**Case #1**

* Supply Distributer, Loves to surf, 59 year old male
  + Hypertension
  + Uncontrolled Type II DM with complications (foot ulcers, macular edema, retinopathy)
  + Colon CA
  + Stress
  + Orthopedic problems

**Patient Comments**

* I don’t remember to take my medications.
* I didn’t have my insulin needles. I needed a refill so I haven’t been checking my sugars and my glucose meter isn’t working.
* I get too overwhelmed.
* I have an all or nothing personality.
* I am a failure.
* What is an A1C again?
* What is diabetes again?
* What happens to my body if I keep forgetting to take my diabetic and hypertension medication?
* My wife says I should stop eating sugar or else it will kill me.”

**Case #2**

* Scheduler, Enjoys boxing, 49 year old female
  + Hypertension
  + Type II DM
  + Hyperlipidemia
  + Obesity
  + Hx of CVA
  + Sleep apnea
  + Orthopedic problems

**Patient Comments**

* I see how everything in my body is connected.
* I know I have to manage all of my conditions so I don’t have another stroke.
* I keep imagining my perfect body.
* Now that I am taking my medications and exercising I feel like I am alive again.
* I am going to keep up doing what I am doing because I feel so good and want to live for myself and my sons.