

Video Transcript: Terry's Story

My name is Terry Lee Moore, 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]

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]

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.

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

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

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}

Grandkids keep me on my toes, and I love every minute of it.

{more nat sounds}

Stay positive keep your focus. You MUST keep your focus. Pay attention to what you're doing to yourself.

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

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]

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

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.

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]

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.