

Transcription details:

Date: 30-Jul-2025
Input sound file: dr_RC0426.MP3

Transcription results:

S1: 00:00 ID RC0426 DR. What are some things that you do each day related to your diabetes care?

S2: 00:14 Mostly, I check my sugar quite a bit.

S1: 00:16 Check your sugar. Do you have a--

S2: 00:16 Maybe three or four times a day. I have a pump.

S1: 00:18 Oh, you have a pump? Okay.

S2: 00:19 That's about the easiest thing I got.

S1: 00:22 Mm-hmm. What about taking meds or other, like, diet watches, anything like that?

S2: 00:27 No problems.

S1: 00:28 Is that something you do day-to-day?

S2: 00:30 Oh, yeah.

S1: 00:31 Um, and what do you see as-- what do you see as the biggest priority for you with your diabetes?

S2: 00:38 Keeping it under control.

S1: 00:40 And what does that mean? Could you elaborate on keeping it under control?

S2: 00:43 Uh, watching what I eat.

S1: 00:45 Mm-hmm.

S2: 00:45 And it's helped because I was in the hospital a couple of months ago with heart failure, so--

S1: 00:49 Oh, okay.

S2: 00:49 --they put me to watch my sodium--

S1: 00:51 Mm-hmm.

S2: 00:51 --and watch my water. And that has been the biggest help.

S1: 00:54 Mm-hmm. With also managing your diet.

S2: 00:57 Yeah, because I've lost like 30-some pounds.

S1: 00:58 Oh, okay. And what are some things that your doctor has told you that is important for people with diabetes to do?

S2: 01:06 Watch your sugar, watch what you eat, you know, exercise. Right now I can't, so.

S1: 01:14 You said-- you mentioned you had a fall, right?

S2: 01:15 Yeah, I did.

S1: 01:17 And how has diabetes affected your eyes?

S2: 01:19 Um, I get the, um, fluid buildup in the eyes. And then right now, I have, uh-- it's called the Fuch disease or something.

S1: 01:31 Oh, Fuchs' dystrophy?

S2: 01:32 Yeah. I have that, and that makes this eye go shady sometimes.

S1: 01:36 Um, any other vision changes you've noticed related to your diabetes?

S2: 01:40 Well, reading--

S1: 01:41 Reading.

S2: 01:41 --you know, sometimes.

S1: 01:43 Um, when did you first start to notice changes related to your vision pertaining to diabetes?

S2: 01:50 Probably a couple of years ago.

S1: 01:53 A couple of years ago. Um, and at the time, what did your doctor say about those-- these changes?

S2: 02:00 Just keep my eye appointments and watch-- mainly, it's just he has to watch the fluid and the blood in the eyes, I guess.

S1: 02:09 Okay. And what has your doctor told you about how diabetes has affected or may affect your eyes?

S2: 02:17 Well, between the diabetic doctor and the eye doctor, you know, basically about the same thing.

S1: 02:24 And what-- what have they told you?

S2: 02:25 I'm sorry?

S1: 02:26 What have they told you? What have the two doctors told you?

S2: 02:28 Repeat your question. I'm forgetting.

S1: 02:31 Oh, yeah, yeah. Um, so you mentioned they both said the same thing, right? Your diabetes doctor and your eye doctor-- what did they say?

S2: 02:37 Oh, just mainly watch what you eat, watch your sugars, you know, mainly the sugars.

S1: 02:44 What did they say about how diabetes affects your eyes?

S2: 02:48 Oh, with the diabetes?

S1: 02:50 Mm-hmm.

S2: 02:50 Mostly the sugar buildup in-- you know, not sugar, but the fluids buildup in the eyes.

S1: 02:56 Mm-hmm. And, uh, did they elaborate more on how that can cause problems for you?

S2: 03:01 Not really.

S1: 03:02 Not really. Okay. And where do you typically get your eye exams? Is it here, or is it somewhere else?

S2: 03:08 Here.

S1: 03:09 Here at the Eye Institute. And when you go for your eye exam, can you describe the steps that they take from start to finish throughout the examination?

S2: 03:17 Oh, yeah. The, uh, little guy checks you-- whoever brings you back there--

S1: 03:20 Yes.

S2: 03:20 --checks you in, checks your eyes, you know, like, reading on the chart, and checking, like, your medicines and stuff like that. And then I have to go get the pictures done, and then the doctor comes in and goes over everything, and then he'll look at them too.

S1: 03:36 Mm-hmm.

S2: 03:38 I know. It's no noisy.

