



“THE KEY TO DIABETES MANAGEMENT IS UNDERSTANDING WHAT YOU NEED TO DO AND WHY.”

— Dave Popovich

EDUCATION PUTS PATIENT ON THE PATH TO IMPROVED HEALTH

65-year-old Dave Popovich had a sedentary job and thought exercise was as boring as watching paint dry. Everything changed when he was diagnosed with Type 2 diabetes in May 2008.

“After I was diagnosed, I wanted to find out what to do and how to do it,” Dave said. “I didn’t just want to take medication without learning about the ‘mechanisms’ involved in diabetes care.”

Dave’s doctor suggested the Aultman Hospital Diabetes Education Program. Dave and his wife, Linda, attended two group sessions – along with an individual session to discuss the dietary component of managing diabetes. “I was encouraged to write down what I had been eating,” he said. “At the individual meeting, we reviewed my food list and determined where I could improve.”

In the diabetes group class, Dave learned about carbohydrates, how to eat a balanced diet and the importance of regular exercise. “The diabetes education class was extremely helpful,” he said. “The key to diabetes management is understanding what you need to do and why.”

Dave has chosen to live healthier. He lost 36 pounds, and his blood sugar level has decreased with the help of diet, exercise and medication. He’s also made exercise an important part of his daily routine, lifting weights three days a week and riding his stationary bike six days a week. “Linda is an exercise nut, and I call her my drill instructor,” Dave joked. “She makes sure I stick to this regimen. The most important key in this life-changing challenge has been Linda’s support and participation. All in all, this is a success story. I feel great.”