

Preview Interview - Jay Wortman

Dr. Wortman: You know too much as a doctor and all these thoughts where in my mind that I wasn't going to live long enough to see my young son grow up, I was having very dark thoughts about it.

I am a medical doctor and I've practiced clinical medicine for a while and I was quite familiar with diabetes at the time and then I got working in public health administration and eventually research but along the way I was... well, I wasn't taking very good care of myself, I gained weight and so on and I also had a family history of diabetes, there's a lot of diabetes on my mother's side of the family, my grandparents, my mother, some of my siblings, some of my mother's siblings had diabetes, so I had a strong family history and you would think as a doctor, you know, you would understand these risks and take better care but maybe because of the stress of my job, that might be one of my excuses, I let myself develop type 2 diabetes and I think I was in denial because when I realized that I had type 2 diabetes, I tested myself and figured it out, I had all the symptoms.

I had blurred vision, I was tired, I was overweight, I was getting up in the night to go to the bathroom, I was thirsty all the time, I had all the symptoms before it finally dawned on me that I probably had type 2 diabetes and I tested it and of course my blood sugar was very high.

Dr. Eenfeldt: So you are a doctor and you got this disease yourself. How did that feel? How did you react to that?

Dr. Wortman: Even though it was obviously developing overtime and everything, when it finally dawned on me, it was very shocking. I felt quite stunned, that how could I be so stupid and how could I not have not noticed and why did it take me so long to figure it out, but probably the biggest thing that upset me was that I had a young son, he was two years old, my first child, I was 52 at the time and I know too much about diabetes, I know about the life expectancy is shorter, risk of complications, high risk of cardiovascular disease, you know too much as a doctor and all these thoughts where in my mind that I wasn't going to live long enough to see my young son grow up, I was having very dark thoughts about it.

And what happened was, because I had not been doing clinical practice for a while I felt that I should read up a bit and get up-to-date on diabetes treatment, essentially figure out which drug I should be on. And I needed some time to do that. I didn't want my blood sugar to be too high during this time, while I was kind of figuring out what to do, so I decided that I would stop eating carbohydrates, because I knew carbohydrates make your blood sugar go up.

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