S1: 03:42 When did you have your last dilated eye exam?

S2: 03:44 Today.

S1: 03:45 Today. And how often do you think you should have your eyes checked?

S2: 03:49 Well, he's been bringing me back every-- it started as three months when I first started coming, and we've been six months. Now it's nine months.

S1: 03:56 Nine months. Okay. I'll actually have you just hold this up. I'm just so worried that it won't pick up.

S2: 04:01 Oh, I'm supposed to be--

S1: 04:02 Yeah. Usually--

S2: 04:03 Hello, hello.

S1: 04:03 --[inaudible].

S2: 04:05 Okay.

S1: 04:07 Um, and what was your experience with your, um, eyes getting dilated during your eye exam?

S2: 04:13 What was the experience?

S1: 04:15 Yeah. Any discomfort, any issues, any--?

S2: 04:18 Oh, no. No, I don't ever have a problem with it.

S1: 04:21 Super comfortable [just like that?]?

S2: 04:22 Yeah.

S1: 04:23 Um, so with your visits for getting eye care, what does the scheduling process look like? Scheduling, like getting an appointment-- what does that look like?

S2: 04:31 What do you mean?

S1: 04:33 Um, like, any difficulties trying to find a time that works for you?

S2: 04:36 Oh, no. I've never had a problem with that.

S1: 04:39 So your doctor's availability has been good? You're able to-- no issues with scheduling?

S2: 04:43 No.

S1: 04:44 Okay. Um, what kind of recommendations on eye care do you get from your doctor?

S2: 05:02 Same thing. Just same thing--

S1: 05:03 Same things as before?

S2: 05:05 --as before.

S1: 05:06 Any challenges you face in receiving eye care?

S2: 05:11 I don't think so.

S1: 05:13 Transportation, keeping up with appointments, getting here, anything--

S2: 05:17 No.

S1: 05:17 --like that?

S2: 05:18 No. No.

S1: 05:19 Um, how about, like, keeping up with your management of diabetes diet? Any of that is a challenge for you?

S2: 05:25 Well, before I got on what I'm doing, it was a challenge because, you know, being off of it, being good with it, you know, and then not caring sometimes. So it was a challenge. Has been.

S1: 05:37 Any suggestions for improving your eye care experience?

S2: 05:42 No.

S1: 05:43 You know, to make it easier, better.

S2: 05:45 No, I think they do pretty good.

S1: 05:48 Um, what are some ways you take care of your eyes? Like, do you wear sunglasses to protect--?

S2: 05:54 Well, these are-- these darken up in the sun.

S1: 05:57 Okay.

S2: 05:57 You know, plus I do-- I'm supposed to do drops every-- twice a day, and I do those.

S1: 06:02 Um, any supplements you take for your eyes, fish oil?

S2: 06:07 No.

S1: 06:07 Vitamin C?

S2: 06:09 No.

S1: 06:09 Multivitamins?

S2: 06:10 I do multivitamins.

S1: 06:12 Okay. Any medications you're taking for your eyes?

S2: 06:17 No.

S1: 06:18 Not at all. And do you give your eyes a rest while either working on a computer for a long time or watching TV for a long time?

S2: 06:27 Probably when I sleep--

S1: 06:29 Asleep.

S2: 06:30 --or if I'm outside.

S1: 06:33 Um, how long before you feel like you need to give a rest if you're watching TV--

S2: 06:39 Well--

S1: 06:39 --for a long time?

S2: 06:39 I-- the only thing I get on the computer for anymore is, like, to do bills, check the banking, stuff like that. So that doesn't take very long. I play games on the computer-- is my worst problem.

S1: 06:53 How about TV?

S2: 06:54 TV is-- we usually watch it at night.

S1: 06:57 Okay. And your eyes don't get tired by the time you're, like, done?

S2: 07:00 No.

S1: 07:00 Okay.

S2: 07:00 No.

S1: 07:01 Are you currently using any eye drops for your eyes?

S2: 07:06 Just the drops I'm supposed to take, the ketorola-ketorolac.

S1: 07:09 Ketorolac.

S2: 07:09 Yeah. Plus I do, um-- I forgot what it's called. Because my eyes get dry, so I use that.

S1: 07:16 Oh, like, artificial tears?

S2: 07:18 Yeah.

S1: 07:18 Okay. And how many times a day do you take those drops?

S2: 07:21 Twice a day.

S1: 07:22 Twice a day. And what has your eye doctor or your diabetes doctor told you about the risk of vision loss or blindness due to diabetes?

