

**Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover**  
**EPISODE #22- SPECIAL GUEST HOOVER BOB (Brooke's Dad) Talks about His Journey with DIABETES & More**

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two.

**BROOKE:** Thanks so much for listening y'all. Today we have a special guest. It is my dad, Hoover Bob. Say wud up to everybody!

**BOB:** Wud up guys?

**BROOKE:** (Bob's voice) Wud up guys? And, to get started, because we like to talk about food, we talk about health and wellness, all that kind of stuff and we even talk about comfort foods and oftentimes foods that are bad for you. So, I know you're diabetic. You're on a health journey yourself. But, to get started, it does not have to be a healthy food. What is one of your favorite foods?

**BOB:** Apple pie.

**BROOKE:** Apple pie. That's right. It's a recipe, a church lady recipe, a recipe that Ma-Maw Fern, Dad's mom made and it is a staple in our household but I must say it is not a sugarless apple pie. The church ladies claim for it to be sugarless but it's really no sugar added because you're not adding white or brown sugar. But, there is...I do have to let my dad know there is a lot of sugar in that frozen apple juice concentrate that you do pour into there. You do know that, right Dad?

**BOB:** Well, you use a third of a cup of that.

**BROOKE:** A third of a cup of that.

**BOB:** That apple juice. It's a small amount.

**BROOKE:** Okay. So, how much sugar do you think is in a third a cup of apple juice concentrate?

**BOB:** I have no idea.

**BROOKE:** I would estimate so a third. We're just using a third a cup?

**BOB:** Yes.

**BROOKE:** That's BS I thought we used the whole can.

**BOB:** No.

**BROOKE:** So, in that case maybe combined with the apples...I would say maybe that's like 20 grams of sugar. Which is still a lot if you are really, really, really watching your sugars. but, not a lot if you want to indulge in apple pie. Because, there's nothing quite like apple pie?

**BOB:** That's correct.

**BROOKE:** (Bob's voice) That's correct.

**BOB:** And, it's more tart than a regular Apple Pie.

**BROOKE:** Exactly. Yeah. We should have mentioned that - when we do make our pies, we also like to make cherry pie, we don't add sugar. We like the tartness. Or the fruitiness. We like the flavor from the fruit. So, dad, what's one of your favorite Louisiana foods?

**BOB:** Chicken and sausage gumbo.

**BROOKE:** Chicken and sausage gumbo. I'm not of a seafood gumbo fan just because sometimes chicken can be a little freaky for me. You know? Some people put bones in it. You know? You've ever seen people put bones in the chicken gumbo?

**BOB:** No.

**BROOKE:** I have. They may have been based out of Mamou you know those crazy people who chase the chickens on horseback? I can't deal with that. So, I have weird issues with chicken and sausage gumbo. I'd rather just do the sausage or I'd rather just do the seafood hold the oysters but that's my personal thing. So, do you have a favorite food memory with me that you and I have shared? I know we tend to beast and eat a lot of foods and I harp on you about eating healthy usually while we're beasting on food. Ironically. But, what is a favorite food memory you might have with me?

**BOB:** My birthday cake. Red velvet cake every year. You make it yourself.

**BROOKE:** I do and the last time I made it for you was before the pandemic 2019 and it was a Keto red velvet and I had to shop online for every single ingredient but I think it was pretty darn good.

**BOB:** It was outstanding.

**BROOKE:** Yeah. And, one year I went crazy. I tried to make a buche de Noel which is like the roll king cake - sorry excuse me - the roll red velvet cake and that did not come out so great. But, cool. All right. Ironically one of my favorite food memories with you is I believe it was the first year, the first summer that you and Momma had gotten divorced but you came up for my birthday - we used to go to North Carolina every summer - and we rented a party barge like a double decker and you were able to jump from the top deck into the lake. And, we went out onto Lake Glenville and you made me a birthday cake at Miss Sarah's house. You stayed at Miss Sarah and Father Wally's house. And, he made me a birthday cake, y'all. He decorated it himself with sunflowers all over it. And, Miss Sarah I believe took a picture. I didn't take a picture cause this was back in the day when you lived in experience and you actually weren't taking pictures for your Instagram feed but it was a really cool cake. I don't know if you remember that or not.

**BOB:** I do.

**BROOKE:** You do? Yeah those sunflowers they were almost like Van Gogh-esque you know? They were. So, I wonder do I get my artistic abilities from you or from mom?

