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2026 ANNUAL CAMPAIGN

Real People. Real Care. Real Results.

Patient stories from
Ravenswood Family Health Network

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STEVEN'S STORY

Staying Active Through Setbacks



Steven with podiatrist Dr. Javeria Hussaini at Ravenswood

8.2% → 7.2%

A1C reduction in just over three months with his Ravenswood care team

After being diagnosed with Type 2 diabetes, Steven worked with his Ravenswood care team to make steady changes to his eating and exercise habits. In just over three months, his A1C — a measure of average blood sugar — dropped from 8.2% to 7.2%.

When foot pain began to make exercise difficult, Steven turned to Ravenswood podiatrist Dr. Javeria Hussaini. Together, they created a recovery plan that included treatment at the clinic and simple steps at home. Steven followed the plan with stretching, icing, and supportive shoes to help ease the pain. With this support, he is working to protect his mobility and keep moving toward his health goals.

VIKA'S STORY

Managing Diabetes

Vika knows that managing Type 2 diabetes takes daily effort — and she doesn't do it alone. At Ravenswood, she found a partner in her Health Coach, Ana Tuipulotu, MA, who shares her cultural background and understands what Vika needs to stay on track.

Together, they built a plan that fit Vika's real life: better eating habits, daily movement like walks and Zumba, and learning how to monitor her own blood sugar and blood pressure at home.

Today, Vika's fatigue is gone. In its place: steady energy, real confidence, and a health routine she owns.



Vika with her Ravenswood Health Coach, Ana Tuipulotu, MA

Healthy eating

Daily movement

Home monitoring