

On the Road- and Healthy

Jonathan Testa makes all the right changes, 2017

Jonathan Testa is on the road—a lot. As president of Testa & Son's Hauling, he delivers recreational vehicles (RVs), travel trailers and boats to destinations all over the U.S. "I'm on the road too much, but I like to work hard," says Mr. Testa, who is 37. His work ethic is inspired by his late father, who opened a car dealership in Framingham at age 17.

Mr. Testa's business is based in Boston and New Hampshire, but when he lands somewhere, it is at a campground in New Hampshire or his mother's house in Marlborough. "If I need an appointment with Dr. Pani, I'm usually staying with my Mom," he says.

"When I met Jonathan, he told me that his father had heart disease and diabetes," says Dr. Pani. Two years later, Mr. Testa developed symptoms that landed him in the hospital. "His blood sugar was very high. Jonathan had diabetes, so I prescribed medication, and we discussed what he needed to do to maintain good health."

It meant monitoring his blood sugar regularly, changing his diet and making sure he got exercise—despite a lifestyle that makes all of that a challenge. "Sometimes I'm driving for 72 hours straight," he says, noting that he has a co-driver and takes the required breaks. "But now, I use those breaks to walk for 20 minutes. Dr. Pani set me up with a dietitian, so I now pack healthy snacks and avoid fast food."

During a period of time when Mr. Testa was trying to make all these changes, Dr. Pani was never far away. "He called me periodically, which meant a lot," says Mr. Testa. "Dr. Pani really cares about my health."

All his efforts paid off: Mr. Testa's A1C—the all-important measure of blood sugar—went from 11 to 5.8, and he was able to stop taking medication. "Jonathan lost weight, and he followed the instructions I gave him," says Dr. Pani. "He's an intelligent guy, and he was motivated, because he saw how his father suffered from the complications of diabetes."

These days, Mr. Testa sees Dr. Pani less frequently. "I check in with him for blood work, and we talk about my cardiac risk factors," he says.

They also discuss the future. "Dr. Pani and I agree that, with my family history, I can't continue working like this forever," he says. "I have a trusting relationship with Dr. Pani. I really like him as a doctor and as a person."

