

English

00:00-00:30	I'm Dr. Sos Mboijana, and I'm a primary care physician. A lot of what we see in the United States when it comes to chronic illness, doesn't have to be that way. A lot has to do with poor access to care, poor access to good nutrition and just not knowing how to take care of yourself. I have had patients who've come to me who are sick and tired, and they live in a situation that makes it very difficult for them to break out of that cycle. So when I talk to someone,
00:30-01:00	I give them tips and tools and guidance on how to break out of that cycle. Then when I see them follow through, you're 30 pounds lighter than you were before. Doc, I have never lost weight like this before. I'm sleeping better because my sleep apnea is better. I can play with my grandkids. I don't get so short of breath. And all I did was talk to them about lifestyle, about nutrition, about eating right, about managing stress. So when I get that one person to drop 30 pounds, guess what? They've probably added maybe five years to their life.
01:00-01:30	There's a patient I have who has a lot of fairly complicated medical history. One of them is overweight and obesity. Getting outside, walking around the block was close to impossible because you'd have to stop every now and again and catch a breath. Through diet, exercise and recommendations that we made together, right? Cause it's a partnership. She was able to lose weight and she was able to do things that we take for granted. Get up and walk to the grocery store, for example. And so that's an example of where someone
01:30-02:00	was unable to do a simple thing that I might take for granted. And now can do that. And from a quality of life standpoint, that is huge. That is huge. And when you see someone just so grateful that they're able to do that again, it's powerful.