



KNOW DIABETES BY HEART™ AT THE THEATER

DISCUSSION GUIDE



About this Guide:

Use the resources below to keep the conversation going. The way you use this discussion guide is up to you. Some settings where you may consider hosting a discussion about the show could be:

- Small groups at church or with other faith-based organizations
- Virtual family reunion
- Employee resource or affinity group
- Community center
- Support group
- Fraternity or sorority alumni events

Know Diabetes by Heart at the Theater Discussion Questions

The following questions are designed to help you reflect on the themes from Know Diabetes by Heart at the Theater and share personal experiences and thoughts about health and support.

1. Sarah's husband Joseph lived with type 2 diabetes, yet she never saw him check his blood sugar. Have you ever tried to help someone who didn't ask for it? If so, how was it received?
2. We can understand why Sarah was so emotional when Joseph's doctor asked her how she was doing. In taking care of others, we often forget to care for ourselves. Have you or a loved one had a similar experience? How were you able to cope, or help them cope?
3. When Sarah found out she had type 2 diabetes, she immediately decided to claim it, having witnessed with Joseph that faith without works is dead. If you were in Sarah's shoes, what would your first reaction to the news have been?
4. Anthony's character jokes about keeping their fictional "heart-to-heart" conversation between them, but in real life, we often keep important things to ourselves. We saw this again in the story Anthony shared about his best friend. Do you think there a hesitancy to talk openly about diabetes, heart disease or stroke? Is one more easily talked about than another?
5. Anthony talked about keeping his health numbers tight and mentioned that people living with diabetes should be tested at least once a year for kidney disease. Have you ever asked a doctor for a specific test or asked to have a conversation about test results? Why or why not?



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6. Angela's mother passed away from heart failure caused by her diabetes and alludes to the fact her mom and her family didn't make the connection in time. Why do you think heart disease and stroke aren't as commonly discussed as complications from diabetes, even though cardiovascular disease claims the most lives of people living with diabetes?
7. Angela mentions that even strong-willed, independent people need to ask for help sometimes. What kind of help do people living with type 2 diabetes need from their families, friends and community and what role can you play?
8. After seeing Know Diabetes by Heart at the Theater, what is one commitment you will make for your own health or to support someone you care for?

Additional Resources:

- [What is Diabetes](#)
- [4 Questions to Ask Your Doctor](#)
- [7 Tips to Care for Your Heart](#)
- [Your Medicine Chart](#)
- [Know Your Numbers, Lower Your Risk](#)
- [Kidney Disease Resources](#)
- [Living with Type 2 Diabetes Program](#)
- [Ask the Expert](#)