

[VIDEO TRANSCRIPT]

ANNOUNCER: Welcome to Straight Talk About Diabetes, the talk show made FOR people with diabetes—BY people with diabetes.

ERRON: Was there something that just snapped Amy out of her denial, and you were like, "I am going to live this type of lifestyle. I'm going to make these changes," and how do you feel now because you made that decision?

AMY: It was about four and a half years ago, and I was taking baby steps. I had started with taking my medicine and checking my blood sugar. That was my priority, with one pill that was once a day.

ERRON: Okay.

AMY: And then I started to kind of add in some of the other things. So I started to, um, walk a little bit more.

ERRON: Okay.

AMY: But the really key part was when I went back to the doctor, and she checked my A1C, and she lost her mind.

ERRON: (Chuckling)

AMY: She took me to the other partners in the practice and said, "You are not going to believe this." I got hugs, I got high fives, I got fist bumps from the other three doctors in the practice. I'm a different person now, because I figured out I could take care of myself.

ERRON: Like you said, if you don't take care of yourself, who's going to do it?

AMY: Right?

ERRON: Yeah. If you had—to keep it real.

AMY: Yeah?

ERRON: I mean real—

AMY: Oh, really real?

ERRON: I mean all the way real.

AMY: All right.

ERRON: I mean for real, for real.

AMY: Okay.

ERRON: That's what, that's when you know it's serious, when you say it twice in a row.

BOTH: For real, for real.

ERRON: Yeah. What would you tell somebody getting their, their diagnosis right now? And they're feeling like the world is collapsing around them. What would you tell them?

AMY: We need to break it down.

ERRON: Okay.

AMY: You know, when you go to the doctor.

ERRON: Mm-hmm.

AMY: Especially that first time you're diagnosed.

ERRON: All right.

AMY: Um, "You need to lose weight. You need to eat healthy."

ERRON: Your "welcome to diabetes bullet points."

AMY: Yup, and you kind of leave the office and you're like, what just happened? It's taking baby steps. Because, again, 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. So the first thing that I focused on was checking my blood sugar and taking my medicine. Let's get a quick win.

ERRON: Gotcha.

AMY: So you just take those little, tiny moments, put them together, and that's what's going to really help, help you be successful.

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