



FIVE

BIG MYTHS

OF DIABETES

BUSTED



PATRICIA DAIKER, RN, NC-BC

# Intro

Let's face it: Diabetes is a rather common culprit. And, contrary to popular belief, it stretches SO far beyond sugar consumption. Even if you haven't been diagnosed yourself, it's more than likely that you know someone who has. In fact, the prevalence of both **Type 1 & 2 is estimated to increase by 54% between 2015 and 2030**, to affect more than 54.0 million Americans. Experts even suggest that more than 7 million American's are walking the streets, completely unaware they've been inducted into the High Blood Sugar Society.

Unfortunately, there is as much misinformation circulating about this reality as there are people living with it. And when it comes to your health, you shouldn't leave anything to chance.

That's why we're busting the **Top 5 Myths of Diabetes**, and revealing the actual truth, so you're not led down a trail of uncertain ambiguity, and can go about maximizing your quality of life, diabetes included.

"The dragonfly, in almost every part of the world symbolizes change and change in the perspective of self realization; and the kind of change that has its source in mental and emotional maturity and the understanding of the deeper meaning of life."

- ANONYMOUS



# Myth #1

DIABETES IS A ONE-SIZE-FITS-ALL DIAGNOSIS AND EASY TO UNDERSTAND.

Busted

# Truth

We may be united on a mission of better blood sugar control, but each of our stories differ. We've all walked individual journeys so it's unfortunate that once you join the league of diabetics everywhere, you're swept into a sea of sameness. Simply put, if we all had the same needs, there wouldn't be **500 prescription drugs in addition to insulin** used to treat the population.

Truth be told, your diabetes is evolutionary, as in constantly changing. You'll also get an overwhelming amount of information, from doctors promoting different treatment plans, well-meaning family and friends offering advice, and even ads promising this or that concoction will miraculously heal your pancreas or reverse your diabetes once and for all. While hope springs eternal, and it's tempting to try just about anything, it's also imperative to sort fact from fiction.

It's easy to believe that your medical provider has all the answers, and while they may be experts in physiology, diabetes affects every aspect of your life. Think mind, body, and soul. And they ALL need tending to, meaning it takes more than what you get between the four walls of your doctors office.

Consider yourself a career student when it comes to your diagnosis. To be as successful as possible, you should embrace learning, relearning, synthesizing, understanding, and formatting your knowledge to fit your lifestyle. Just as your hairstylist or your heart surgeon undergoes regular continuing education, there is power in staying abreast of new developments and reinforcing everything you already know.

However, even if you've always considered yourself a lousy student, you're not alone. Just as there are tutors for school, there are Diabetes Coaches for you. Consider this person your mentor, if you will. Someone in your corner, who helps you navigate this new normal. She can guide you on everything from how to talk to your doctor and decipher the medical jargon, understand what's really happening in your body, teach you how to minimize the risk of complications, and walk you through the emotional roller coaster as well.

### **BOTTOM LINE:**

Diabetes is vastly complicated, unpredictable, and easily forgotten over time. Continued education is essential.





# Myth #2

YOU MUST BE  
TOUGH AND  
STRONG TO  
OVERCOME.



# Busted

# Truth

From a young age, most of us are taught to be strong. To tough it out. And that if you guard yourself fiercely with your inner strength, all will be well in your world. But that's just not reality. The truth is that fighting, monitoring, controlling, and adjusting every day of your life is exhausting. Like mind-numbing-curl-up-in-the-fetal-position-and-just-nap-the-day-away draining. You never get a day off. And you're constantly faced with people all around you who simply don't understand your struggle.

**Acting tough all the time actually does more harm than good.** In fact, it keeps your body in a constant state of fight-or-flight, which is not sustainable, and inevitably depletes your energy and drains your adrenals. This automatic response was imperative during the cave dwelling days, where energy-fueled laser focus was the difference between life and death in the presence of a hungry predator. Unfortunately, this adrenaline/ cortisol cocktail your body produces can't distinguish between the stressors of an elephant stampede and being stuck in rush-hour gridlock. The response is the same. And the ramifications are just as relentless. They include:

- **Exhaustion** through depletion of your stamina. Poor immune response, meaning you set yourself up for an increase in illness.
- **Slow metabolism** due to blood rerouting to your muscles instead of your digestive system.
- **Increased agitation**, as it's harder to think, which negatively impacts your relationships.

