

At 53 years of age, Liz Peralta weighed close to 240 pounds, was a size XXXL, and was always weak and tired. On a typical day, she consumed five cans of soda and several donuts. Her health was clearly at risk. It was hardly a surprise that doctors at the Mount Sinai Health System diagnosed Liz with type 2 diabetes.

Aside from her symptoms, diabetes runs in her family: her mother and brother both suffer from

the disease. Liz had already been diagnosed with pre-diabetes, a condition that precedes the onset of type 2 diabetes. Her case was especially severe: In less than a year, her blood glucose level skyrocketed from a 6 to a 10. (According to experts, diabetes is defined as having a blood glucose level of 6.5 or more.) Liz was afraid of developing serious complications, and her fear might have been justified given her family

history. Doctors recognized that an immediate intervention was required. At their urging, Liz enrolled in the Diabetes Alliance, a program at Mount Sinai for high-risk patients. The program took a personalized approach to managing her condition, by bringing together her primary care physician and a diabetes educator to empower her to take control of the disease. Within three months, Liz had shed 30 pounds by making

changes to her diet, exercising daily and regularly taking her medications. She donated all of her XXXL clothes to charity. And while she still had diabetes, she no longer suffered from diabetes. **For you. For life.**

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ELIZABETH

HAD DIABETES. BUT THANKS

TO US, DIABETES DIDN'T HAVE HER.

