

**[VIDEO TRANSCRIPT]**

**ANNOUNCER:** Welcome to Straight Talk About Diabetes, with me, your straight talkin' host, Erron Jay!

**ERRON:** Our first guest is a diabetes diva from Dayton, Ohio. Here's Amy. Amy!

**AMY:** Hello, my friend.

**ERRON:** How are you?

**AMY:** I am good.

**ERRON:** Good to see you. Hey, you have a seat. Amy, Amy, Amy, now, um, tell us a little bit about yourself.

**AMY:** Well, I am married. I have three kids.

**ERRON:** Okay.

**AMY:** And, um, I work as a nurse at a hospital.

**ERRON:** Okay. So three kids. Let me ask you something—

**AMY:** Mm-hmm.

**ERRON:** ...and a husband—

**AMY:** And a husband.

**ERRON:** ...so four kids.

**AMY:** Yeah. You got that right. Yeah.

**ERRON:** How long have you been living with diabetes?

**AMY:** So it'll be almost 20 years this year.

**ERRON:** Oh, wow, two decades.

**AMY:** Yeah. Now I'm not saying I've been the perfect patient with diabetes for that whole time, because that is not true.

**ERRON:** That's okay. That's okay. Nobody's perfect. Right?

**AMY:** Absolutely not.

**ERRON:** All right. I mean that's why we're here. We're here to get real.

**Amy:** And you know what they say about nurses being such great patients.

**ERRON:** Yeah, like Nurse Ratched.

**AMY:** True. Oh, no, no, no, no, no, no. No, no, no, no, no. I'm nice.

**ERRON:** Oh, that's what you say now.

**AMY:** Well, true.

**ERRON:** For all our friends that are out there, that are watching us talk about this and getting real with it, how important is that support system for you to keep you, you know, moving along?

**AMY:** Well, in addition to the four lovely people that live in my house, um, there are also my dad, my sister and her family, and they have actually been the most supportive in helping me to get from out of control to under control. And now that I've been working a little bit harder, and they've been seeing the results of what I'm trying to do, and they're understanding what it is, you know, why I need to take a break to do this, why it's time for me to just take a break and check my blood sugar, and do make a choice based on the result of that blood sugar. Now that they understand that, it's extremely supportive. So they have been really wonderful.

**ERRON:** So before this were, um—

**AMY:** They were not.

**ERRON:** Did they—well, did they see you like—were you—did they think you were using it as a crutch? Is that what it was?

**AMY:** Oh no, no. My friend, Erron, I was the queen of denial.

**ERRON:** Oh.

**AMY:** I had the biggest crown and the most jewels that there were possible.

**ERRON:** Your highness.

**AMY:** Oh, absolutely. So I really wasn't doing what I needed to do to take care of myself. And so because I wasn't doing that, because I wasn't focusing on it, because I was pretending it wasn't there, then they didn't think it even existed. So they didn't even know what to do.

**ERRON:** So what were you in denial about?

**AMY:** Oh, Erron, it was everything. It was, um, first of all that there was something wrong with me, second of all, that there were things that I needed to do to take care of myself. I went to the doctor's office. The doctor would say, um, "You need to lose weight. You need to eat healthy," and then I would go home and do nothing. You know, I really made no changes to my diet. I was not doing anything, anything in the real—in the realm of exercise. And checking my blood sugar? Ha, ha. No. Um, they had prescribed one pill for me. I mean it shouldn't have been hard. Right? I mean it was one pill one day, you know, once a day. How hard can that be? I would continually forget to take it. And then I would go back and I would have to go see the doctor, and it would get worse and worse each time until finally it was, why are you not doing this?

**ERRON:** Your doctor had to get real with diabetes.

**AMY:** Oh. She, she finally got really, um—I wouldn't say it was angry, 'cause she, 'cause she wasn't, you know, like [makes growling sound], but she really let me have it. She really did get real with me and said, "Listen. You have this problem."

**ERRON:** Now was it negative or that's how you perceived it?

**AMY:** I'm sure I probably did think I was being spanked.

**ERRON:** Because she sounds like she's pretty awesome.

**AMY:** Well, you're right, she is awesome, but don't tell her that.

**ERRON:** Okay.

**AMY:** Okay.

**ERRON:** On the hush.

**AMY:** Shh, shh, shh, shh. But I was starting to have symptoms. I was starting to have some complications. The biggest one was fatigue. I was so tired all the time. I would find myself, I would sit down in a chair and I would go to sleep.

**ERRON:** Right.

**AMY:** So it took, it really took my dad, who kind of came to me and said, "You know what? I'm really worried about you." And, of course, I'm like, "What are you talking about?"

**ERRON:** Right. "I'm good."

**AMY:** You know, "I am fine." But, um, but then we had a really great conversation, and it had happened, you know, after we had lost my mom, and basically it was, you know, "I'm worried about you."

**ERRON:** Okay.

**AMY:** So I think a lot of the reason why I went into denial was because I was so overwhelmed at all the things I had to do.

**ERRON:** Mm-hmm.

**AMY:** And the biggest thing was that I had to make changes to my lifestyle, and that's scary.

**ERRON:** Gotcha.

**AMY:** But again, having that conversation with him was, I think, one of the things that really helped me to kind of open the door, you know, like I said, open the door to allow people in to help me, and for me, again, to take some of those first steps toward getting myself under control.

**ANNOUNCER:** Stick around for more of Straight Talk About Diabetes.