

THE 5 Untold Truths TO DEFEATING DIABETES

A simple guide on how to live happily with
Diabetes



UDERIKA.COM



THE 5 *UNTOLD SECRETS* TO DEFEATING DIABETES

A simple guide on how to live happily with Diabetes



Introduction.

This guide was compiled by uderika.com, a passionate group of young Nigerian healthcare providers who came together with the aim of empowering individuals with the right medical knowledge. Basically, our aim is to teach you all you need to know about your health so you can and start making informed health decisions.

At Uderika.com, we aim to share all our medical knowledge and break down complex health concepts into simple, easy and fun videos, so that, everyone can understand - *Medicine is not difficult*.

Why this guide

To arm the millions of individuals battling the challenge of diabetes mellitus and to encourage those who are doing a good job in conquering this challenge.

Thank you

“Service to others is the rent you pay for your room here on earth” – Mohammed Ali

Our dedication extends beyond providing accessible health information. As part of our social mission, we aspire to provide quality education to the vulnerable and underserved Nigerian children.

Through our *Buy a Course, Gift a Future*, we provide education for a Nigerian child for every course purchased.

We believe that by equipping the younger generation with essential health knowledge, we can create a healthier and more informed society, reducing the burden of preventable diseases and promoting overall well-being.

Fun Fact

Many people don't ever bother to study materials that will benefit their health, so by going through this guide you are amongst the selected few. *Congratulations.*

Please, help spread the knowledge and make a positive impact on the health of your friends and loved ones by sharing this guide with them

For enquiries, feedbacks and comments please feel free to contact us at hello@uderika.com

(Pointing hand emoji) If you find it difficult to reach through materials. We created an Audio version of this guide and it is completely free. To download the free audio, click here -

Chapter 1.

Acceptance

“When life gives you lemons, make lemonade – Elbert Hubbard”



In 2022, shortly after lockdowns were easing, a middle-aged man entered the doctor's office, looking distressed.

Doctor: "Hello, I'm Dr. X. How can I assist you today?"

Mr. Paul (alias): "Doctor, I need a blood sugar test."

Doctor: "Certainly, but may I ask why?"

Mr. Paul: "I just came from the hospital, and they told me I have diabetes."

Doctor: "Can you tell me more about this?"

Mr. Paul: "I've been urinating a lot, especially at night. I thought it was an infection, so I got tested, and they diagnosed diabetes."

Doctor: "Any family history of diabetes?"

Mr. Paul: "No."

Mr. Paul's sudden diabetes diagnosis left him confused. Just a day ago, he had been healthy. Now he faced a lifelong illness he knew little about.

Our Opinion:

The Nigerian doctor is well trained and seldom wrong in identifying conditions such as diabetes. They often use a combination of symptoms and tests to help them come to this conclusion. Hence, they are seldom wrong in making that diagnosis.

However, the Nigerian doctor is not trained & equipped to identify and managed the emotional challenges for our patients. Hence, newly diagnosed individuals are lost and confused and have very little support to help answer their numerous questions.

Returning to the story:

I scheduled a fasting test for Mr. Paul and encouraged him to start prescribed medications, which he initially declined. He repeated the test over a week, consistently showing high blood sugar levels.

A month later, Mr. Paul returned:

Mr. Paul: *"Doctor, you were right. I have diabetes."*

Doctor: *"What changed your mind?"*

Mr. Paul: *"I shared my situation with my family, and it turns out all my siblings have been living with diabetes for years, leading normal lives by taking their medications and going for checkups."*

Mr. Paul: *"Life has given me lemons, and I'm going to make lemonade out of it."*

"A stitch in time saves nine" – Thomas Fuller

This act of acceptance and choosing to make the best of the challenge life had thrown at him was the most important decision he had made about his condition.

Over the years of our practice, we have seen numerous individuals who have choose to ignore their diagnosis. Sadly, one thing is certain, they always return to us and worst still with complications of diabetes. For every case of kidney failure, amputations, blindness, untimely death (complications of diabetes) that we encounter, it may have been prevented if the individual just listened to the right people.

