



Columbia
County
HEALTH SYSTEM

INTERVIEW

MATT GUY

Matt Guy is 54 and has been living with diabetes for approximately eight years. As one of the early participants of Columbia County Health Systems' new Diabetes Education Program, we were excited to sit down and hear his story and experience in our new program.

Matt told us that approximately eight years ago, he was diagnosed with diabetes and that both his brother and father have it [diabetes]. His providers put him on Metformin and Trulicity, but he "worked and lost a lot of weight to get off it [the medications]."

Around eight months ago, Matt says his "numbers were going through the roof," the "meter stops reading at 600, and they were above that." Along with his high blood sugar, his HbA1c was around 12%. Matt said he was "feeling exhausted, not sleeping well," and it was "painful to walk upstairs."

That's when Matt called and made an appointment at Columbia Family Clinic in Dayton with Dr. April Biggs, who he now refers to as the "best doctor he's ever seen." Matt says Dr. Biggs prescribed medications, and his "numbers were coming down, but not like they should've been." Seeing this and hearing Matt's concern, Dr. Biggs referred him to CCHS's Diabetes Education Program, run by Diabetic Education Specialist Ruth Yutzy, RN BSN.

Matt says the "one-on-one" with Ruth and Dr. Biggs genuinely taking the time to listen made all the difference for him. Matt said he usually "avoids doctors at all costs," but because of this experience, he now has no problems keeping appointments with Dr. Biggs and Ruth.

Since joining the program, Matt has started using a continuous glucose monitor and says it's been a game-changer for him. "Having to prick your finger constantly is very tedious." Having a real-time view of how different foods affect his blood sugar has helped him be more mindful of what he can "eat a little bit of, or more of."

Matt shared that his previous diabetes education experience consisted of a simple two-day class. However, with CCHS, he feels he receives ample follow-through, and the care he needs is "100% more accessible." Matt says he can call whenever he needs and has complete confidence Ruth will be "on top of it and just great!"

Matt's delighted to have found a medication and program that works well for him and keeps his blood sugar where it should be "100s-150 in general." Matt says he is "physically a lot better, sleeping better," and "whether it's my days off or at work, I feel like I have a lot more energy." In the end, Matt confessed, "I don't think my story is special in any sense of the word, but I just think your people are great, so that's helped me more than anything."