

Dave Took Control of His Diabetes

“I am in control,” says Dave Graves. “I do not think of myself as a diabetic. I think of myself as a person with diabetes.”

According to a 2011 report by the Centers for Disease Control and Prevention (CDC), diabetes currently affects 25.8 million people – 8.3% of the U.S. population. And approximately 7 million of them don’t know they have it.

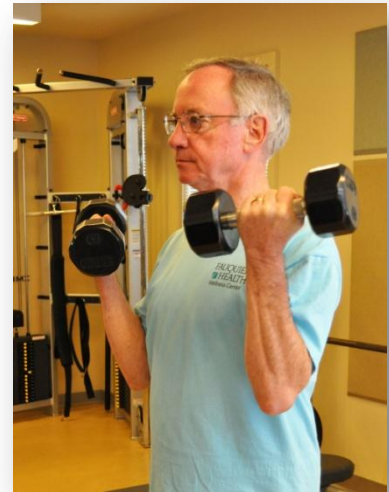
Even Dave Graves, a member of the Wellness Center, was diagnosed with type 2 diabetes during his annual physical about two years ago. Dave decided he needed to make some lifestyle changes and sought help through the Wellness Center after learning of its diabetes programs.

Dave says, “When I truly understood that diabetes is an incurable, chronic disease that if ignored could result in limb amputation, organ failure, and early death, I realized that if I did not take control I might be denied what is important to me; like enjoying many more years with my wife and being there to take care of her if she needs it, and having many more years as an active part of my grandchildren’s growing up.”

The Wellness Center has become a significant resource for Dave. Aren Dodge, registered dietitian with Fauquier Health, and Dottie Williams, RN, diabetes educator, has helped Dave in his health journey. “Aren and Dottie are knowledgeable, effective educators. Through diet counseling and diabetic self-management sessions, I learned how to take better care of myself. They have always been available to talk, answer questions and offer encouragement on a regular and on-going basis,” Dave explains.

Over the course of two years, Dave has made incredible progress. He has lowered his A1C* to that of a person without diabetes, has lost 25 pounds, eats a healthier, balanced diet and is in the best physical condition he has been in years. “I have learned how important it is to take care of yourself; if I can’t take care of myself, then I cannot be there for the people I love,” says Dave.

*A1C is a person’s average blood glucose level over the past three months. An average range for a person without diabetes is 4.5 to 6 percent.



Dave Graves continues to “Take Control” of his diabetes at the Wellness Center.

Fauquier Health Wellness Center offers a complete range of diabetes and nutrition services to help you manage or avoid diabetes. For more information, call 540-316-2640 or visit us at www.fauquierhealth.org/diabetes.