

# Harmon Diabetes Center CJ Monroe Likes Being Treated Like a Person First

“I want to live!” says CJ Monroe in no uncertain terms. Maybe that’s because she has a lot to live for.

CJ speaks of the wonderful man to which she has been married for 33 years. “He’s my everything. He’s seen me through cancer, diabetes, the loss of both my parents, and a whole lot of other things. He’s a good man. I am blessed.”

Still, she’s having some health issues – some things that the doctors can’t explain yet. CJ was diagnosed with diabetes 25 years ago. Like many people, she ignored her diagnosis. She remembers the doctor and resident physicians in her hospital room discussing her case while instructing the residents. She asked a question to which the teaching physician assured her, “You don’t need to know.” She assured the doctor that she did, indeed, need to know because it was her body they were discussing.

At the recommendation of her adult children, CJ scheduled an appointment with Lydia Marien, a Nurse Practitioner at Goppert Family Care. Marien referred her to the four-class education series at The Research Foundation’s Harmon Diabetes Center, where Denise Reisman was her first instructor.



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- CJ Monroe

CJ has returned for refresher training several times since.

“I love Lydia Marien,” says CJ. “I don’t believe blindly. If I have a question, I’m going to speak up. She always tells me that if she doesn’t know the answer to my questions, she’ll find out. And she does.”

After her experience at another center, CJ really didn’t want to attend the education sessions. But she knew she needed the information. “I keep coming back to the Harmon Diabetes Center,” she explains, “because of the contact with individuals who know what they’re talking about and don’t make me feel stupid. I want to be treated as a person, not as a patient.”

CJ is under the care of an endocrinologist as she works through reducing the amount of medication and insulin she takes daily. She’s happy with the team of experts she’s assembled to help her work through current health issues.

“You don’t get done managing your diabetes,” she says. “There’s always more to learn. That’s why I keep coming back-because I want to live!”

For more information on supporting The Research Foundation’s Harmon Diabetes Center, please call 816-276-4218 or go to [www.theresearchfoundationkc.org](http://www.theresearchfoundationkc.org).