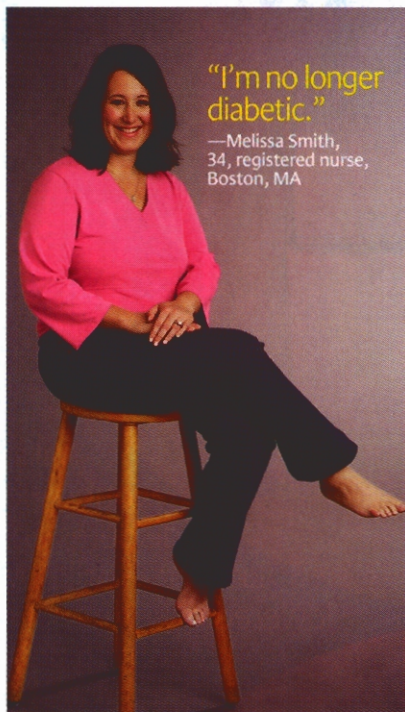


MEET FOUR WOMEN WHO FOUGHT THE DISEASE



"I'm no longer diabetic."

—Melissa Smith,
34, registered nurse,
Boston, MA

BEFORE:

Hemoglobin A1C: 5.8

Cholesterol: 228

Triglycerides: 68

AFTER:

Hemoglobin A1C: 5.6

Cholesterol: 176

Triglycerides: 47

WEIGHT LOSS: 30 pounds

● "I was considered prediabetic before I got pregnant in 2003, so my doctors closely monitored my sugar levels. As soon as I got pregnant, my blood sugars shot up and I was diagnosed with gestational diabetes; I had to inject myself with insulin several times a day. I got pregnant with my second child about eight months after my first was born, and I needed even more insulin—sometimes up to five shots a day.

"Last year I knew I needed to lose my baby weight, and the first step in getting control was starting the 12-week weight reduction and diabetes management program at the Joslin Diabetes Center. They put me on a diet of 1,200 calories a day and taught me how to make better



food choices. It's not like I was eating cookies or junk food before, but I wasn't paying enough attention to portion sizes or calorie counts. I also began an intensive exercise program.

"It was tough: I had to really push myself to get through an hour of exercise. Altering my workout routine helped. Plus I saw results within a week, and that's what really made me stick with it. I had more energy, slept better and was able to reduce the amount of insulin I took. I lost 24 pounds in 12 weeks, and my blood sugar is down to a point where my risk for developing diabetic complications has dropped to almost zero. Now I'm off the insulin completely and take just one pill a day, which I hope to stop very soon. I'm not even considered diabetic anymore."