

The Voice of the

Member



“I saw first-hand how Diabetes can take your life!” - Robert DeLeon’s Diabetes Care Story

For Robert DeLeon, food was always a big part of his life. Some of his earliest childhood memories are of his mother’s incredible baked treats and always being asked if he was hungry. This led him to a lifelong struggle with weight and a negative relationship with food.

That all changed for Robert in October 2021 after a 12-day long hospital stay battling COVID-19.

Once home, Robert quickly knew that he was heading down the same path as his parents who he watched pass away from complications from diabetes. First, his primary care provider, Dr. Alex Lee, connected him with the Complete Care Team where he was assigned a diabetic care manager and pharmacist to manage his blood sugar and diabetic medications. With their support and guidance, his A1C levels dropped and were within normal range. Feeling great about his progress with blood sugar management, Robert was ready to address his body weight of almost 400lbs. He discussed the desire to lose weight with his primary care provider who referred him to the Healthy Balance classes provided by the Center for Healthy Living at the Ming Medical Offices where he gained knowledge on how food affects the body, portion sizes, and the best and worst times to eat.

Since starting this journey, Robert has lost 86 pounds and his blood sugar levels are under control. His daily menu consists of oatmeal, a Healthy Choice entree, and refreshing salads. "I'm learning new things about nutrition that I've had never given a second thought to before!" He recently celebrated his 55th birthday and is on his way to reaching his goal weight of less than 200 lbs. Robert is looking forward to improving his fitness and returning to bicycle riding which he enjoyed as a younger man. He realizes, "eating healthy is a way of life and it's going to take time for the weight to come off." Robert added, "I also want to praise the Healthy Balance instructors and their whole approach."

The Healthy Balance program is developed by professionals, this program is based on three basic ideas for success: healthy eating, daily habits, and getting active.

Learn More: <https://thrive.kaiserpermanente.org/care-near-you/southern-california/healthybalance/>

Robert Today



Robert Before