

Video Transcript Roxanne's Diabetes Story

0:06 I'm Roxanne and I have type 2 diabetes

0:12 I have a long family history of diabetes so my doctor would routinely check every year. Do the blood work and see where everything was fasting-wise.

:25 I had an inkling that I'd get it after I had gestational diabetes while I was pregnant. They told me then if you're not careful... clearly my lifestyle choices were not the right ones at the time.

[Text: When Roxanne was diagnosed, her doctor gave her immediate direction]

:49 well he told me I needed to start exercising and losing weight. He put me on a low dose of medicine. Just to get the blood sugar levels down and keep long term complications from coming on as much as possible.

1:05 at first, it was very difficult. I mean, changing your lifestyle? That's huge. People think, "diet" and you think you do it for a little while. It's really just changing everything you do and incorporating it daily. It was hard at first it's not anymore. 9 months ago I was told you can come off your medication which is great.

[text: a big part of Roxanne's transformation has been exercise]

1:45 A totally different person. People who know me see a different person. I love to eat more than I love to work out which is part of the problem. And now I can say I honestly like to work out. It's the first thing I do every day. I work out 7 days a week. It didn't start out that way. I'd go 3-4 days and would go kicking and screaming. But now I can tell when I don't work out. I do not enjoy the day.

[Text: she also changed some routines at work]

3:04 I'm an emotional eater. So anytime I'm at work or when I travel for work... it's hard to eat healthy when you're on the road. You're just eating out of boxes all the time.

3:20 I pack my own snacks. I bring almonds and granola bars with me. If I'm in a hotel with a fridge, I'll buy yogurt. I'll scope out menus ahead of time. If I know where I'm going to be staying. It's a lot of research up front but it pays off in the end.

[Text: Roxanne says it's already paid off for her. She's says she's healthier now than she's ever been]

5:32 it can be a slow process b/c you're overhauling everything. Education is important because you know you and what works for you, what doesn't. Exercise was the hardest thing for me; at least it was at first. People will start off gung ho and then fall off – like a new year's resolution. (laugh) stick with it. Over time you'll see results. It may take a while and 110% of your effort every day but you can get there.

(pt2) 0:15 I think the last time I was at the doctor, I'd lost 40 pounds. From working out I've lost several inches overall. I never had high blood pressure before, but it wasn't the greatest. Now, it's great. I'm definitely healthier now. And I feel healthier.

[text: Roxanne's advice on coping with the diagnosis:]

(pt2) 4:09 there are quick fixes everywhere. They say "reverse your diabetes" or "lose 20 pounds in a week" but there are no quick fixes. When it comes to this, it's time, energy and effort. I won't reverse it, but I can control it and that's what matters.

(pt2) 4:36 it shouldn't be considered the worst thing ever. Because it's not. It's manageable and controllable and you have to educate yourself. Take steps to make yourself better. No one can do it for you. You have to do it for yourself.