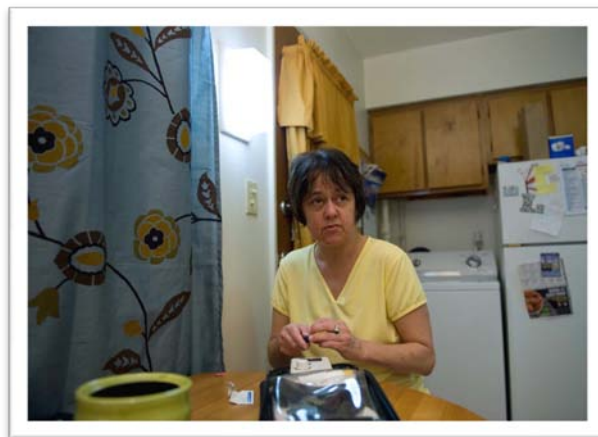


Kimberly Malone: Living with Diabetes

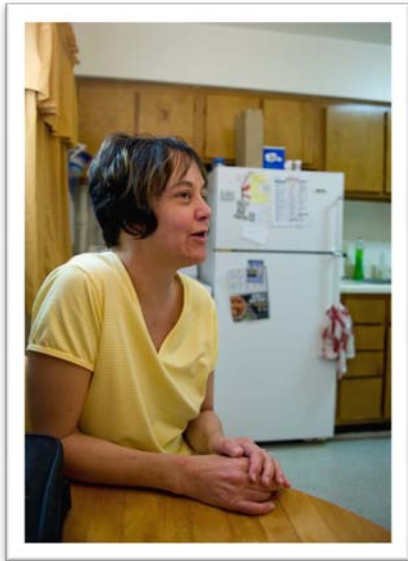
The *Diabetes: A Family Matter* program and toolkit is dedicated to Kimberly Malone. My daughter and family has been the inspiration for my concerns about diabetes. Kimberly has type 1 diabetes and our family has been living with this disease since she was 11 years old, more than 32 years ago at this point in time. It is through my life experience with her that I first became concerned about diabetes. Over time, our family has experienced the many lessons that diabetes can teach you. As we have experienced the challenges presented by this disease, we have marveled at Kimberly's strength and the wisdom she has brought as we have seen her struggle and overcome so many challenges.



Every day begins and ends with glucose monitoring, these steps are taken four or even five times every day. Sometimes she barely has a finger that is not sore.



Although Kimberly is blind, she still regularly checks her blood sugar with her talking glucose monitor. Her machine records the blood glucose level and her doctor can check these when she makes her visits.



One of Kimberly's favorite things to do is talk with others. She is the greatest story teller in our family!

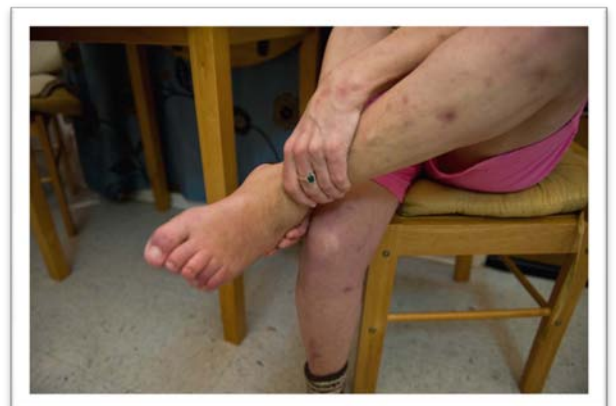


Despite Kimberly's many trials and challenges over her lifetime, she always finds things to be thankful for, inspires others, and fills her life with joy and laughter. It is amazing how she has managed to smile through her tears and always lend a helping hand to those in her life.



Since Kimberly had her kidney transplant, she has been taking autoimmune drugs. One thing we did not know was what a battle she would continuously fight with sores that cover her body and are slow to heal.

Besides the sores caused by the drugs that keep her body from rejecting her transplanted kidney, she also has Charcot's Syndrome.





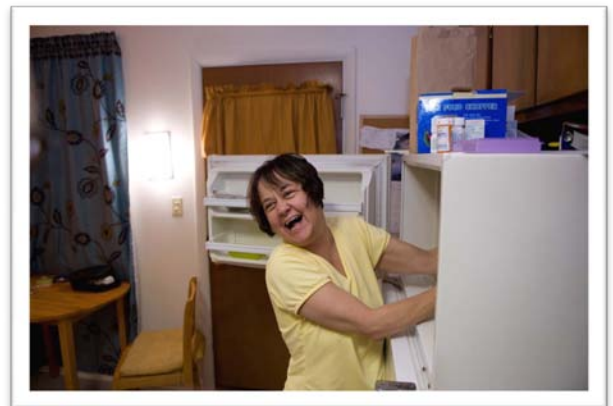
The Charcot's Syndrome resulted in two broken ankles in the past and bone deformation that has limited her walking. She needs a wheelchair whenever she is out in public.

