- Better understanding of accepting diabetes as a life long life style disease
- Critical first step in management and compliance

**When you decided to get
pregnant, was there
something you were
worried?**

**What difficulties did you
experience during
pregnancy?**

Life Back on track



- Started volunteering in offering diabetes education at Diabetes Association of Jamaica
- Studied Health Administration
- Assist in development of Diabetes Centre
- Managing a Kidney Dialysis Centre
- Involved in Diabetes in IDF and Conferences
- Two pregnancies, 2 children, no complications – due to close monitoring of fetus and b/glucose
- Masters degree in Diabetology (Education)

The Family



Lauren 11, Leighton 9





Assisting others



- Access to quality standard of diabetes care
- Life For A Child (279 children)
- Community Empowerment – Diabetes Self management education
- Talks in Schools & business places
- Bringing the awareness that one can lead a normal and productive life with DM

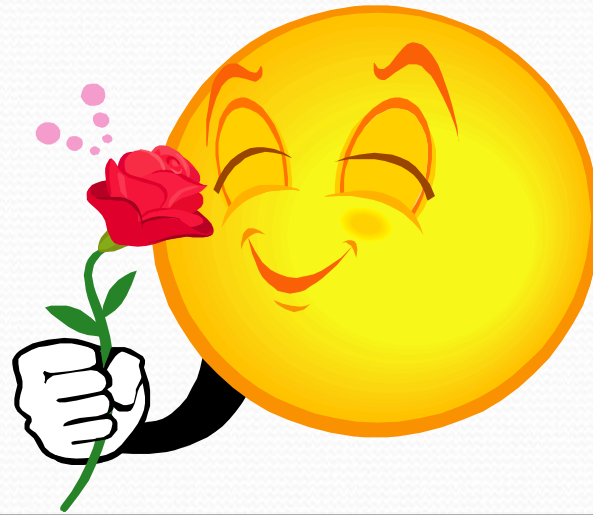
Future For Diabetes



- A1c accepted as part of routine care
- Sustainable diabetes education and psychosocial support
- Better compliance to management & improve health
- Reduction in the diabetes complications & diabetes itself
- Continued improvement in diabetes care that is accessible to developing countries

The Future

- Continue volunteering with Diabetes Association of Jamaica and contributing to wider diabetes community
- Good quality of life without Complications
- Children's lives without diabetes
- See my children graduate from University
- Grand Children!!



Children in high school (ages 15&13)



Thank You

“See the glass as half full
and not half empty”

