

National Diabetes Education Program  
Managing Diabetes Podcast: David  
Podcast Transcript

DAVID: I knew absolutely nothing about diabetes when I was first diagnosed. I knew that it was a serious disease but I didn't really understand what it was about.

I would say several things to a person who was just diagnosed - first, I would tell them that it's really important that you learn the rules of the game. That you have to understand that there are things that you can do that are very beneficial and useful and then there are some things that you can do which can be quite destructive and you need know the difference. So education is very important; it's crucial.

I would also tell somebody who's newly diagnosed that the more you test, the more you pay attention to what's happening with your body the more you become aware of what foods impact you positively and which ones impact you negatively is very important; so testing frequently and often is a very important thing. I would really encourage somebody to get into a regular testing program.

I also gained a lot of benefit from talking to my healthcare providers. They know a lot and they can help you and give you good information and help you develop very good strategies.

Finally, I would tell somebody who's newly diagnosed that diabetes can be difficult but it's not a game of perfection. Diabetes is a game of averages and what you want to do is allow yourself a little flexibility and to make sure you have a rich, rewarding lifestyle but make sure that in fact you balance out the times that you allow yourself a little indulgence with times that you're paying a little bit more attention to the rules of the game.

For me the problem is the same as with many people, trying to get physical activity into my daily routine butts up against all the other demands that I have. I do a few things; I make sure that the first thing I do in the morning is I get up and I go run. I use an elliptical machine sometimes when the weathers bad, but I get outside and put a little bit of time and start my day there. I also have two dogs and I find that my dogs are great motivators. They really help me to get outside and walk on a regular basis. So twice a day I'm taking the dogs out and getting some exercise and enjoying the act of doing that. They're good company and lots of fun and that's sort of a set habit for me.