Accepting one's diagnosis is such a powerful thing to do. Acceptance opens the door to long life, improves quality of life and better mental health.

For the inquisitive ones:

If you are wondering how doctors make the diagnosis of diabetes, its actually simple (It's not rocket science. We use the criteria below;

1. Someone with symptoms (excessive urination, excessive thirst, unexplained weight loss) + a test showing elevated blood sugar levels.

OR

2. If the individual has no symptoms, then at least 2 test showing elevated blood sugar levels are required. The test must be performed on separate days and one of them must be a fasting test.

Note: There are other ways doctors can come about making the diagnosis of diabetes which is beyond the scope of this guide.

Important Notice.

At uderika.com, we are currently running a promo on our course *"Learn How to conquer diabetes".* - A fun, and an amazing course that teaches you all you need to know about diabetes.

We guarantee this course will change your view on diabetes.

What more? If you take the course and you're not satisfied, we will refund you your money- No question asked.

By purchasing our course, you help us in our mission to provide free education for a Nigerian child.



Click [here](#). To benefit from this PROMO. (Limited offer)

Chapter 2.

Medical care

“What price are you willing to pay? Time or Money”



vs



“Doctor! What is the best hospital to treat diabetes?”

This is a common question we get. The answer is simple – It depends. Because of the peculiarity of the Nigerian healthcare system, there is no one solution that fits all. The real question to answer is – what price are you willing to pay? Time or Money.

To help explain our position, let’s quickly compare government and private hospitals in Nigeria using the table below.

Government Hospitals



Benefits:

Affordable

Specialist in various fields available

Challenges:

Crowded

Poor services

Private Hospitals.



Benefits:

Good services
Not crowded

Challenges:

Expensive
May lack necessary specialists

Our opinion:

What price are you willing to pay? Answer: Money = Private hospital

If you don't mind spending money on your health and you can afford it, we advise you choose a private hospital.

What price are you willing to pay? Answer: Time = Government hospital

If you are more conservative with your money and don't mind spending a whole day in the hospital, government facilities may be the solution for you.

One thing is certain, in order to gain good health, you will have to pay a price – money or time. Choose what you are willing to pay and make peace with it.

Tips to choosing a Good Hospital:

1. Get opinions from the right people (“follow who know road”). The best people to ask are friends/ relative who have diabetes and are controlling their sugar levels well.
2. Ensure the facility has specialist in diabetes or at least a doctor with adequate experience in managing diabetes
3. The hospital should be accessible

4. Pick a facility you comfortable with.
5. If the facility has other specialists such as eye doctors, heart doctors, dietitian, etc. It may be a plus for you

“Doctor, Should I make use of My HMO (health insurance)? “

Again, it depends on what your HMO covers. If your HMO covers all your care, please ensure you enjoy every bit of it.

Meanwhile, if you have a poor health insurance cover, please do not let it prevent you from getting the best healthcare possible. If you have to pay extra money or upgrade your plan, please do not hesitate. Every money spent is an investment into your health and well-being and you will reap the benefits.

Chapter 3.

Education



“Education is the key that unlocks the golden door to freedom.” —George Washington Carver

Earlier in my years of practice, I met a man, in his 60s. Life had dealt him a “wicked hand” (if I can use such a term) – he suffered from hypertension (high blood pressure), diabetes and had severe knee pains that prevented him from moving freely. He was quite unfortunate, because contrarily to popular believe he didn’t have these challenges as a result of a poor diet or unhealthy lifestyle. For this man ate the typical Nigerian diet and was careful with his life choices. With my medical knowledge, I can say his genetics played a big role in his ailments. As he had a family history of diabetes, obesity, hypertension and arthritis.

Getting to him personally, I noticed he maintained good blood sugar and blood pressure control for the most part while eating a relatively normal diet. He didn’t do anything exceptional.

Studying this man closely, I got to realize that one of the attributes that played a significant part in his success was his education. Yes, his education. Not his academic qualifications, not his religious knowledge, not his work knowledge, but his knowledge about his condition, his medications and knowledge on how to tackle every one of his challenges.

Hence, I have decided to include this chapter where we can talk about how to go about with getting the right health education.

