



Joslin Diabetes video series
Asian American Diabetes Initiative

Tiffany Su
Memorial Fund



Let's Talk About...

Ep #1 *“Physical and Emotional Stress with Diabetes”*

November 2021

Joslin Diabetes Center Asian American Diabetes Initiative (AADI)

Topics

Let's talk about...

- **Your Diabetes**
 - Reaction to your diagnosis
 - Fitting diabetes into your life
 - Life events and milestones
- **What to do, where to start?**
- **Finding and offering the right kind of help**
- **Available help & resources for you and your loved ones**

Julia Li

Asian Clinic Coordinator

Joslin's Asian Clinic

- Provides care & education tailored specifically to Asian population
- Promotes diabetes screening & education in the Asian communities

Julia's role

- Helps patients with referral, appointments, insurance, etc.
- Speaks English, Cantonese, and Mandarin!



Dr. Persis Commissariat

Clinical Psychologist



About Dr. Commissariat

- Provides behavioral health care and support to children, teens, young adults and families living with diabetes
- Certified Diabetes Care and Education Specialist
- Has lived with type 1 diabetes for 20+ years

It's ok to feel overwhelmed

Diabetes can get easier over time

- Learn how to make diabetes fit YOUR life (not other way around)
- You are in charge, you own it!
- Managing diabetes to be part of your everyday routine

Stigma

If you worry about people around you

- Nothing to judge
- Your response to your diabetes is how others will respond to it
- You can change others' perspective

Life events and milestones

How to adjust when things change

Life situations can change

- Starting a new job or school
- Move to a new place
- Marriage, divorce
- Pregnancy, having a child
- Retirement

Reach out!

Who can you reach out to?

Identify who can help

- Family members
- Spouses, partners
- Good friends
- People you work with
- Professionals
 - Your Joslin BH team, care providers, others

Reach out!

Finding the right kind of help for you

Identify what type of help is the best for you

- Reminders

Make appointments, order supplies, change injection sites...

- Actions

Attend medical visits, count carbs in shared meals, following CGM...

- Support

Listen to complaints, show interests...

We are here!

Available help & resources

More on mental wellness, resources, numbers to call

- Check “free resources” - “Happiness & Health” on our multilingual website AADJ.Joslin.org

Questions? Suggestions for future topics?

- Email us at aadi@joslin.harvard.edu

New patient request at Joslin’s Asian Clinic

- Call Julia Li at **617-309-3444** *leave a message for appointment information