Fortunately, there are a lot of solutions to realign your mind and take control of your emotions. And this begins with allowing them in the first place. No one expects you to slay your day. Every. Day. It's completely normal to have moments where the world seems insurmountable. To take out your frustration. Or have a good cry. But, recognizing these feelings and embracing them instead of forcing yourself to just "push through it" is imperative to maintaining your overall health.

**It's perfectly natural to grieve your diagnosis.** In fact, all emotions have meaning and purpose. Where we've been conditioned to resist negative feelings or simply sweep them under the rug, this only serves to make them stronger. Certainly, there's been a time where you've tried to force a thought out of your mind, and refuse to allow it into your consciousness. Suddenly, it's the only thing you can think of, which is proof that pretending it doesn't exist doesn't actually make it go away. Instead, it will usually manifest itself in a different form, including physical maladies.

On the other hand, acknowledging and embracing the feelings instead is what it takes to overcome them. Typically, fear of the unknown is usually what paralyzes us. Once we face it head on, we realize it's rarely as terrifying as we made it out to be, and realize we CAN surmount the roadblocks along our path.

Furthermore, **finding balance in your life is key.** It could be the reason for the mass affinity towards yoga and meditation. Each serves as a perfect reminder that it's just as important to exercise your mind as it is your body. Simply put, life cycles both up and down, with moments of weakness and strength.



It's part of what makes it so interesting in the first place, and attempting to prevent it is a futile effort at best. It all boils down to breathing in, breathing out, and juggling all the many facets of life.

### **BOTTOM LINE:**

Facing diabetes is difficult and stuffing emotions (aka faking-it-til-you-make-it) won't provide the healing and peace that you seek.



# Emotion

# Myth #3

CONSISTENT  
WILLPOWER IS  
MANDATORY

Busted

# Truth

Defined as the ability to delay gratification and resist short-term temptations in order to meet long-term goals, willpower is the consistent regulation of the self by the self. The problem is that it's fleeting and needs constant reinforcement. Meaning, it's not 100% sustainable, and paves the way for eventual feelings of failure. As you can guess, it's hard to make your body do something your mind doesn't necessarily agree with. And, it's self-centric, in that it focuses only on what you can control. As we know, however, our environment and circumstances (diabetes included) are ever-changing and externally impacted.

Motivation, on the other hand, propels your 'self' and helps you find your flow. When you adopt this type of holistic approach to identify your impetus, you then understand **what your mind needs, your body craves, and your spirit wants.** This secret superpower allows you to tap into an unlimited source of energy and strength.

Consider a shift in perspective. Instead of dwelling on what you're giving up, consider instead what you're gaining, and align those factors with your motivations. For example, instead of focusing on the slice of cheesecake you've told yourself you can't have, consider how you will feel after inhaling the last crumb. At the end of the day, it's your choice. And life is nothing more than a series of decisions, one after another, many of which are minute in the grand scheme of things. So make the call. Should you forego the treat, make a point to celebrate your new found wisdom. But, if you deem the indulgence worth it, then own that too. And savor. Every. Last. Bite.

Commit to assuring yourself it was the right decision and resist the urge to beat yourself up over it. Then, just like that, you can jump back on track.

When you make your decisions based on how they impact your future goals, it removes the deprivation factor and makes it an empowering move instead. Take it a step further and identify what kind of reinforcement provokes you towards progress. Some prefer a swift kick, while others internally rebel against negative reinforcement. If lecturing stops you in your tracks, then you can absolutely reorient the “doctors orders” in a way that inclines you to follow them.

Moreover, **taking a proactive approach soon becomes an essential tool in your motivational control kit.** While you can't possibly predict what all of these outside forces will throw at you, you can plan ahead to mitigate the risks and prime yourself up to make healthier decisions. This includes packing extra medication in case your trip gets extended, so you're not left empty-handed with an unexpected flight delay. It could mean eating before you go to a party where the menu is unknown. Or maybe it's bringing a few smart snacks with you so when hunger strikes, you're not left with deep dish pizza and ice cream as your only options. Perhaps finding time first thing in the morning for a little cardio work because you know by the end of the day, you'll have come up with every excuse in the book to skip out on this natural pick-me-up. Preparedness alleviates desperate moments which often lead to bad decisions.