1. Not all knowledge is the same - “Follow who know road”

Who will you rather learn how to make money from?

- a) Your colleague in the office who is at your level
- b) Your security guards
- c) A trained accountant and financial adviser
- d) The richest man in your state/ country

My guess is they all know valid lessons about making money. Options a & b seem to be the less reasonable options. On the other hand, options c & d look like the better options. And I will go further to say Option d is the best option. Why? because he doesn’t just possess the knowledge but he has been able to practicalize the knowledge of making money.

In your journey of Living healthily and happily with diabetes who do you listen to?

- a) You colleague who doesn't have diabetes and lives an unhealthy life
- b) Your community peoples
- c) Your doctors and dietitians
- d) An individual who is living happily with diabetes

Note: Even amongst people with same categories, not all knowledge is same.

2. Patience is key. - "A journey of a thousand miles begins with a single step."

What do I need to eat?

Are these medications safe for me?

Will I have to take medications for the rest of my life?

These are just a few a few of the millions of unanswered questions about diabetes and its very common to get anxious and frustrated. Worse still, the more you educate yourself, the more you realize the learning process in never ending.

Diabetes is a complex and lifelong journey, and acquiring the necessary knowledge and skills to manage it effectively takes time. From understanding blood sugar fluctuations to adapting to dietary changes and mastering the intricacies of medication or insulin administration, patience is crucial.

Hence, you must give yourself the space to learn, adapt, and make mistakes along the way. The truth is no one knows it all, not even the so-called experts. If we did, a permanent cure will have been discovered by now and it will be available for all. A lot of research is still going on in the subject of diabetes, meaning, new information comes every day and who knows? maybe one day a permanent cure will be discovered. But until then my friend, do not allow impatience overcome you. Just remember, go at your own pace, learn as much as you can and in no time who will master diabetes.

3. Beware of Quick solution remedies.

"In life, most short cuts end up taking longer than taking the longer route." - **Suzy Kassem.**

Currently, the best-known method to achieving a healthy lifestyle with diabetes include:

- i. Eating a healthy balance meal
- ii. Regular exercising
- iii. Taking medications as prescribed
- iv. Going for regular check-ups

Anyone selling you quick hacks and remedies is just preying on your uncertainties and fear. The simplest plans are always the most effective plans. The challenge usually is in executing and sticking to the plan. Stay clear every quick hack or special remedies. They only compound your problems and make your journey longer.

4. "Knowledge Alone Doesn't Change Behavior Change – Avoid the Pitfall of 'Overlearning'"

Knowledge, doesn't always change how people behave. We've all been there, sitting in a lecture, soaking up facts and figures, only to return to our old habits once the class ends. It's like learning about healthy eating and then devouring a whole pizza for dinner.

The truth is, knowing isn't enough. *Behavior change requires action.* It's like reading a recipe book but never stepping into the kitchen. To make knowledge stick, you've got to roll up your sleeves and get practical. Take what you've learned and apply it in your life. If you've read about saving money, start budgeting. If you've studied healthy living, get moving and eat better. Theory without practice is like a boat without paddles - it won't get you anywhere.

Real change happens when knowledge meets action. So, next time you learn something new, remember, it's not about what you know; it's about what you do with what you know. Put those ideas into practice, and watch your life transform. Do not fall in the pitfall of overlearning and focus on applying the knowledge you learn.

5. Life is a journey- Embrace the spirit of experimentation.

Life is an unpredictable journey, and when it throws you the curveball of diabetes, it's like navigating through uncharted waters. But rather than letting it hold you back, embrace the spirit of experimentation when it comes to living a healthy life with diabetes.

The truth is, there's no one-size-fits-all approach to managing diabetes. What works for one person might not work for another. So, why not take it as an opportunity to experiment with your lifestyle? Try different diets, exercise routines, and blood sugar monitoring methods. Test what foods spike your sugar levels and what keeps them steady. Explore various stress-relief techniques and find what works for you. The key is not to be afraid of trying new things.

It's like being a scientist of your own life, constantly tinkering and adjusting to find the perfect formula for managing your diabetes. The spirit of experimentation can make living with this condition not only manageable but even enjoyable. So, don't let diabetes define your journey – instead, let it be a motivator to explore and experiment your way to a healthier, happier life.

