



[VIDEO TRANSCRIPT]

Diabetes Health with Sarah Widener, Director of Community Wellness

When you have diabetes, you have a hard time processing carbohydrates or using the sugar that you're going to get from carbohydrates. There's a lot of inaccuracies out there that you should complete avoid carbohydrates if you have diabetes. What we tell people is there is nothing that's off limits – it's quantity and frequency. So, it's how often you're eating, it's how much you're eating, and it's learning what works for you.

So, type 2 diabetes is with you every day. It's really important that you sit down with an expert because it can be very overwhelming to manage it. They're going to meet you where you're at in life right now and they're going to come up with a plan that's going to help you manage your diabetes from day to day -- whether it is when to check the blood sugar, how often to check the blood sugar, when to take your medication, how many carbohydrates you need to eat -- all of that stuff is going to be made up in that plan for you.