



dance out diabetes

Diabetes in Real Life

Facing Fear: How to Move Past the Scary Stuff

Whether you are brand new to diabetes or have had it for a while, being scared by the disease is perfectly normal. It's how you handle that fear that makes all the difference. Here's how to work through some common diabetes fears.

I Can't Handle All of This



Diabetes can feel overwhelming. There's so much to do— the checking, the carb counting, the exercise, and all the rest.

Education is a great confidence booster. Take a diabetes class to learn those skills you don't feel competent in. And use your support network for help and for sharing your fears. Let your doctor and diabetes educator know how you are feeling so they can help you focus on the things that matter the most for you right now.

I Am Going to Die Early

Realize that you can live a long, healthy, and happy life with diabetes as long as you take care of yourself. In fact, the lifestyle changes you should make to manage your diabetes may have you outlasting many of your less health-conscious peers.



I'm Scared to Death of Insulin



If you are needle-phobic, you should know that today's needles are very small and practically painless. If it's the "idea" of insulin that scares you, remember that insulin is just a tool to help you build a healthy diabetes life. It does not mean that you are getting sicker or that you aren't doing a good job taking care of yourself.

I Am Going to Develop Complications

To quote Dr. Bill Polonsky, co-founder of the Behavioral Diabetes Institute: "Well-managed diabetes is the leading cause of...nothing!" While people with diabetes can get heart disease, kidney failure,



vision problems, and other serious health complications, these are not inevitable, especially if you are doing the right things to manage your blood glucose levels. Taking care of yourself through healthy eating, regular exercise, taking your medicine, and other good self-care habits is the best way to prevent diabetes complications.

I Am So Alone



You may feel alone, but there are millions of people who understand exactly what you are going through. Join a diabetes support group online or in real life so that you have people to talk to who understand your challenges. Going to a Dance Out Diabetes event is a great start – you can make new friends while you're doing something good for your diabetes health.