Chapter 4.

Tough skin (resilience, determination and self-accountability)



"Life is 10% what happens to us and 90% how we react to it." — Charles R. Swindoll

The story of Job:

Job was a prosperous and righteous man living in the land of Uz. He was known for his unwavering faith in God and his virtuous life. However, Satan challenged Job's faith, suggesting that his righteousness was a result of his prosperity. With God's permission, Satan put Job to the test.

In a series of devastating events, Job lost his wealth, livestock, and even his children. He was afflicted with painful sores from head to toe. Despite this immense suffering, Job did not renounce his faith in God. His friends, Eliphaz, Bildad, and Zophar, came to offer their condolences but began to question Job's righteousness, believing that his hardships were a punishment from God.

Job's resilience and determination were evident as he continued to maintain his faith and questioned why he was experiencing such suffering. He sought understanding and answers. Ultimately, God responded by revealing the grandeur of His creation and his divine wisdom.

Job was humbled by God's response and acknowledged that he could never fully understand God's ways. In the end, God restored Job's wealth, providing him with even greater prosperity than before, rewarding his unwavering faith and determination.

The story of Job offers several important lessons that can be applied to living with diabetes:

1. **Resilience in the Face of Adversity:** Job's unwavering resilience in the face of unimaginable suffering teaches us that in dealing with health challenges, we must remain strong and persistent. Despite the physical and emotional pain, he endured and did not lose his faith.
2. **Maintaining Faith and Positivity:** Job's story underscores the importance of maintaining faith and a positive attitude during health challenges. It's essential to believe that things can get better.
3. **Questioning and Seeking Understanding:** Job's determination to question and seek understanding in the midst of his suffering highlights the importance of being proactive in

managing health challenges. It's crucial to educate yourself, ask questions, and seek information that can lead to better health outcomes.

4. **Support and Community:** Job's friends, though they offered criticism, initially provided support and comfort during his ordeal. Health challenges can be more manageable with the support of friends, family, and a supportive community. Seek help and lean on your loved ones during difficult times.
5. **Humility and Acceptance:** When God revealed His divine wisdom to Job, the story emphasizes the importance of humility and acceptance. In the context of health challenges, it's essential to acknowledge that we may not have all the answers and to accept the limitations of our understanding and control.
6. **Learning from Adversity:** Job's experience taught him valuable lessons, and his story continues to inspire and offer wisdom to others. Health challenges can be a source of personal growth and insight. One can learn from their experiences and become a stronger and more compassionate individual.

Our Opinion:

As one navigates the complex terrain of living with diabetes, there is no denying that it can be challenging. Managing your blood sugar levels, adhering to new dietary regimen, and dealing with potential complications can take a toll on your physical and emotional well-being. However, in the face of these challenges, developing tough skin is an invaluable asset that can help you lead a happier and healthier life with diabetes. Tough skin, in this context, refers to resilience, determination, and self-accountability, which are essential traits for effectively managing this chronic condition.

Simple actionable tips to build resilience, determination and self-accountability;

Resilience:

1. **Education and Awareness:** Understand your condition. Learn about the different types of diabetes and how it affects your body. Knowledge empowers resilience.
2. **Acceptance:** Accept that diabetes is a part of your life. Embrace the fact that you can manage it effectively.
3. **Mental Health Support:** Seek the help of a therapist, doctors, friends or counselor to manage the emotional aspects of living with diabetes.
4. **Support Network:** Build a strong support system of friends and family who can provide encouragement and understanding.
5. **Positive Coping Strategies:** Develop healthy coping mechanisms to deal with stress and emotional challenges, such as meditation, deep breathing, or journaling.

