

Nurturing Strength: A Mother's Journey with Type 2 Diabetes

In a world that often celebrates the loud and flashy, there's something quietly heroic about the everyday struggles and triumphs of ordinary people. Among these unsung heroes are mothers, whose resilience and love often go unnoticed. But what happens when a mother must confront a challenge like Type 2 diabetes?

Type 2 diabetes, a condition characterized by high blood sugar levels, can be a daunting diagnosis for anyone. Yet, when it touches the life of a mother, its impact reverberates not only within her own body but throughout her family and beyond. This blog is about Margarita, a resilient, determined, and loving mother navigating life with type 2 diabetes.



The Diagnosis: Facing the Unknown

Margarita's journey with Type 2 diabetes began 24 years ago when she began feeling excessive thirst and fatigue. When she decided to go to the doctor, she was diagnosed with Type 2 diabetes. In that moment, Margarita recalls feeling shocked and sad, for she knew several people who had sadly passed away because of diabetes and did not want that to be her case.

Amidst the initial shock and fear Margarita also began to think about her children and loved ones. With her family in mind, she made a quiet determination to confront this challenge head-on and seek help at Nuestra Clinica Del Valle.

Everyday Battles: Balancing Health and Motherhood

Living with Type 2 diabetes has included facing a series of daily battles for Margarita- monitoring blood sugar levels, making dietary adjustments, incorporating exercise into her already busy schedule, and managing her mental health and medications. Managing medications and finding what works best for her has perhaps been her biggest battle. Due to her long journey with diabetes now, Margarita knows first hand what it is like to have to transition from one medication to another, having to deal with the side effects, and finding a medication that would not interfere with her other medication for depression. Managing her stress, depression, and responsibilities of caring for her family alongside her own health needs has certainly been challenging.

She mentions that at times when her glucose levels are high and she feels very tired, she also feels unproductive and overwhelmed which she often thinks of as an “endless cycle”.

Despite these obstacles, she has always found ways to regain her motivation and prioritize her well-being without sacrificing her role as a nurturing presence in her family's life.



The Positive: Finding Joy in the Journey

Amidst the challenges, there is also the positive—everyday moments that serve as reminders of the strength and resilience that reside within. Ever since she found out she was diabetic, she told herself she would take care of her family's health so they would not have to experience Type 2 diabetes. Because of this, one of the lifestyle changes that Margarita has found most enjoyable is looking for new and healthy recipes for her and her family.

“Healthy recipes don’t have to be boring and flavorless” says Margarita.

She also loves starting her day with a walk around her neighborhood where she often gets the opportunity to say a quick “good morning” to her neighbors. Having her own garden to keep her mind busy and physically active during the day is also one of her favorite lifestyle habits. Whether it's finding excitement in cooking new healthy recipes for her family, going for a walk early in the morning, or simply appreciating a visit from a neighbor, friend, or her children, for Margarita each moment is something to be grateful for and helps her stay motivated.



A Mother's Love: The Ultimate Fuel

At the heart of it all lies her love for her family—the unwavering force that propels her forward, even in the face of adversity. It's this love that gives her the strength to persevere, to prioritize her health, and to continue nurturing those around her with boundless care and compassion. Margarita's journey with Type 2 diabetes is a testament to the remarkable resilience of the human spirit. Through her courage, determination, and love, she navigates the challenges of her condition with grace, inspiring those around her to embrace their own journeys with hope and resilience. So here's to the mothers—the silent heroes whose strength knows no bounds.

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