

[VIDEO TRANSCRIPT]

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

ERRON: Hello, hello, hello, everyone. I'm Erron Jay, and I'll be your host for this series of one-on-one conversations with people just like you and me who duke it out daily with the dia-burden of diabetes, just me and a friend telling our truths about what we dia-do and dia-don't. I've been living with type 2 diabetes for 15 years. Like so many of us, when I got diagnosed I thought the party was over.

I remember looking up a few of the symptoms I noticed online: thirst, fatigue, frequent urination, and it said for me I could have either had diabetes, a urinary tract infection, or something else. And, you know, you've never seen a grown man pray so hard for a urinary tract infection in your life. But sure enough, after talking with my doctor it was clear; I had diabetes.

Current statistics say that one in ten Americans have diabetes. The problem is, for a disease this common, it doesn't seem like people are talking enough about what it's actually like to live with it. So we're here to change that.

We're going to cover all the angles, like food. In my case, I had to say goodbye to my regular cake sessions. If I'm being real with you all, cake meant more to me than my own dog—and I love my dog. Cake has always been my jam. Cake with jam is also my jam.

But now if I want a single slice, my doctor says I need to up my exercise and check my blood glucose, and it means no cake for me tomorrow. I've slapped my own wrist in public. Ha, no cake for you, Erron. Did strangers look at me like I had lost my mind? Maybe. Did not eating the cake help stop my blood sugar from spiking? Darn right it did.

You see, it's all about finding balance. We're here to share our experiences, tips, tricks, and life hacks so we can all feel less alone and hopefully make better decisions along the way. So, let's get started.

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.

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