Determination:

1. **Set Specific Goals:** Define clear, achievable goals for your diabetes management, such as target blood sugar levels, weight management, or regular exercise. *E.g., I will go for a 25 minutes' walk at 6am every Monday, Wednesday and Friday*
2. **Motivation:** Identify your personal motivations for managing diabetes, whether it's to live a longer, healthier life or to be there for your loved ones.
3. **Regular Monitoring:** Track your blood sugar levels consistently and use the data to adjust your treatment plan and stay determined.
4. **Engage a Healthcare Team:** Work with healthcare professionals, including a doctor, diabetes educator, and dietitian, to develop a personalized plan and receive guidance.
5. **Routine and Discipline:** Establish a daily routine that includes medication, meals, and exercise. Consistency is key.
6. **Self-Care:** Prioritize self-care, including foot care, regular eye check-ups, and annual diabetes reviews.

Self-Accountability:

1. **Record Keeping:** Maintain a diabetes journal to track your daily food intake, physical activity, medication, and blood sugar readings.
2. **Honest Self-Assessment:** Regularly assess your progress and identify areas where you can improve.
3. **Adherence to Medication:** Take your prescribed medications as directed and on time. Use reminders if necessary.
4. **Healthy Eating:** Stick to your meal plan.
5. **Exercise Routine:** Commit to a regular exercise schedule, and monitor your physical activity levels.
6. **Regular Check-Ups:** Attend scheduled appointments with your healthcare team and follow their recommendations.
7. **Problem Solving:** Develop the ability to address unexpected situations and find solutions. Always carry necessary supplies and snacks.
8. **Seek Support:** Reach out to diabetes support groups or online communities to share experiences and receive guidance.
9. **Celebrate Achievements:** Acknowledge your successes, whether it's achieving a target weight or maintaining stable blood sugar levels.
10. **Learn from Setbacks:** Instead of dwelling on mistakes or high blood sugar readings, use them as opportunities to adjust and improve.

Chapter 5.

Money



"Health is wealth." - Ralph Waldo Emerson

If there is one thing, we can all agree on is – health is indeed the greatest wealth. Needless to say, then, that one must invest significant amount of time and money in the pursuit of health like we all do for the pursuit of money. To attain a healthy life, one must spend significant time and money on medications, healthy food, gym subscriptions and educational materials.

The paradox of Money:

The paradox of money lies in the immediate perception that investing can be costly, as it often requires allocating a significant portion of your current resources. However, over the long run, it consistently proves to be highly beneficial.

Paying money or investing in one's health can be psychologically challenging for some individuals due to several reasons. If you still find it difficult to invest significantly in your health, please examine yourself as we go through the possible reasons who may be having this challenge.

1. **Immediate Gratification Bias:** Many people are wired to prioritize short-term rewards over long-term benefits. Spending money on healthcare or preventive measures may not yield immediate, tangible results, which makes it less appealing compared to spending on something that provides instant satisfaction.
2. **Fear of the Unknown:** Health investments often involve unfamiliar territory, such as medical treatments, gym memberships, or dietary changes. Fear of the unknown can deter individuals from taking the necessary steps to improve their health.
3. **Cost Perception:** People may perceive health investments as expensive, especially if they don't have health insurance or face high expenses. The idea of parting with a significant amount of money can be daunting.
4. **Procrastination:** Human nature tends to procrastinate on important tasks, especially when they involve complex decisions or lifestyle changes. Delaying health investments is common,

and people might think they have time to address their health concerns later. Well! they don't

5. **Psychological Barriers:** Some individuals harbor psychological barriers like self-doubt or low self-esteem that can lead to a lack of motivation to invest in their health. They may believe they are unworthy of the investment or incapable of making meaningful changes.
6. **Social and Cultural Factors:** Societal norms and cultural influences can shape perceptions about health investments. In some cultures, there may be an expectation that one should be self-reliant or not burden the healthcare system, leading to reluctance to spend on health.
7. **Overcoming Denial:** Acknowledging health problems and the need for investments can be difficult. Some individuals might be in denial about their health conditions and avoid addressing them, even at a financial cost.
8. **Prioritization of Other Expenses:** For some, basic living expenses, debt, or other financial priorities take precedence over health investments. This can lead to a mindset that health is a luxury, not a necessity.
9. **Lack of Education:** A lack of awareness or understanding of the long-term benefits of health investments can deter individuals from taking action. They may not fully comprehend the value of preventive measures or early intervention.