Finally, contemplate a shift in perspectives. While we all want to think we can take on the world, and few of us want to admit there's something we can't do, understanding your limitations and bandwidth is key to holding yourself accountable.

It's perfectly okay to admit you can't add one more thing to your plate. It's imperative to outline your top priorities and long-term goals so they don't get lost in the shuffle of day-to-day obligations. Furthermore, it helps you identify what time you have leftover to take on anything else. At the end of the day, as we've said before, your life is your choice. Therefore, you hold the power to determine what is necessary, what no longer fits, and the ability to alter things accordingly.

### **BOTTOM LINE:**

It's all about perspective. If you don't like what you see, and it isn't energizing your mind and spirit, change it.

Simple as that.



# Motivation

# Myth #4

YOUR DOCTOR IS  
THE END-ALL-BE-  
ALL IN YOUR  
JOURNEY

Busted

# Truth

While it's true that your physician plays an important role, he/she doesn't tell the whole story. Sure, they can diagnose your condition, and are well-versed in various treatment plans. But, as we've learned, there's so much more to Diabetes than pill-popping, insulin-injecting, and A1C checking. And your doctor only has access to as much information as you tell them, and therefore can only work with the data at hand.

Abdicating the decisions of YOUR diagnosis to someone else makes you a backseat driver, and ultimately leads to a victim mentality. The more you understand what's happening to you in particular, the more confident you'll feel in making the right decision for yourself, regardless of outside influence.

Further, **your diagnosis is really nothing more than an unwelcome roommate.** So, when an eviction notice isn't possible, you should at least be the one calling the shots, writing the rules, and keeping the ball in your court. This is your play, and you have the lead role. Now, it's your responsibility to not let your high-maintenance costar (diabetes) steal the show and outshine you!

That's precisely why the most important person in this process is yourself. You and you alone hold the keys to your well-being. And trust us when we say that thought should be much more empowering than it is terrifying. Obviously, no one knows you or what's best for your body than the one inhabiting it.

Because this is your body, no one can possibly care for it as much as you will. **The more you know, the more you can control.** By keeping track of your glucose numbers and understanding how they are impacted by your unique lifestyle, you have the opportunity to be more proactive as opposed to solely reactive. This includes everything from your work culture, to your family life, your friendships, activity levels, and even hobbies that simultaneously influence your glycemic control.

When you take ownership of your feelings (both mentally and physically), you not only develop pride in your person, but a confidence that you can combat anything that comes your way. Similar to the way you upkeep your home to make it last, the same can be said for your body. In fact, at the end of the day, it's really the only home you will ever always live in. Maintenance it accordingly.

### **BOTTOM LINE:**

Remember, the moment you step into the drivers seat and resume control of the wheel, the destination is up to you, NOT your backseat driver (aka Diabetes).





# myth #5

YOUR THOUGHTS  
ON DIABETES ARE  
OBVIOUS TO  
EVERYONE

Busted

# Truth

People are innately selfish. And not necessarily in a bad way. It's just that we see things through our own perspective. **The lens from which we view the world is based on our own experiences and encounters.** So, while someone may have empathy for your situation, unless they've walked a mile in your cushioned insoles, it's impossible for them to wholly understand your point of view.

We, on the other hand, are so enveloped in our own situation that we often assume our feelings automatically translate to those around us. And the truth is, unmet expectation is where disappointment is derived. And when they only see snippets of your life, it's easy for them to make assumptions, which often turns into well-intended, though unsolicited, advice.

"Why don't you just ban junk food from your life?" "Are you supposed to be eating that cookie?" "Why are you so moody lately?" "Are your sugars off or something?" "Have you taken your medication?" "Should you be doing that with your condition?"

Enough. You might find yourself riding the line between trying to laugh it off politely and blowing up entirely. It's important to realize that what often feels like judgement is more likely an avoidance of pain for everyone involved. Simply put, if you aren't well, or are in a state of suffering, they suffer by proxy. Therefore, they want you to feel better, so they can, in turn, feel better themselves. Unfortunately, feeling helpless about what to do for you often translates into relentless nails-on-a-chalkboard nagging.

