

CDC Your Diabetes Compass Mini Documentary Stories

Mia's Story – Finding the Right Healthcare Provider

Described Audio Transcript (min:sec)

- 00:00 Gentle music begins to play and continues through the end of the video. Shot of woman walking toward a building.
- 00:05 The woman walks into a waiting room and greets her doctor.
- [Mia] >> - Good morning. - How are you?
- [Doctor] >> Good.
- 00:11 They walk out of the waiting room and toward the back of the office.
- [Mia] >> My name is Mia Winstead, I'm 47 years old.
- 00:15 Mia on screen interview.
- >> I was diagnosed with diabetes around five years ago. I knew it was probably coming because of family history.
- 00:23 Shot of the receptionist with a logo behind him on the wall that reads "AccessiBull".
- >> I have a good support system, medical doctors
- 00:27 Mia steps on scale.
- >> that motivate me and get on me and keep telling me
- 00:30 Mia and her doctor read what is on the scale.
- >> what I need to do. Sometimes I do it, sometimes I don't, but it's still a work in progress.
- 00:36 Mia on screen interview.
- >> My numbers have went down quite a bit, so I'm a lot better than what I used to be. So my only child is what's motivating me to do better.
- 00:45 Photo of Mia's daughter appears.
- >> I don't have any other children. She doesn't have another mom, so I would like to be there
- 00:50 Photo of Mia and her daughter appears.

>> for the long haul with her as long as I can

00:54 Mia on screen interview.

>> and not really be a burden. If something was to happen to me health wise, I wouldn't want her to have to take care of me earlier than what she has to.

01:03 Mia walks on a concrete path in a slightly forested area.

>> Not only do I have diabetes, I have lupus as well

01:07 Close up shot of Mia's hand rubbing together.

>> With diabetes and lupus together, it is a little bit scary

01:12 Medium close shot of Mia looking into the distance.

>> because my immune system is low.

01:17 Mia on screen interview.

>> I have a therapist too. I felt like I was mentally losing it, as well as physically losing it,

01:23 Mia sits in a waiting room reading a magazine.

>> and so I needed someone to listen to what I was feeling

01:31 Mia on screen interview.

>> without judgment, but insight. My therapist gave me insight that I had choices

01:40 Mia rubs her hands together in the doctor's office. Cuts to medium close shot of Mia talking with her doctor in the office.

>> to deal with things that I didn't have to deal with that were contributing to my health issues too.

01:46 Doctor listens to Mia's lungs. Shot focuses on Mia as she smiles.

>> I feel stronger, more confident

01:48 Doctor checks Mia's blood pressure.

>> which also helps in trying to do better health wise.

01:51 Close-up shot of doctor pricking Mia's finger to check her blood sugar levels. Cuts to single shot of doctor talking, then wider shot of doctor talking to Mia.

>> My primary doctor, Dr. Bolden, she's very educated on diabetes,

02:01 Mia on screen interview.

>> especially in our community, the Black community, women especially. She does Zumba, so I do Zumba with her. So she's involved in the community to try to educate and motivate and inspire people

02:12 Close-up shot of Dr. Bolden.

>> to be better health wise, just to feel good about themselves.

02:16 Medium shot of Mia laughing.

>> So she gets close to all of her patients.

02:21 Close-up shot of Dr. Bolden typing on her laptop.

>> A couple people in my family see her

02:23 Mia on screen interview.

>> so her office is kind of family based. Once one goes to see her, the whole family goes to see her. And her demeanor and her bedside manner,

02:32 Mia and Dr. Bolden talk in front of the receptionist's desk.

>> she just cares. That's important to make sure you have a good medical doctor that's informed about diabetes,

02:39 Doctor takes notes in a chart at the receptionist's desk.

>> that's up to date with everything

02:43 Mia on screen interview.

>> that has a network of diabetic resources, that they can get you involved with.

02:50 Gentle music fades, CDC logo fades up with text, "To learn more about managing your diabetes, visit yourdiabetescompass.cdc.gov."