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Overcoming the psychological barrier of investing money in one's health is crucial for overall well-being. Here's an actionable plan to help you address this challenge:

1. Self-Reflection and Motivation:

- **Reflect on Your Health Goals:** Consider what you want to achieve with better health. Whether it's weight loss, eating healthier, long life, being there for your family, understand your motivations.
- **Visualize Benefits:** Imagine the positive impact that better health will have on your life, from increased energy and productivity to fewer medical expenses.

2. Budgeting and Prioritization:

- **Create a Health Budget:** Allocate a specific portion of your monthly income or savings to health-related expenses. Treat this budget as a non-negotiable priority.
- **Prioritize Health:** Recognize that good health is an investment, not an expense. Place it at the top of your financial priorities.

3. Education and Research:

- **Understand the Costs:** Research the expenses associated with your health goals, including gym memberships, healthier food choices, doctor's visits, or fitness equipment.

- **Benefits of Prevention:** Learn about the long-term financial benefits of preventing health issues and avoiding costly medical treatments.

4. Seek Professional Advice:

- **Healthcare Guidance:** Consult with healthcare providers or a nutritionist to understand the most cost-effective ways to achieve your health goals.

5. Cost-Effective Solutions:

- **Compare Options:** Research and compare the costs of different healthcare providers, fitness programs, and dietary choices to identify cost-effective solutions.
- **Consider different drug brands:** If you require medications, ask your doctor if other reliable brands are available, which are often more affordable.

6. Preventive Health Measures:

- **Prioritize Prevention:** Invest in preventive healthcare measures, such as regular check-ups, screenings, and vaccinations, to avoid more expensive treatments in the future.

7. Consistency and Habit Formation:

- **Consistency is Key:** Make investing in your health a regular and non-negotiable habit. Consistency will help you achieve your goals over time.
- **Set Reminders:** Use digital tools like calendar reminders or budgeting apps to help you remember and stick to your health investments.

8. Tracking Progress:

- **Monitor Results:** Regularly track your progress toward your health goals. This will help you stay motivated and on the right path.
- **Adjust Investments:** Be open to adjusting your health investments as you progress and your health needs change.

9. Positive Reinforcement:

- **Celebrate Achievements:** Acknowledge and reward yourself when you reach health milestones, regardless of their size. This can help maintain motivation.

10. Social Support:

- **Share Your Goals:** Talk to friends or family about your health goals and your commitment to investing in your well-being. They can provide encouragement and support.

Ultimately, investing in one's health is a wise choice that can lead to a better quality of life, reduced healthcare costs in the long run, and increased overall well-being.

What next

You have made it to the end of this guide. We just want to say “thank you for investing in your health”. We advise that you go through this material at least 10 more times – you will only be better for it.

We also encourage you to share this guide with relatives and friends.

For feedbacks and comments, please contact us at hello@uderika.com

Important

I want to encourage you to take advantage of our Promo on our introductory course on diabetes –

Learning how to conquer diabetes. (Limited offer). It is a course designed by young Nigerian doctors with the aim of teaching you all you need to know about conquering diabetes. It is fun and easy to follow.

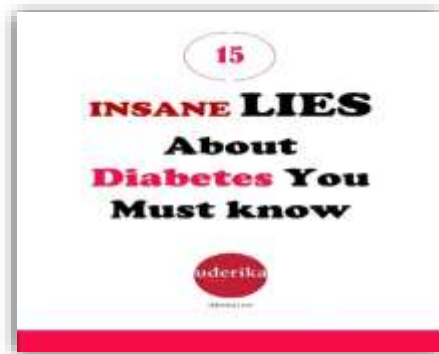
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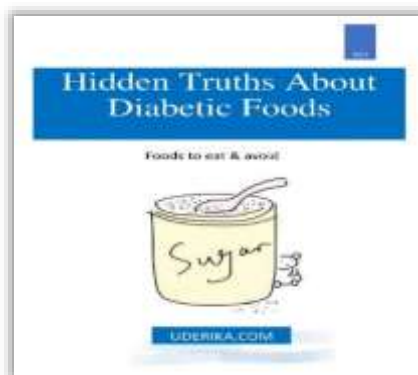


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