

JDRF typeone nation

Helping You See Your Strength

Presented by: Scott K. Johnson



Quick Introduction

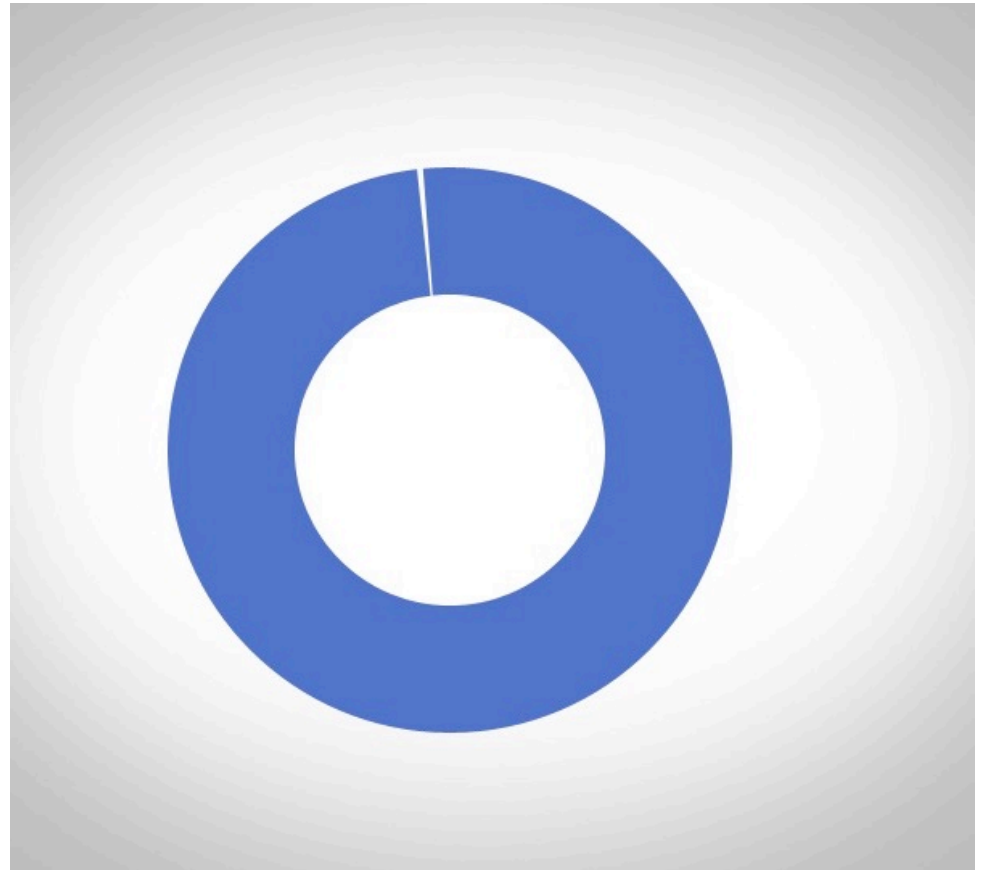
Scott K. Johnson

@scottkjohnson

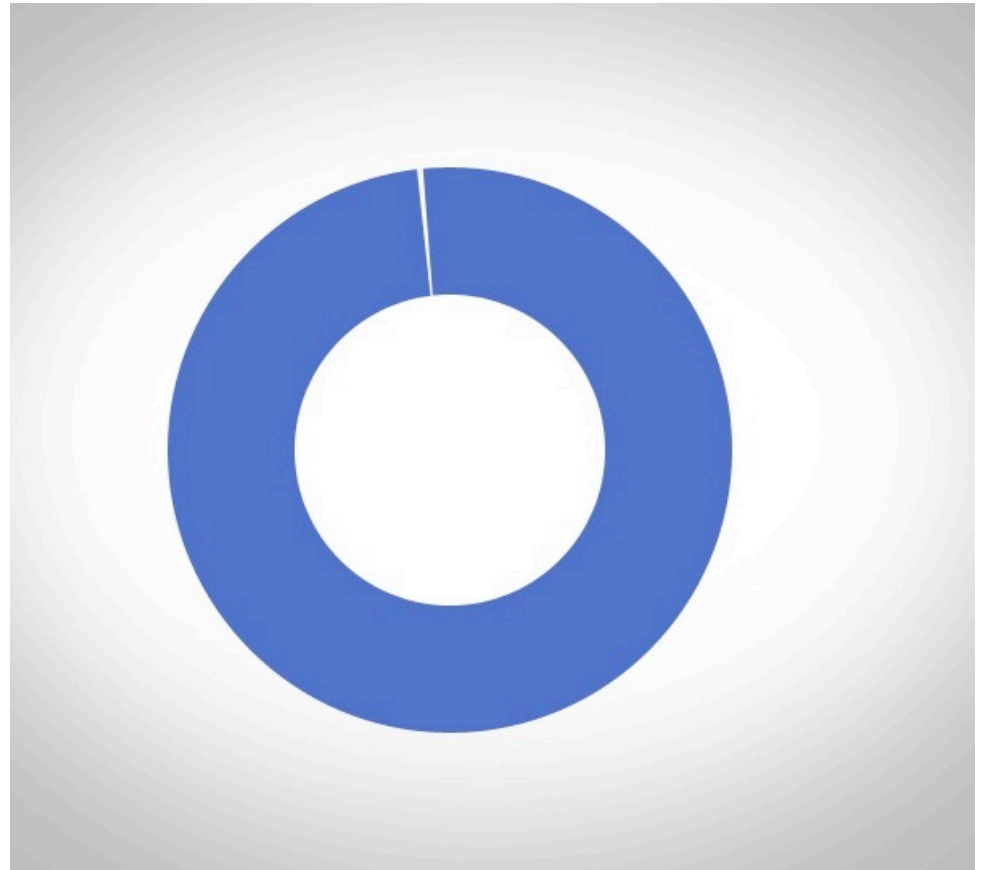
- Diagnosed T1 April 1980 (age 5)
- Active in the diabetes social media space for about 10 years. Blog at scottsd diabetes.com
- Completed 100-mile bike ride in 2012 & half-marathon in 2014
- But also struggle to mow my lawn or shovel my walk without highs and lows
- Work full-time in diabetes (speaking, consulting, writing, contracting, etc.)
- Feelings, emotions, psychosocial aspects



Today is About Painting Pictures



Perspective on Diabetes Management



Limited Time

Even if you spend hours with your HCP – compared to the time you manage diabetes on your own, it is limited.



Focus on What?

We Focus on the Problems!



- Not a bad thing
- Unfortunate byproduct of how things work
- BUT – it screws up our heads...
- What did I do “wrong?”

Nightly Mental Review?

Let's Think **DIFFERENT**

How Does a Non-Diabetic System Work?

I'm no scientist, doctor, or medical professional. But I don't think I have to be in order to appreciate the differences between my endocrine system and that of someone with a working pancreas. Let's talk about it for a few minutes...

Q. How often does a non-diabetic pancreas measure blood sugar?

Q. What does it do when it sees blood sugar that is out of normal range (high **OR** low)?

Diabetes and The Variables We Deal With



*You somehow find a way
to do diabetes*

**IMPRESSIVELY
WELL!**

