



Success Stories

Healthy Living Matters. Prevention Works.

Motivated to Change

AFTER HER DOCTOR TOLD HER SHE MIGHT HAVE TO TAKE INSULIN SHOTS TO CONTROL DIABETES, VETERAN KAREN HENDERSON-AIKEN USED HER FEAR OF NEEDLES AS MOTIVATION TO LOSE WEIGHT.

With the help of her husband and the Ralph H. Johnson VAMC MOVE! Team in Charleston, SC, Karen lost nearly 40 pounds and is feeling healthier than she has in twenty years!



Hearing the Message

According to Veteran Karen Henderson-Aiken, "It was November 2018 when my physician said the scariest words to me." Karen's doctor told her that her A1C was 12.5 and if she could not get it under control with weight loss and lifestyle changes, she would have to take insulin shots for type 2 diabetes. Karen says, "I was adamant that I was not going to give myself shots because I am terrified of needles." Then her VA pharmacist who told her that, in addition to high blood sugar levels, she had hypertension and emphasized that her unhealthy habits could lead to heart attack, stroke, or something worse. She says "I truly believe I heard them this time."

Second Time's a Charm

Karen was referred to the TeleMOVE! home telehealth program for a second time. She says she wasn't convinced that it would work for her but wondered if the problem was that she didn't believe in herself. She decided that in order to improve her health, *she* had to make changes – no one else could do it for her. Karen committed to using the tools, including calling in daily with her weight, blood pressure, and number of steps.

Slow and Steady Success

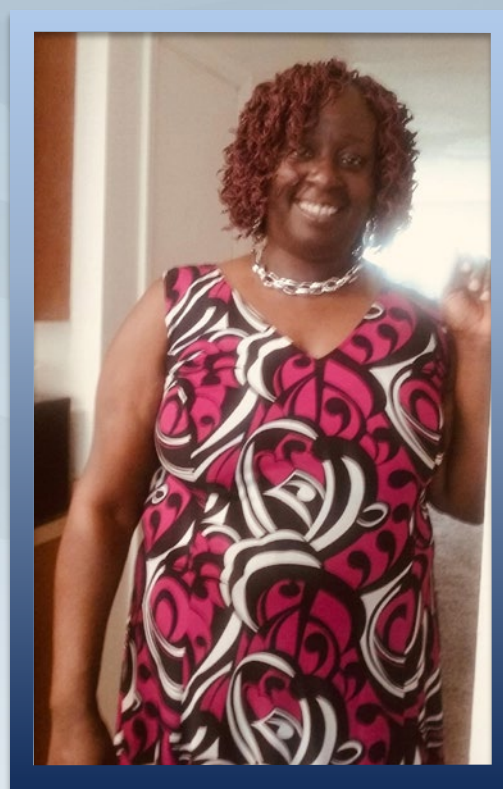
The daily check-ins she received through TeleMOVE! offered Karen suggestions for changing her diet, starting an exercise program, and keeping a journal. With these lifestyle changes, she began to slowly and steadily lose weight without even realizing it. She says, "I have actually stayed with losing 0.5 to 1 pound per week and not overdoing it. It has been successful."

Better Numbers, Better Health

When Karen started TeleMOVE! in December 2018 she weighed 243 lbs and her A1C was 12.5. In October 2019, she weighed 205 pounds, her A1C was 6.1 and her blood pressure was 124/74. Karen says, "I have not felt this healthy in the last 20 years!"

“ I would like to recommend MOVE! and TeleMOVE! to other Veterans. It works if you work it!”

– Karen Henderson-Aiken



Grateful for Support

"I would like to thank my husband, Alexander Aiken, for helping me in this process and the MOVE! team, from Becci Luhrs to the woman who calls me to remind me to check in when I get busy and forget."