S2: 07:30 Uh, if you don't watch your sugars and you don't watch what you eat, it could be very bad.

S1: 07:37 Did they say how it can be very bad, like what can happen with-- if your diabetes maybe gets out of control?

S2: 07:46 I don't know exactly.

- S1: 07:48 Okay. Um, how comfortable are you to talk about your diabetes-related eye problems with your eye doctor?
- S2: 07:57 None.
- S1: 07:57 Oh, you're very comfortable, so no problems?
- S2: 08:00 Yeah.
- S1: 08:00 Um, can you give an example of a concern that you've expressed with your eyes to your eye doctor, something you brought up?
- S2: 08:07 Only about this disease that I have.
- S1: 08:11 The Fuchs'--
- S2: 08:11 Yeah.
- S1: 08:11 --dystrophy? What did you-- what was the concern?
- S2: 08:14 Just the fear of it getting worse.
- S1: 08:18 Okay. Anytime you weren't able to express a concern you had?
- S2: 08:22 No.
- S1: 08:23 Can you give an example of a question that you typically ask your eye doctor or your diabetes doctor?
- S2: 08:30 The eye doctor, I don't think I usually ask any questions. Only, you know, like if we have-- I'll ask if there's-- if he doesn't tell me, I'll ask if there is fluid buildup or whatever, or just, you know, if it's getting worse. But he-- I mean, he walked in today and just said everything was looking good.
- S1: 08:51 Um, do you ever tell them what's good for you, so like advocating for yourself, that, "This is something I'd like to do; this is something that I need"?
- S2: 08:57 No. No.
- S1: 08:59 Um, if you had to tell your eye doctor and your diabetes doctor what to do to give you care that's best for you, what would you tell them?
- S2: 09:07 I'm not sure. I really don't know. Now, the diabetes doctor, I'm pretty comfortable with too, so I don't think I'd have trouble talking to her about anything--
- S1: 09:20 Anything--
- S2: 09:21 --you know.
- S1: 09:21 --at all-- anything that would make your life easier if there was something?
- S2: 09:24 Uh, no, I don't think so because, I mean, they tell me everything I should be doing, so.
- S1: 09:30 And you're able to keep up with doing those things?
- S2: 09:32 Yeah, now I am. I wasn't before.
- S1: 09:34 Okay. Um, what was the things you weren't able to keep up with before-- before the heart failure?
- S2: 09:39 The way I eat.

S1: 09:41 The way you eat?

S2: 09:41 Yeah, mostly.

S1: 09:42 How has that changed now? Is it just the weight loss that you were referring to?

S2: 09:46 It was because of having the heart failure.

S1: 09:48 Uh-huh.

S2: 09:49 And--

S1: 09:50 Are you eating differently now? You're you able to eat [inaudible]?

S2: 09:52 I'm eating differently.

S1: 09:53 Okay. What kinds of [inaudible]?

S2: 09:55 I'm watching my sodium--

S1: 09:56 Sodium. Okay.

S2: 09:57 --as much as I can, and then I try to watch the water or stuff that I drink.

S1: 10:02 Got it. Um, how serious do you think diabetes can cause vision loss for you?

S2: 10:10 For me?

S1: 10:10 Yes.

S2: 10:11 Very serious. It could, you know, and I know that.

S1: 10:14 Mm-hmm. Why do you feel that way?

S2: 10:16 I guess because of how much I guess I've gone down with that over the years since I've had it.

S1: 10:24 Diabetes? Um, how likely are you to lose your eyesight, either partially or fully, because of diabetes?

S2: 10:34 Repeat.

S1: 10:35 Um, how likely are you to lose your eyesight, partially or fully, because of your diabetes, in your opinion?

S2: 10:40 How likely?

S1: 10:40 Yeah.

S2: 10:42 Now I would say not very likely.

S1: 10:45 Because, like, since you've made the changes, you feel that?

S2: 10:48 Yeah.

S1: 10:50 Okay. How would you describe your current vision? What things can you see and not see, things like that?

S2: 10:55 Well, I have a hard time, like-- when they do the eye exam and you have to look up on the wall and see those letters, I have a hard time with that.

S1: 11:03 Okay. Any other vision changes or vision difficulties?

S2: 11:10 Not that I've noticed.

S1: 11:11 Okay. Any changes in the last year, year and a half with your vision?

S2: 11:17 Only because of this disease.

S1: 11:19 The Fuchs' dystrophy?

S2: 11:21 Yeah.

