



Corvallis Man Is Thankful for His Diagnosis

Like so many of us who think, "It can't happen to me," Steve Johnson had a hard time taking the idea of developing diabetes seriously. His light bulb moment came when he was diagnosed with type 2 diabetes. Suddenly everything he needed to do came into sharp focus.

[Read Steve's Story](#)



"My diagnosis reminded me that I need to do the right thing for my health."

— Steve Johnson



Emotional Eating: Let's Talk

By Valarie Ondricka, BSN, RN

We've all had those times when comfort food seems the best way to soothe a rough patch in life. Registered Nurse Valarie Ondricka looks at the issue of emotional eating and offers alternative strategies for when the going gets tough.

[Recognize Emotional Eating](#)



Support Groups Are Key to Management

By Theresa Anderson, CDE

From online groups to meetings in your community, there are more ways than ever to join a diabetes support group. Diabetes Educator Theresa Anderson shares the benefits of becoming involved and how to get past the initial hesitancy of joining a group.

[Join a Group](#)



New Treatments Merge with Traditional Care

Advances in diabetes treatment are not only improving disease management, but some are helping clinicians build closer relationships with their patients.

Dr. Bharat Gopal describes how new technology, treatments and medications are increasing understanding of diabetes and strengthening relationships.

[Learn More](#)

Save the Date!

[Diabetes Day 2019](#)

Diabetes care has come a long way with continuing discoveries and new technology to better manage your health. Join us at this free annual event and get inspired. Registration is required.

Saturday, April 13, 8 a.m. to 12:30 p.m.
Linn County Fair & Expo Center in Albany

Mediterranean Spring Salad with Lemon Vinaigrette Dressing

Try this simple and tasty recipe for spring meals, inspired by the Middle Eastern bread salad, fattoush. This version features chickpeas and pistachios for added protein and fiber. It also uses fresh herbs to boost flavor.

[Try the Recipe](#)



Find a Diabetes Education Team & Classes Near You

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