Usually when Kimberly walks in a crowded area or public place, she likes to follow behind the person guiding her. She puts her hands on your shoulders and follows behind. She has learned to live with her blindness and is comfortable living alone, but of course family and friends are always close by.



Kimberly has an aide that assists her weekly by filling her pill box; this makes it easy to locate her various medications throughout each day. Sometimes a nurse visits her at home. Kim suffers with hypertension, neuropathy, and depression. She mostly takes things in stride!

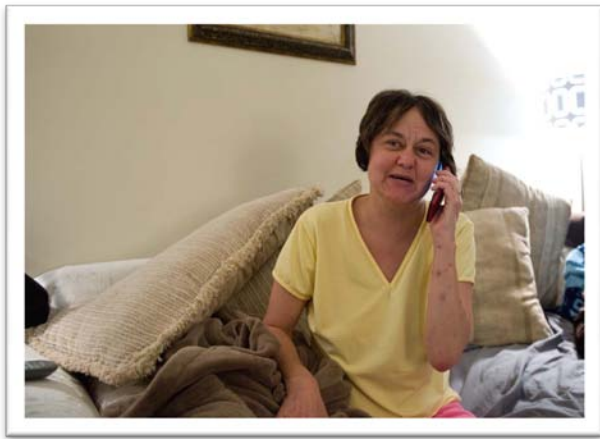
An aide or family member assists Kimberly with the location of items in her cabinets, refrigerator and freezer, then she can easily find whatever she needs. You can see that she smiles often and enjoys making others laugh. When she went into kidney failure and had to spend about 5½ years on dialysis, it was often hard for her to laugh or even see a purpose in her life.





A talking microwave is a helpful tool that assists Kimberly fix some food items for herself whenever she is alone.

Being connected to the outside world is important and Kimberly finds ways to do this without leaving her apartment through her television and telephone.

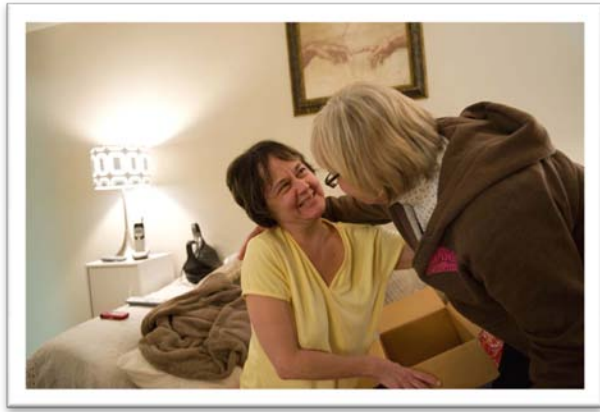


Kimberly spends a good bit of time talking on the phone every day to friends, family members, and health care providers.

Even on a fixed income and limited ability to engage in the outside world, Kimberly always finds special ways to give to those she loves.

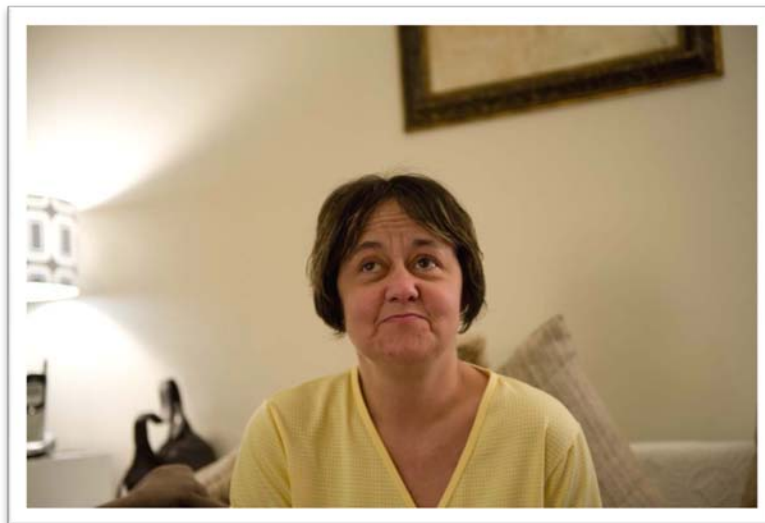


A specially selected teapot makes a wonderful gift for her mother's collection!



The cherished memories involving Kimberly and her fun-loving spirit mean so much to all members of her family.

Family has always been a strength for Kimberly; she has taught all of us so much about the things that are really important in life. Her daughter Leslie has been a blessing even on the days when she has tried every one of her mother's nerves.



Living with diabetes is an ongoing and often difficult journey, but Kimberly has used the adversities this disease has brought to strengthen our family and teach us lessons we might never have learned otherwise. We give thanks every day for the blessings she brings. Our lives are more because of her and the hope she shares with all.