

## Video Transcript Terry's Diabetes Story

0:06 my name is Terry Lee Moore

0 :18 type 2 diabetic individual. I got diabetes after age 40 when I gave up drinking and smoking.

[Text: Terry is a city bus driver. His regular company physical showed reason for concern]

1:06 company doctor and company nurse check us over. Doctor said, "Terry you're spilling sugar." I said, really? I just had some coffee.. I was making jokes, but I went to the doctor and said, yeah, you're diabetic.

[Text: Terry's doctor prescribed medication and some lifestyle changes]

4:00 I had to change my attitude on myself, my outlook on how I was living. How I was eating – everything. My whole outlook had to change and that's what made me who I am today – the happy go lucky Terry.

3:00 I learned about carbs – wow I didn't know about all the foods and the carbs and calories.

(pt2) :19 the best way is to eat right, exercise and keep the weight down. The more weight you lose the less problems you have.

2:29 I like to eat a lot of veggies. I went to a diabetes class and the things they told us to eat, I was already eating. Tons of vegetables. Little meat, lots of veggies.

[Text: Terry gets a lot of his exercise playing with his grandchildren]

{nat sounds of Terry playing catch}

4:50 grandkids keep me on my toes, and I love every minute of it.

{more nat sounds}

(pt2) 1:15 stay positive keep your focus. You MUST keep your focus. Pay attn. to what you're doing to yourself.

4:19 I love walking. Walking is one of the most important exercises.

5:48 taking it day-by-day, one step at a time, one foot in front of the other. I got a wife to help me do that, my family, my mom's behind me, my mother in law is behind me...

[text: diet, exercise and medicine help Terry manage his diabetes]

:35 the doctors help me control it – I do everything they tell me to do and it's been under control ever since.

9:50 I would not have made it without them. I wouldn't be here. Anybody who thinks they can make it without their medical team, they're wrong. Sometimes you get sick and you gotta have help. That's what medicine and doctors are for – to help us.

5:23 if there are problems that come up, call them. Even if it seems like a little thing. It's better to make a big thing out of a little thing than to ignore it and have it turn into something major.

[Text: 15 years after finding out he was diabetic, Terry is still happily driving the bus]

10:15 I have checkups every six months with my physician. They check my blood and urine – everything. Keep me up to par; keep me doing what I'm supposed to do. And I'm a happy guy. Never been so happy in my life.