S1: 11:22 What-- what changes have you noticed in your eyes because of that disease?

S2: 11:25 The shadiness that I get in this eye.

S1: 11:28 Okay. Anything else?

S2: 11:29 No.

S1: 11:31 And have you ever been-- have you ever been diagnosed with the following eye conditions: cataracts?

S2: 11:40 Yes, I've had them both removed.

S1: 11:42 Uh, glaucoma?

S2: 11:43 Uh, I have that, yes.

S1: 11:45 Uh, age-related eyesight decline?

S2: 11:48 Probably.

S1: 11:50 Dry eyes?

S2: 11:51 Yes.

S1: 11:52 Any other eye conditions? You mentioned the Fuchs' dystrophy-- anything else?

S2: 11:56 Just, you know, getting the fluid buildup and stuff.

S1: 12:00 Uh, and anyone in your family with the following conditions: glaucoma?

S2: 12:05 I don't know. My sisters have never said they had it.

S1: 12:08 Uh, what about diabetes? Any family history?

S2: 12:11 I have a-- oh, yeah. My father, my mother, my grandmother, my two sisters.

S1: 12:18 Both of them have it? Pretty big family history. Any age-related eyesight decline in the family history?

S2: 12:31 Probably my older sister--

S1: 12:33 Okay.

S2: 12:33 --but she also had, um-- she had kidney problems.

S1: 12:41 And any macular degeneration in your family?

S2: 12:44 That I don't know.

S1: 12:46 Um, how would you describe your overall experience of being diagnosed with eye issues? Overall experience, what has it been like for you?

S2: 12:55 Not really a problem, I guess, because I really haven't worried about it, you know, since I come to the doctor, you know, and get checked out regularly. I never had--

S1: 13:08 So it's been a good experience as far as receiving--

S2: 13:10 Oh, yes.

S1: 13:11 So as far as, like, follow-ups and the treatments, all of that, it's been a good experience. Why do you think that it's been a good experience for you?

S2: 13:19 My number one answer would be because of the doctor--

S1: 13:21 Okay.

S2: 13:21 --the doctors that I have.

S1: 13:24 What has the doctor done that's made you feel this way?

S2: 13:28 Probably talk to you more.

S1: 13:31 Okay.

S2: 13:31 A lot of doctors don't sit down and really talk to you, and they're not in plain language. These ones that I have now and the other two were really, really-- they're really good about that.

S1: 13:41 Oh, that's good. Um, what helps you keep up with using regular healthcare services? So coming for your eye exams, um, getting your follow-ups, doing your treatment-- what helps you keep doing those things? Any resources?

S2: 13:55 Just because I need to. I know I need to, and I know I need to do it for my health.

S1: 14:00 Mm-hmm. What about any, like, transportation services, MyChart, any of those things that help-- help with them?

S2: 14:08 Transportation, I don't have a problem with.

S1: 14:10 Okay. What about MyChart?

S2: 14:11 MyChart, I-- I use it a lot.

S1: 14:13 And that's been helpful?

S2: 14:14 Yeah.

S1: 14:14 As far as appointment reminders?

S2: 14:15 Yeah.

S1: 14:16 Anything else that you think helps you keep up with appointments?

S2: 14:19 No.

S1: 14:20 Okay. Um, what-- anything that discourages you from using healthcare services to help with your vision problems?

S2: 14:28 No.

S1: 14:29 Nothing discourages you?

S2: 14:30 No.

S1: 14:30 Wait times, anything like that?

S2: 14:32 No.

S1: 14:33 Um, can you share a time with me you had a positive experience with using healthcare services that has formed your attitude about seeking care for your eyes or your diabetes? Anything that happened that, you know, you were like, "I want to keep up with this. I want to keep doing this because this is working for me."

S2: 14:55 I'm not sure. I don't know how to answer that one.

S1: 14:58 Any bad experiences?

S2: 14:59 No.

S1: 15:00 Has ever been like, "Oh, dang, I wish this wasn't--"

S2: 15:04 Only from myself.

S1: 15:06 Oh, okay. But not from, like, a--

S2: 15:07 Not from an-- any medical, no.

S1: 15:09 Um, do you have any suggestions of what we can do to help patients have a better experience [inaudible] diabetes and eye care?

S2: 15:20 Probably if people could remind doctors, you know, on their attitude sometimes, you know, talking-- talking to your patient. You know, a lot of doctors just want to come in and leave. They don't take time, and that I don't like.

S1: 15:37 Fair enough. Um, do you have somebody to help you with your daily diabetes care?

