



October 2008

Dear Family and Friends,

Well it is that time again! It is the annual "**Walk to Cure Diabetes!**" This will be our family's 10th year participating in the walk. Each year you give so generously and we are truly thankful for your past support. We recognize that times are tough this year and , everyone is doing a little belt-tightening so no matter whether you give money or support, it is all meaningful to my family.

This year has been tough for me too. Being a sophomore in high school takes a lot of work and some things get put on the back burner. Diabetes was one of them. Dance also hasn't been going so well with injuries and strength issues. I just felt fed up and decided to pretend that my diabetes didn't exist or wasn't something I needed to worry about. Sadly, I chose to worry about it too late. You see, when you go days without testing your blood or giving yourself insulin, the high blood sugar molecules stay in your blood and slowly weaken your system. Even though I felt I was physically ready for each dance competition, I was actually putting myself at a disadvantage by not controlling my diabetes. I was setting myself up to fail even before I stepped up on the stage.

At my most recent check-up, I was given a rude awakening when my doctor came in with my A1C results (the 3 month average blood sugar level) and reprimanded me for my irresponsibility and then threatened to take me off the pump. It really hurt me to have my doctors and my family disappointed in me. So, I decided to straighten up. That was a month ago. Now I am happy to say, I am doing better, testing five times a day and bolusing after anything I eat. My whole family is eating healthier, exercising regularly and helping me to stay on track. They are the most supportive family I could ever wish for.

The point is, we all get off track sometimes and need people to help us out with our problems. I realize I can choose to rebel against my diabetes all I want, but it is not going to go away! I have accepted my diabetes for what it is, and now I am living my life strongly with my diabetes, not against it. I can't thank my family enough for bringing me back to earth about my diabetes because they care for me. And I can't thank you enough for your continued support of the **Walk to Cure** diabetes. Your contribution will go a long way in helping to find a cure.

With love,

Shannon