

Juanita's Story – Part 4 Program Transcript

DR. SMITH: So Juanita, all your annual checkup tests look really good.

JUANITA: I even lost 10 pounds.

DR. SMITH: Yeah, I can see that. Congratulations.

JUANITA: Thank you.

DR. SMITH: You're making great progress. Your blood sugar levels have improved. They're back in the normal range now.

JUANITA: Oh, that's awesome.

DR. SMITH: Tell me, what have you been doing?

JUANITA: Everything you told me to. I started a walking group with some of the other moms and we go every morning.

DR. SMITH: That's great. Good for you. And what about your diet? By your numbers, you must have made some changes.

JUANITA: I did just like you said. I cut out the sugar, soda, and alcohol. Oh, and I even got a book on how to cook healthy, and now my mom and even my oldest are interested in helping. They all want to eat better.

DR. SMITH: That's wonderful. Just make sure you keep it up.

JUANITA: Oh, absolutely. And I had an idea, maybe you can help me with it.

DR. SMITH: Sure. What is it?

JUANITA: Remember this pamphlet? You gave it to me last time I was here to help educate me on the risk of diabetes and how to control my blood sugar.

DR. SMITH: Yeah, what about it?

JUANITA: Well, I think there are other people in my community that also need to be educated about the danger of diabetes. If you could give me more of these pamphlets I could pass them out and tell people I know about the risk and what they can do about it, maybe even recommend that they come into the clinic for a blood test.

DR. SMITH: I think that's an amazing idea, Juanita. Look, I can get you all the pamphlets you want. And I can get you information about other resources and free community services that are available.

JUANITA: That sounds great. Thank you so much.

DR. SMITH: No, thank you.