So, resist the urge to just clam up and ignore the pink sugar-coated elephant in the room. By inviting those closest to you into your bubble, you're indirectly making them an advocate in your journey. It makes them feel more like an ally instead of an unwelcome obtrusion.

This starts with pulling them aside. Having a conversation. Letting them know what you know, and the efforts you're taking to control your condition. It's also letting them know when you're struggling, what areas you're most likely to wrangle with, and offering them tips on what they can do to help as your first line of defense. This goes for reminding them what efforts actually alienate you and hinder your progress. After all, they're not mind readers, and hearing what works and what doesn't straight from the source arms them to be exactly the support network you really need.

## **TOP TIPS FOR TOUGH CONVERSATIONS:**

**Location:** Find a safe space, without a lot of distraction or noise, where you'll feel comfortable opening up.

**Know your Objective:** Understanding what you're trying to achieve from the conversation will help you steer the flow.

**Get Comfortable with Silence:** While you may be familiar with all the information you're about to discuss, it may get overwhelming to those you're talking to. Allow them time to process everything and avoid the temptation to ramble.

**Hear them Out:** Allow those you're engaging with to ask necessary questions so they can better wrap their minds around the new information at hand. You'll both be better off for it.

Unfortunately, **the biggest setbacks usually revolve around a breakdown in said communication.** If you're not sure where to start in beefing up your own conversation skills, or how to connect with someone who speaks an entirely different style, all hope is not lost! There are many videos and tutorials on interpersonal relationships, but the path of least resistance is through a diabetes coach. After all, they address your specific situation, and help you formulate a personalized communication template. For example, these skills are the foundation for the Better Diabetes Life 5-step program. It's built to ensure you walk away better armed to understand your emotions and translate them effectively to all the characters in the story of your life!

### **BOTTOM LINE:**

Communication struggle is a key factor in the frustration that comes with Diabetes.



*Communication*

# Author



## ABOUT THE AUTHOR: PATRICIA DAIKER

A Registered Nurse and Board-Certified Nurse Coach, I was well-versed in Diabetes, from a medical standpoint. Having treated hundreds of patients, I was convinced I had a clear understanding of this growing epidemic. It wasn't until I was diagnosed Type 1 at the young age of 26, that I realized how much more I still had yet to learn. It was in my personal journey that I identified an enormous void in the treatment process. While medical providers were plentiful, patients were still left in the lurch when it came to dealing with everyday life under this newfound prognosis.

It prompted me to create Better Diabetes Life. Designed to bridge the gap between medical science and daily application, my renowned 5-step program gives clients their life back. I've walked this path personally to return to the wife, mother, and friend I was always meant to be, and I'm here to show you the way. Simply put, **helping others live their best life is what really sets my soul on fire.**

# Program



## ABOUT THE PROGRAM: BETTER DIABETES LIFE

An all-encompassing, 5-step program, Better Diabetes Life takes an innovative approach to help clients live a higher-caliber existence, and take the reins back from their diabetes diagnosis. Aligning with the top five myths, it was curated to fill in the gaps and give you the whole picture; the stuff you'll never learn from your doctor. Founded on principles of scientific evidence, the entire program is rooted in nursing theory, practical experience, holistic nurse coaching modalities, and clinical practice. Each step guides you through debunking the myths and overcoming the obstacles sabotaging your success. This comprehensive plan-of-action includes:

- **Educational elements** to explain the nature of diabetes and how it affects you personally.
- Guided navigation through the **emotional aspects** & the 5 stages of diagnosis acceptance.
- Uncovering and harnessing **your motivation** to understand how it impacts your success.
- **Taking ownership** of your reality, and recognizing yourself as your most important asset.
- **Communication strategies** to better assert your feelings & needs to family and friends.

Upon completion, you will be armed with extensive knowledge and newfound confidence. You'll know how to mitigate the negative ramifications that come with diabetes, how to craft a plan that fits your unique lifestyle, and be empowered to take your life back. On your terms.

# Learn More



**Better**<sup>TM</sup>  
*diabetes*  
**LIFE**



[BetterDiabetesLife.com](https://www.BetterDiabetesLife.com)



[info@BetterDiabetesLife.com](mailto:info@BetterDiabetesLife.com)



(320)365.1317



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