S2: 15:41 Yes, my husband.

S1: 15:42 And how-- in what ways have they helped manage your diabetes?

S2: 15:47 Um, well, he has diabetes himself.

S1: 15:49 Okay.

S2: 15:49 So he's pretty good about, you know, "If you don't eat-- if you're eating what you're not supposed to--" especially when we get on this dessert thing, you know, he's like-- he don't watch it for himself, but he makes sure he tells me.

S1: 16:03 Nice. Any other ways that he helps with, maybe, like, meds, bringing you to appointments, anything like that?

S2: 16:08 Uh, medications, he'll ask sometimes, "Did you take this? Did you take that?"

S1: 16:13 Um, have you ever participated in any diabetes education class?

S2: 16:18 Oh, yes.

S1: 16:18 When was that?

S2: 16:19 Oh, years ago, but three or four.

S1: 16:23 And when was it and how-- oh, you just mentioned that. How long were those classes? Was it like a one-time thing? Was it a couple of sessions?

S2: 16:30 Probably a one-time thing.

S1: 16:35 Okay. And how-- do you remember how long it was time-wise?

S2: 16:40 Six hours maybe, four hours, something like that.

S1: 16:43 Okay. It's the longest one I've heard. And what did they tell you in the class?

S2: 16:50 The usual. How to eat. How do you take care of your sugar? Make sure you go to your doctor. You know, same-- same thing.

S1: 16:59 Was it helpful for you? Was it implementable?

S2: 17:02 It didn't work.

S1: 17:03 It didn't.

S2: 17:03 It just didn't work.

S1: 17:04 And why do you feel like it didn't work?

S2: 17:05 Because of me. I didn't want to change my diet. I didn't want to, you know, do the things I should be doing.

S1: 17:12 Were the suggestions just hard to do?

S2: 17:14 They weren't hard to do--

S1: 17:15 Oh, okay.

S2: 17:15 --it's just I didn't want to do it.

S1: 17:17 Okay. Um, do you have people who you can share your worries and fears about your diabetes and your eyesight?

S2: 17:24 I do, but it would be my sister.

S1: 17:27 Your sister. And when you do share your worries with them, do you feel that they understand you and support--

S2: 17:31 Yes.

S1: 17:31 --you--

S2: 17:32 Yes.

S1: 17:32 --in trying to get better? And then when you're sick, do you have someone to help you with your chores, food, transportation?

S2: 17:39 My husband.

S1: 17:40 Your husband. Is there someone you could call or ask for advice about handling health eye problems, like family, friends, relatives? Do you ask anybody about, um--?

S2: 17:50 My sister.

S1: 17:51 What kinds of things do you ask her about, um-- or, like, what advice do you ask her?

S2: 18:00 Well, you know, with her, nothing about the eyes.

S1: 18:04 Okay.

S2: 18:05 Um, probably nobody.

S1: 18:07 Nobody for advice, you mean?

S2: 18:09 Yeah.

S1: 18:10 Except from your doctors?

S2: 18:11 Yeah.

S1: 18:11 Um, how much does your eyesight currently limit your ability to do the things you want to do?

S2: 18:17 Not really.

S1: 18:18 There's nothing that you do that's harder because of your eyesight?

S2: 18:21 No. Maybe reading, you know, computer there for a long time it was so hard.

S1: 18:26 But no major--

S2: 18:27 But it's better since they took the cataract out.

S1: 18:30 Any hobbies or anything that you used to do that's harder to do now?

S2: 18:34 Oh yeah. Um, cross-stitch. I love to cross-stitch, but I just can't, yeah.

S1: 18:42 Um, any day-to-day, like, chores or things that are hard for you to do because of your eyesight?

S2: 18:47 No. Only because of being tired or, you know, COPD and all that, you know, heart stuff.

S1: 18:54 What were your expectations for your eye care visit today?

S2: 19:01 Just getting good news.

S1: 19:03 What was the good news you wanted to hear?

S2: 19:04 That nothing's really changed and everything looks good.

S1: 19:07 And were your expectations met?

S2: 19:09 Yes. Because I was afraid this was getting worse.

S1: 19:12 And he said it was [inaudible]?

S2: 19:13 He said it was fine.

S1: 19:14 Perfect. Is there anything else you want to share about diabetes-related eye problems, vision loss, anything that you think is helpful for people to know about diabetes, eye care, getting better, anything?

S2: 19:25 No.

S1: 19:28 Thank you so much for holding it.