

## Video Transcript Ron's Diabetes Story

0:07 my name is Ron Castro I have type 2 diabetes, diagnosed about 4 months ago.

:20 it was kind of a shock to me, but I'm moving on and taking care of it.

:33 It was just a checkup, my fasting levels were a little bit elevated so they did an a1c test on me which I don't believe I'd ever had done. That's when they noticed it was slightly elevated.

:46 I eat healthy and I lift weights quite a bit, I'm active at work. But my weight's been going higher and higher so that's probably got something to do with it.

[Text: as soon as he was diagnosed, Ron set out to make some changes]

(pt2) 1:40 I used to lift weights quite a bit. I did a lot of calorie and protein counting but I'd never counted carbs before. I can count stuff, but I'd never done anything like that before. The carb choices, that's a good thing I learned.

(pt2) 6:45 I don't eat much bread anymore. If I do go out to eat, I won't eat much bread. I'll take the top off the sandwich and pitch it or take the biggest piece of bread and pitch it and just eat the veggies and meat.

(pt2)4:26. I'm not in the gym as much as I used to be. I used to go big on everything, just lift as much weight as I could. I'm doing more cardio. I probably walk 4 days a week. I used to play basketball all the time; probably hadn't done it in 12 years. I just started meeting some guys at work and started playing again and I'd forgotten how much I enjoyed it.

[text: Ron's family also helps keep him on track]

(pt3) 1:50 we grocery shop a little differently now, lots more vegetables. I have my son, daughter, son's girlfriend, daughter's boyfriend and granddaughter living with us now so there's a lot of food that I like and sweets there. I'm really proud of myself for not falling off because it's all right there. But they're on me; they support me.

2:39 that was one of my motivators for getting that under control. I want to be there to see her grow up. That was motivation and something to live for.

[text: a diabetes education class gave Ron some high-tech tips]

(pt3) 46 before I went to this class I didn't know how to count carbs without looking at a box. You don't really know how many carbs are in what you're eating. I would just subconsciously do that stuff. There's an app on the iPhone where you can put the certain restaurant and check their menu and carbs and see what's best to eat.

[Text: in four short months, Ron has learned to manage his diabetes without needing medicine]

(pt3) 4:22 now it's more education, it's everywhere everyone is learning about it. I don't want to say it's easier, but it's better to have it now. There are better drugs out there; grocery stores support you; there's more food out there.

(pt3) 6:20 my suggestion would be: don't freak out when you first get it. Don't be hard on yourself. It's something that happens. I know diet has lots to do with it but you can control it. If you catch it early... I know people who've had 4-500 glucose levels and have it under control now. Find something you enjoy and that motivates you. Think about the future, stuff like that. Keep it in the back of your mind that you need to take charge and you're the only one who can do it. And I'm sure you can.