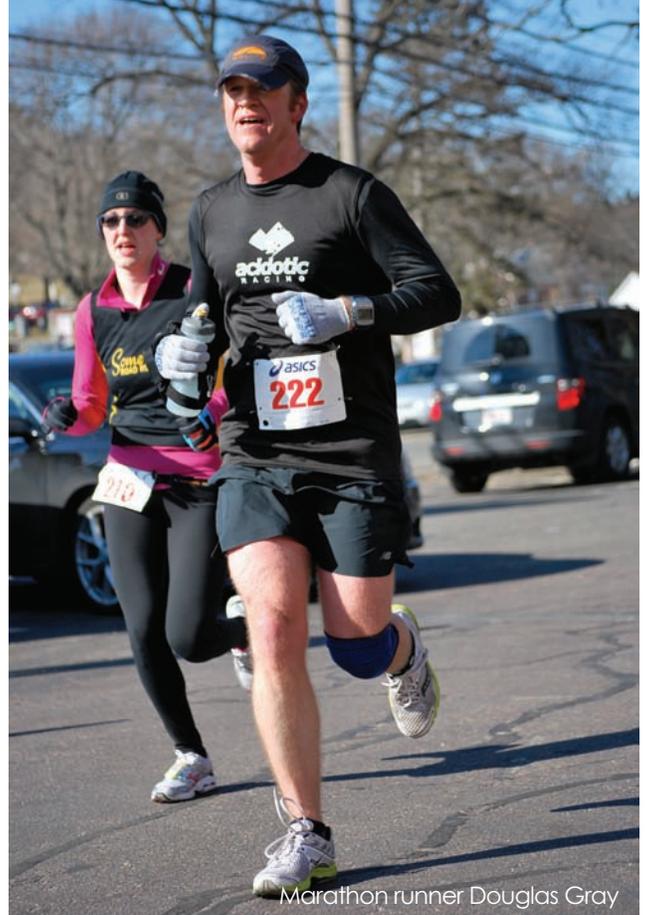


Marathoner stays one step ahead of diabetes

Marathon runner Douglas Gray, 37, of Medford, was diagnosed with Type 1 diabetes two years ago, but with the help and expertise of The Joslin Diabetes Center Affiliate at Hallmark Health System (HHS) he has curbed the disease's impact on his life. The Center is located at Lawrence Memorial Hospital of Medford (LMH).



Marathon runner Douglas Gray

Gray, who runs 10-miles round trip to and from his job as the Rooms Controller at the Boston Marriott Cambridge in Kendall Square each day and competes in marathons and other long-distance races, works closely with the Center's staff, including his endocrinologist Dr. Sunita Schurgin, to monitor and maintain his blood sugar levels. He also has to maintain his health to keep up with his wife Natasha and their son Timur, 5 ½.

“I have the ultimate confidence in Dr. Schurgin and her clinical colleagues at the Center.”

Gray was “shocked” when he was diagnosed with diabetes, especially because the disease doesn't run in his family. He'd been having trouble staying hydrated, but didn't think much of it because he had been running a lot. It wasn't until his vision started to decline that he decided to see his primary care physician. “I was completely blindsided,” said Gray. “I assumed I was over training.”

But Gray hasn't let diabetes slow him down. He completed his first 50-mile race in September and is training for a 100-mile race in May. Gray makes sure to adjust his insulin if he's going on a really long run and also never runs without glucose gel, which he could take if his sugar level starts to drop.

Gray was happy to learn the hospital was affiliated with The Joslin Diabetes Center and has continued to be impressed with the clinical expertise of the staff. He said he definitely made the right choice in selecting HHS for his diabetes care.

“I couldn't ask for more,” said Gray when asked about the Center's staff. “I have the ultimate confidence in Dr. Schurgin and her clinical colleagues at the Center.”

The Joslin Diabetes Center Affiliate at Hallmark Health System, which opened at LMH in 2011, brings the expertise of the world's preeminent diabetes research and clinical care organization to the community. Patients can now receive the most up-to-date diabetes and endocrinology treatment without traveling into Boston. The Center builds on HHS's solid reputation for comprehensive, patient-centered diabetes and endocrinology care while offering patients the latest advances for treating diabetes and its complications as well as patient education.

For more information on the Center, visit www.hallmarkhealth.org and select “Clinical Programs” or call (781) 306-6370.