

Juanita's Story – Part 3 Program Transcript

[MUSIC PLAYING]

DR. SMITH: Hi, Juanita. Come in.

JUANITA: Hi.

DR. SMITH: Good to see you.

JUANITA: Good to see you.

DR. SMITH: Please have a seat.

JUANITA: OK.

DR. SMITH: So how are you feeling?

JUANITA: Fine, but I'm nervous to find out what you have to say about my blood test.

DR. SMITH: Yeah, I understand. Well, I was just going over the results and at this point the tests show that you're definitely pre-diabetic. Yeah. And it's in line with the symptoms you've been experiencing-- the blurred vision, the wound on your foot that would not heal. All of this is likely connected to the fact that you developed gestational diabetes when you were pregnant.

JUANITA: No.

DR. SMITH: Yeah. Based on the blood work, five more points and it will be diabetes. But there are things that you can do to prevent this from happening.

JUANITA: I read the brochures that you gave me, all of the risks-- blindness, maybe losing an arm or leg, insulin dependence. I do not want type 2 diabetes.

DR. SMITH: No, of course you don't. Here's some information about what you can do to start turning your health around. It's all about properly managing your diet-- cutting out soda, alcohol, any sugar, and getting lots of exercise. It's a lifestyle change, but I know you can do it.

JUANITA: I'm going to do it. I know I can. My children, they need me. I am not going to let this happen.

[MUSIC PLAYING]