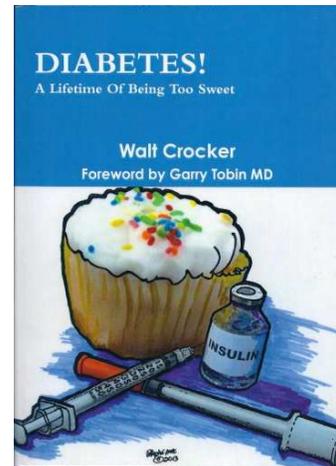


A Review of
Diabetes! A lifetime of being too sweet
By Walt Crocker

Reviewed by Jim Gleason, heart recipient

After many years as a heart transplant survivor, I discovered what I had denied as misinformation, that many organ recipients eventually come down with diabetes from their meds, myself included. Walt Crocker lives with diabetes now for over 44 years, becoming a kidney transplant recipient long after that diagnosis, so in his book we have the best of all worlds - an author (of many articles and three books) who uses that skill to write about his survival with diabetes, dialysis and eventual kidney transplant. With so important a topic, this book, based on such life experiences, offers unique insight for the ever growing community of diabetics, dialysis and transplant recipients, as well as their supporters and medical staff who face such patients in their daily practice.



Walt fills 300+ pages of daily life challenges that will both scare the reader and at the same time, inspire us to take daily disciplined care to avoid the consequences of doing any less. In his story telling style, he misses nothing, offering detail that brings us into his very personal life, a gift skillfully shared that engaged this fellow traveler on my own life path with similar challenges into carefully taking heed and lessons from this reading that was both educational and entertaining.

There is so much personal and detailed information about successfully living with diabetes and too often, the associated kidney failure that leads to dialysis and even a kidney transplant , that it would be overwhelming if it weren't for the integration of his daily life story that both softens the fearful events and inspires us with his successful dealing with those life challenges. The author draws us into his very real daily life, admitting to both personal failings with detail that tells us this is not made up tales, while inspiring with the successful outcomes that come with never giving up and learning from each experience. He dives into depth on each key topic: long term living with diabetes, the emotions and cautions of every other day dialysis treatments, the fears and emotional waiting for a kidney donor (whether live or deceased donor). As an almost added bonus, the author adds a Section II with 6 more short chapters of special material, rounding out the education that is the purpose for his writing it in the first place.

In conclusion the author adds two final messages. The first is how important maintaining a good attitude is in dealing with life challenges and avoiding/overcoming depression that too often accompanies them. And the second supports that first when he writes: *“To sum it up, I actually enjoy my life now. Everything’s not perfect, whose life ever is? ... It (the kidney transplant) truly is the gift of life. Who knows what’s going to happen in the future. I live one day at a time. That’s about all any of us can do.”*

Note: **Diabetes!...** is available in paperback at Amazon.com. You can learn more from the author’s website at <http://www.waltcrocker.com>

Brief bio:

Jim Gleason, receiving his heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with the Gift of Life Donor Program, TRIO, NKF and UNOS as well as a nationally recognized speaker and author. His own book, **A Gift from the Heart**, is offered free in thanks to his donor family and can be obtained by contacting him at GLEASONJIM@AOL.COM.