

Together, we can improve the lives of
Ravenswood patients managing chronic conditions.





Eugenia's Story: *Managing Diabetes with Compassionate Care*

Eugenia, 64, has lived with diabetes for over 20 years. In September 2024, her A1C level was 11%, signaling dangerously high blood sugar. Her Ravenswood care team quickly stepped in. Nurse Practitioner Adrian adjusted her medications, and Health Coach Evelyn helped her build simple habits, like daily stretches and medication reminders, to better manage her condition.

Despite limited mobility, Eugenia became more active and consistent with her diabetes care. She also received a diabetic foot screening from Evelyn and regular telehealth visits with Pharmacist Bernadette, who offered guidance on prescribed medication and a healthy diet. Additionally, the lab staff checked her blood sugar levels every three months and explained her results to keep her motivated. In December, her A1C dropped to 8.7%!

In early 2025, a diabetic eye exam with Dr. Phan revealed cataracts and early eye damage. Dr. Phan continues to monitor her vision and eye health to ensure she is in good health. In addition, with continued education and support, Eugenia understands how diabetes affects her vision and overall health.

By March 2025, her A1C had dropped to 7.5%—a 3.5% decrease in just six months! Eugenia's story is a testament to the power of a supportive care team, small lifestyle changes, and personal resilience in managing chronic illness.



“Seeing Eugenia’s motivation to get her diabetes under control is a true testament to her hard work and determination.

Through her efforts of keeping a healthy diet and taking her medications regularly, along with monthly diabetes follow-ups, she’s been able to get her A1C goal.”

Bernadette, Clinical Pharmacist





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