

# Dear Carol

**Dear Carol,**  
 My husband went in for his annual check up, he hadn't gone for three years, and was diagnosed with type 2 diabetes. I am so upset; I don't know what to do. My grandmother died of diabetes and had her leg amputated years before she died. I don't want my husband to go through that. Also, we like to eat and are gourmet cooks. What little I've learned makes me think we will have to completely change what we eat. It will be a big change.

Do you have any advice?

Sara

life style disease that often can be treated with changes in daily habits. The American Diabetes Association website [www.diabetes.org](http://www.diabetes.org) has information and recipes for diabetics. If you are a gourmet cook I'm sure you will be able to create wonderful, tasty, healthy meals for your husband, your family and friends. Many times this kind of diabetes can be controlled with diet and exercise. This may be an opportunity for the two of you to develop new interests, activities and a life style that will prolong both of your healthy lives.

**Dear Carol,**

My nephew is graduating from high school next month. He has done really well in school and has been accepted to a prestigious university out of state. His parents can

afford the tuition even though their income has fallen in the past year. I would like to give him a wonderful graduation gift but know that he might also want to purchase something for himself. I don't want to just give him cash or a check. We are very close and I've been very involved in his life as he has grown up and want his leaving home to be memorable for both of us.

Do you have any ideas for me?

Proud Auntie

**Dear Proud Auntie,**

Congratulations to you and your nephew. Competition for the freshman class of a university is fierce, I'm sure he is a bright and deserving student. You might go on-line to the university bookstore and purchase some item of clothing, dorm room décor or notebook

with the university logo on it and use that as the "wrapping" for your gift. You could purchase a gift card from the bookstore, I'm sure he will need to purchase books and this could be a wonderful help. If you can, ask his friends or siblings what he would like. Perhaps he is going to take a summer vacation and needs help with equipment or transportation. Often the manner of delivering a gift is most memorable; if you two have a favorite shared memory like a game, movie, food or trip; try to incorporate that in the gift. You might package your present in a pizza box.

Send questions to [askcarolnow@gmail.com](mailto:askcarolnow@gmail.com)

Carol is a Life Coach available for private consultation in person or on the phone.\*

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