**THEMES AND QUOTES:**

**Key Themes and Patient Quotes**

**1. Affordability Concerns**

* Insight: Many patients struggle with the high cost of diabetes management, making it difficult to sustain proper treatment.
* Quote:
  + *"Why is staying healthy so expensive?"* (Multiple patients)

**2. Time Management & Lifestyle Challenges**

* Insight: Younger patients, particularly those managing Type 1 diabetes, find it hard to balance diabetes care with their daily responsibilities.
* Quote:
  + *"I barely have time to think about myself, let alone my diabetes."*

**3. Health Goals & Treatment Expectations**

* Insight: Patients set specific health goals, such as avoiding insulin dependence and improving long-term glucose control.
* Quote:
  + *"Avoid insulin"*
  + *"More energy"*
  + *"Better control"*
  + *"Reduce complications"*

**4. Emotional & Psychological Impact**

* Insight: Patient sentiments range from frustration and anxiety to hope and empowerment, depending on their health journey.
* Quote:
  + Anxious – *"Why is staying healthy so expensive?"*
  + Frustrated – *"I barely have time to think about myself, let alone my diabetes."*
  + Empowered – *"Why is staying healthy so expensive?"*
  + Hopeful – *"Why is staying healthy so expensive?"*

**5. Role of Technology in Diabetes Management**

* Insight: Patients have varied experiences with technology, from relying on CGMs to limited engagement due to cost or personal preference.
* Exact Data:
  + Tech Usage Levels: High, Medium
  + Treatment Plans: CGM, Multiple daily injections, GLP-1 receptor agonist, SGLT-2 inhibitor