

## Transcript for Saul's Diabetes Story

:14 my name is Saul, I'm 34, I have type 2 diabetes and it's just that simple.

:23 I felt horrible. I was sick all the time – so sick that couldn't eat. I went to the doctor – I was having trouble sleeping, going to the bathroom all the time. They kind of knew already even before the blood test. About a week later, they called me and told me I had type 2 diabetes.

:50 it wasn't tough to hear. I just wanted whatever was wrong with me to feel better because I felt so horrible. I can't even tell you how much better I felt getting it under control.

1:28 the first thing I did was get rid of all the pop in my house. I took it to my brother's house. And I'm talking cases (laughs) of pop. And then I told my family and I started a plan from there. Diet, exercise, things of that nature.

1:55 I started looking on line bc I'm a tech guy... looking for apps to help me watch what I'm doing; exercise, heart rate things of that nature. That was one of the first things we did.

2:10 it's working out great. I count carbs and calories all the time. It's amazing when you put in what you're eating on paper; you see how much you eat in a day. Makes you feel bad for a little while. I'm down to 1100 cal and 150 carb per day and it's not a problem. At first I was hungry but I found that when I'd go walk in the evening it would tamp my appetite.

[text: starting an exercise program was a challenge at first]

3:44 the first thing for me, and I was really big when I started. My first walk was 41 minutes and I only went 1.5 mile. It doesn't matter, as long as you start somewhere. I was dreading it, sitting on the couch saying I don't want to do this. Eventually, you have to try. Just one time. (413) my goal was; they say do something 21 times and it's a habit. My goal was to walk 21 times in a month and it would be a habit. That's pretty much how I started the program. That's all I do, haven't tried jogging yet, as long as my heart rate is up... it works.

[text: Saul still has challenges]

8:07 my nemesis is pizza. I just look at it and love it. Everything else I'm ok with. We had vendors bring pizza and I actually left the building. I had one piece and said I gotta go. I went somewhere healthier for lunch.

[text: an unexpected benefit of all the changes is better health for the whole family]

5:31 I don't do a lot of the shopping at home. It was important that my significant other read labels too. At first we shopped together, but now that she does more of it, that's key. If she bought junk, I'd eat it. Whatever's quick and easy. (550) when we exercise, we do it as a family. Her, my kids we all do it together. It's a lifestyle change. We don't call it a diet, we just call it eating healthier.

6:12 They ask us why we have to workout and exercise and we tell them about getting the bad junk out of your system and replacing it with veggies and water.

[text: Saul also keeps in close contact with his doctor's office]

9:25 it is very close. Once you start keeping a food diary, they look at everything. The numbers don't lie – they look at everything, what you eat, when you eat what the sugar levels are. You can't look at the doctor and say I'm doing everything fine and give them the paperwork and it's all opposite. It's important that you like your dietician and doctor. That was the most important thing for me was the ability to talk to them.

[text: Don't forget the power of positive thought]

10:13 just stay positive - make it a life experience as opposed to a hindrance. Nobody knows I have diabetes, when I'm walking around nobody knows, nobody's going to judge you for it. Be positive, include your family and I think most people will be just fine.