

Author Says Family Support Helped Her Learn to Live Well with Diabetes



Paiute/Diné author Barbara Mora says her husband Bob, other family members, and friends treated her with kindness and respect when they found out she had diabetes.

Barbara Mora is a Paiute/Diné woman who lives in the small town of Bishop, California. One day she was asked to help edit a book about diabetes. This book had chapters about kidney, eye, and heart disease. Barbara said, “Where is the chapter on family?”

Because of Barbara’s insight, she was asked to write the book “Using Our Wit and Wisdom to Live Well with Diabetes.” It is a full-color, free book offered by the Indian Health Service Division of Diabetes Treatment and Prevention. Every chapter talks about family.

Barbara says, “My family is a huge part of my life. So instead of writing about my feet or my kidneys, I chose to write about family.”

In her book, she honors the family members and friends who supported her on her journey with diabetes. She knows they are key to helping her live well with diabetes. Here are some of the things they did to help her:

- When Barbara found out she had diabetes, they let her cry, stayed calm, and did not place blame.

- Said, “I’m here. I’ll help you. You are not alone.”
- Said, “I will support you with your diabetes in any way you need.”
- Changed eating habits and went on walks along with Barbara.
- Attended diabetes classes with her.
- Read the diabetes brochures and helped her understand them.
- Went to sweat lodge ceremony with her and prayed with her.
- Let her rest and take naps.
- Did more chores like laundry and grocery shopping.
- Helped her read food labels.
- Were patient when she was tired, grumpy, or depressed.
- Did not judge her or her habits.

Barbara says she could not be well with diabetes without the support of family and friends.

To order a free “Diabetes Support Gift” for a family member, friend, or yourself, go to www.diabetes.ihs.gov, click on Online Catalog, then type in the search title: Diabetes Support Gift. This gift includes Barbara’s book and audio CD, and “A River Runs Through Us” daily journal and inspiration book.

The Diabetes Support Gift is free. If you need help ordering, call the IHS Division of Diabetes Treatment and Prevention, 505-248-4182.



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