

This November, the ADA is looking to ignite a national conversation and share stories about what it truly means to live with diabetes through its campaign: **Everyday Reality**. The goal is to create urgency about diabetes, and to help educate others, break down stereotypes, and to correct myths and misunderstandings surrounding the disease.

For those who have been diagnosed, diabetes impacts nearly every decision they make daily—from what they'll eat, wear, and do to how they'll take care of themselves.

All month, we will highlight the personal stories of people impacted by diabetes—including:

- **Tracey Brown**, ADA's CEO who was diagnosed with gestational diabetes 14 years ago, and then later with type 2 diabetes;
- **Mary Xu**, a mother who was diagnosed with gestational diabetes for her first two pregnancies, and now with her third is preparing for the same diagnosis;
- **Hunter Sego**, a college athlete who was diagnosed with type 1 diabetes at seven years old and is now navigating the financial and emotional burden diabetes places on him and his family;
- **Mike and Olivia Nelson**, a father, age 40, and daughter, age 4, who both live with type 1 diabetes.

As part of this year's campaign, actor Winston Duke, best known for his role as M'Baku in Marvel's "Black Panther," has joined the ADA to help spark a national dialogue about diabetes awareness and prevention. Duke has seen the painful mark diabetes can leave on families firsthand and is doing everything in his power to change his family's future story and the story of millions more.

While the everyday of diabetes can seem overwhelming, there are things everyone can do to improve the lives for people with diabetes and those at risk. Everyone can visit diabetes.org/everydayreality and encourage people to know their risk by taking the ADA's Type 2 Diabetes Risk Test, become an advocate, magnifying the voices of all those living with diabetes and support the organization's mission by donating today.

Join the conversation, share and engage with stories on social media as the ADA highlights the personal accounts and **#EverydayReality** of those living with this chronic disease.

