

Andy Johnson Takes Action Against Type 2 Diabetes

It wasn't a question of if Andy Johnson would be diagnosed with type 2 diabetes, but when.

Growing up, diabetes was a common term in Andy's household, because his father had been diagnosed with the disease. He saw firsthand the effects of the disease that nearly killed his father. But it wasn't until Andy ended up in the hospital himself that he decided to take control of his health.

"Last January, I woke up feeling weak, light-headed and thirsty. I felt terrible. It wasn't until I was admitted to the hospital and they started getting fluids in me that I started to feel better. This was also when I was diagnosed with type 2 diabetes." Andy recalls, "This is when reality sank in; I thought, 'I am not going to let this get the best of me.' I was determined to make a lifestyle change."



Andy works out at the Wellness Center regularly to help maintain a healthy lifestyle.

After his diagnosis, Andy went to the Wellness Center-- to get serious about fitness, but also to learn about his condition. Andy said, "You learn a lot from a family member who has diabetes, but the bulk of my education came from the Wellness Center, in particular Dottie Williams, RN and Aren Dodge, a registered dietitian."

In only a matter of months, Andy's healthy changes have had many positive effects. He has lost more than 30 pounds and is now medication free. He said, "I have more energy, and I feel better -- I feel 100 percent better."

Andy and his wife both attend the Wellness Center regularly and have made a number of modifications to their diets. Andy said, "My wife is my rock; she has been a tremendous support system through it all." Every day is a challenge, there is always an opportunity for an excuse, but Andy finds the strength to continue down a healthy path and is determined not to let diabetes control his life.

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.