



PARTICIPANT SUCCESS STORIES

Jim, who is among 107 DTCC participants at Hamilton Medical Center in **Dalton, Ga.** and a self-described “health nut,” enrolled in the DTCC shortly after joining Hamilton as hospice chaplain in 2007. After 12 years managing his diabetes, Herman was quite knowledgeable and took advantage of the DTCC opportunity to learn more. Using the health club membership provided by his employer, Herman started swimming regularly and won six medals at the state Senior Olympics. He qualified for the national competition to take place in August 2009. Since he joined the program, Herman has lost 20 pounds and reduced his A1C to 5.8. from over 7.

Daryl, who participates in the DTCC through the **Hawaii Business Health Council** in **Honolulu**, was diagnosed with diabetes three years ago after a blood test at the local Times Supermarket health fair. The DTCC has helped him set goals, dramatically change his eating habits and adjust his medication dosage so he doesn’t feel lightheaded at work. Since joining the program two years ago with an A1c level of 11 (American Diabetes Association goal is <7) and working with his pharmacist coach, he began testing his blood sugar twice a day with a forearm strip and recording the readings on his computer. Now his A1c is 6.9.

Jim and Rhonda of Cumberland, Md., joined the DTCC through Rhonda’s employer, Western Maryland Health System. Through pharmacist coaches Dale Klemm, RPh and Julie Caler, PharmD, they have learned to check blood sugar if they are feeling sluggish or sleepy and to set goals for managing their diabetes. Jim, a church pastor, started an exercise program and lost about 36 pounds since May 2008; Rhonda has dropped 11 pounds.

Greg, who has been around diabetes all his life, was diagnosed with the disease about 10 years ago. He discovered there were still things he didn’t know about his condition after participating in the Diabetes Ten City Challenge through **Piggly Wiggly Carolina Co.** in Charleston, S.C. After six months in the program, Greg watches his diet more carefully, is trying to exercise more and has lost about 10 pounds. He appreciates saving medication co-pays, but values most having a “buddy system” with his pharmacist coach and knowing she is there is he ever needs to call her.

Marcy*, who has lived with Type 1 diabetes for 31 years, was drawn to the Diabetes Ten City Challenge by the incentives offered by her employer, **H.J. Heinz, a member of the Pittsburgh Business Group on Health**. Through the program, she is able to save about \$500 per year on blood glucose monitoring supplies and medication. Marcy sets goals with her DTCC pharmacist coach and knows the satisfaction of meeting them. She appreciates being able to see her pharmacist coach at her workplace and having guidance on how to balance diabetes within her busy schedule.

**real name withheld upon request*

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Dee was diagnosed with diabetes two years ago after several years of questioning various doctors why she didn't feel "quite right." She hadn't really figured out how to manage her condition before joining the Diabetes Ten City Challenge program to get the education and information she was looking for. Dee meets with her pharmacist coach at the in-house pharmacy operated by her employer, the **City of Colorado Springs, Colo.** Since joining the program she has been more focused on taking her daily blood sugar readings, and has adjusted her medication and eating habits to improve her condition. She no longer has that sluggish feeling she once had; she feels stronger and has much more energy than before starting the program.

Bobby, an employee of the **City of Charleston, S.C.** knew well the impact of diabetes when he was diagnosed six years ago. His mother-in-law had suffered amputation and blindness as a result of the disease, and many acquaintances were on dialysis due to diabetes. Yet, he hadn't ever learned how to control his own diabetes before entering the Diabetes Ten City Challenge program. His pharmacist coach challenged him to pay more attention to nutrition, to set goals and to begin a walking program. His coach even met him to try walking over the landmark Ravenel Bridge near downtown Charleston. Now the bridge is part of Bobby's 5-mile walking route that he covers before starting work each day. Since joining the DTCC Bobby has seen his A1c level go from over 9 to below 6 and has lost 40 pounds. He adjusted his medication, in collaboration with his pharmacist coach and physician, and reports greater productivity at work as a result of the program.

Dave had been a diabetic for 35 years when he joined the Diabetes Ten City Challenge through his wife's employer, **Western Maryland Health System** in Cumberland, Md. He was a heavy smoker who had not seen his physician, eye doctor, podiatrist or dentist much for the last several years. Through the DTCC, Dave's pharmacist coach not only taught him to use a glucose monitor, but she helped him understand the importance of monitoring his blood glucose regularly and taking control of his disease. With the program, Dave has stopped smoking, lowered his blood sugar and gain much-needed weight. His eating habits have improved and he tests his blood sugar about four times a daily instead of once every other week. He has made appointments with his doctor and dentist and is taking control of his illness, not letting it run his life.

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