

# Diabetes and Stroke



Bill Gasiamis 0:00

Bill from [recoveryafterstroke.com](http://recoveryafterstroke.com). Now I'm inside and I'm wearing my glasses, but I'm not doing it to try and be cool although I am pretty cool. I'm doing it because I was at the optometrist I went and had a checkup on my eyes, just to make sure that everything is good. It's just something that I do regularly. And they put dilating drops in my eyes, which makes the pupil dilate and open up so that optometrists can see inside there but then that what does is that allows too much light into the eye and it makes it very difficult to be outside and even inside where it's very bright.

Bill Gasiamis 0:41

So I'm using my glasses inside and yeah, that's the explanation why, but anyhow, this post is not about my glasses. It's about the latest episode of the recovery after stroke podcast with Jessica Tagami has just been released. Jessica is a wife of her husband, Phil, who experienced a stroke in his early 50s. Only a few months ago last year, and now they're dealing with the aftermath of that.

Bill Gasiamis 1:13

And this episode of the podcast is a really interesting insight into what people experience as carers when they see a loved one have a stroke, as well as you know what the family goes through, what the children go through, and how they managed to find time. Now if you're a carer listening to this, you might relate to

this story.

Bill Gasiamis 1:36

And if you're a survivor listening to this, you might want to know what's going on in the mind of the people that are around you that are trying to support you and help you overcome your stroke. Jessica is also somebody who's pretty amazing in that she's an artist and she has used her art to demonstrate how her husband has described the stroke feels by doing a before image of his face and an afterimage of his face, and demonstrating with pain, the feeling along the side of his face that's numb that's changed after the stroke.

Bill Gasiamis 2:15

So, do go ahead and subscribe to the recovery after stroke podcast have a listen to this podcast episode with Jessica Tagami it's a really good one. And I look forward to hearing your feedback and finding out what you think about the podcast. Also, if you love my podcast, please go ahead and subscribe and leave us a star a five-star review on iTunes or wherever it is that you listen to the podcast.

Bill Gasiamis 2:46

And if you're coming across this, and you're not currently following recovery after stroke just follow me on Instagram where you'll find this video. And also check out [recoveryafterstroke.com](https://recoveryafterstroke.com) If you have any questions if there's something that you need to know or you'd like to ask please just go ahead to [recoveryafterstroke.com](https://recoveryafterstroke.com) fill out the contact form there, or send me a DM in Instagram and I'll respond to that as well. Thanks for following thanks for being interested in the podcast. I hope you're doing well and your recovery is on the way. Bill from [recoveryafterstroke.com](https://recoveryafterstroke.com)