

# Ending Stigma Across Oceans:

An Indian Diaspora Perspective  
One Month After a Type 2 Diabetes Diagnosis

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Stigma crosses oceans but lived experience crosses back with power.

## Lived Experience Across Diagnosis

### Before Diagnosis



OUTSIDE THE CIRCLE

- ▶ Advocated for loved ones with diabetes
- ▶ Witnessed blame, silence, body policing
- ▶ Identity as ally, not patient

### Inside the Circle



- ▶ Immediate shame and internalized stigma
- ▶ Cultural silence, within Indian family
- ▶ Racialized assumptions in Western care

## What's Next?

### ▶ Opportunities

- ▶ Early diagnosis stories disrupt silence
- ▶ Diaspora voices bridge cultures and care gaps
- ▶ Double stigma from culture and systems

### Challenges

- ▶ Deep family shame and fear of judgment

### Recommendations

- ▶ Center diaspora lived experience in advocacy
- ▶ Create low-barrier, culturally responsive tools
- ▶ Normalize discreet, family-level conversations

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Lets collaborate or  
discuss future projects.

**Why This Matters:** Rooted in my first month post-diagnosis, this perspective reflects the emotional reality of living between cultures—and the power of speaking while the experience is still raw.