**BOB:** Your Momma.

**BROOKE:** Oh, well that was a quick answer. So, I need to lead Bob into--

**BOB:** You get your randomness from me.

**BROOKE:** Okay. There we go. See, I'm trying to lead him into talking a little bit more. I think he's afraid to talk too much because I told him he can't say "Ummmmm" or pause or be too slow because we do like to keep it moving on here. We want to engage our listeners and our viewers and not make people get bored. So, talk to me about, Dad, did you have a - any issues growing up as far as childhood? My issues were that I was flat-footed and overweight and frizzy haired and I got made fun of for all three of those. How was childhood like growing up for you?

**BOB:** Well, when I was real young until I got up about 15 or 16, I was usually the smallest guy on the baseball team, the football team. I had to work extra hard to get on the Junior High football team and I had to you know...do two bigger guys and I had to get through them in the line and prove that I could get around those bigger guys than me and then I got picked for the football team. But, I had to work hard to get to it.

**BROOKE:** Hey. Well, did you ever have any-- you know there's a difference between men and women with body image issues but at the root of it I think we're all people

and we all have a heart and feelings and we all experience feelings but maybe just in different ways. But, did you feel, you know how did you feel about that emotionally? Did you just kind of brush it off and say, "Screw 'em. I'm joining this football team." Or did it ever eat at you in any way?

**BOB:** No. I just said I'm gonna fight. And, I was always a fighter because I was always the younger brother of a brother two years older and I was always having to fight because I was smaller than the other guys in my class.

**BROOKE:** Yeah.

**BOB:** And, so I was a fighter and not anything else. And, I just kept my tenacity up.

**BROOKE:** Word. I guess I get a little bit of that from you. I am a fighter but I also do still get my feelings hurt and I turn into a beast. And, usually the beast I become is the beast within myself you know? But, I think that's for a different podcast. Something else that we talk about a lot is exercise that I just had a podcast episode recently talking about exercise. And, I know you are the type you've always liked to do things outdoors. You know you taught me how to play tennis. We used to do white water rafting. So, and you talked about how you used to play sports. So, right now, what are some exercises, what's your exercise regime?

**BOB:** Well...every day my dog walks me two or three times a day unless it's too brutally hot for both of us in Louisiana. And Latte has been doing that for over three years now and it's keeping me healthy since I had some surgery and keeping me from gaining weight and keeping me heart healthy and lung healthy, et cetera. And, I also do a Qi Gong class-- (mispronounces it)

**BROOKE:** Qi-Gong

**BOB:** Qi-Gong. Excuse me. I'm saying it wrong. That you turned me onto to your acupuncturist Erin Kumpf up here and I do it on the zoom.

**BROOKE:** We'll share the website. Yeah we'll share the website.

**BOB:** Once a week.

**BROOKE:** In the comments we'll share Erin's website. I'm sorry. I didn't mean to talk over you. But, yes. I will post that because Erin's class has been very helpful for my dad and Qi-Gong is just wonderful. I need to do it more. But, it is on Tuesday mornings but it's going to shift to Friday mornings so that might be more accommodating to people.

**BOB:** It's about 45 minutes and it's not just exercise, you do things that make you chill and slow your body down and that type of Chinese exercise is just really relaxing and still gives you the exercise. Okay?

**BROOKE:** I would say it's like you're feeling the flow. Your mind is calm but your body is active. It's definitely not high impact or anything like that. So, those of you who are familiar with Tai Chi, you're definitely familiar with Qi-Gong. We recommend it. So, I should let y'all know that my dad he developed Diabetes Type II when he had a brain aneurysm. So, Dad, you know we like to keep our episodes under 25 minutes. (Laughs) So, if you could give us the short version of how you developed Diabetes through your aneurysm. And, I should let everybody know this is a brain aneurysm. And, the percentage of you even surviving that was very, very low.

**BOB:** Yeah. About 10%.

**BROOKE:** So, he's a 10%-er as in 10% who survived. But, tell people, you survived the brain aneurysm but you did develop this chronic condition that people obviously know about but I think people aren't quite aware of how damaging Diabetes can be.

**BOB:** Well, my family doctor is the one that found the high blood sugar levels and he sent me to an endocrinologist in Baton Rouge and I didn't realize cause I have no family history of Diabetes-that it could come -- he told me either from a brain aneurysm or not an aneurysm but a brain trauma or an extended surgery like an aneurysm or any other kind of brain surgery where you're under anesthesia for a long period of time.

**BROOKE:** So, basically your doctor said it's from either or brain trauma, brain surgery, you had both. So all signs point to you develop Diabetes Type II which is AKA Diabetes Mellitus in this case? Is that right? Sorry.

**BOB:** Diabetes Insipidus.

**BROOKE:** Sorry it's call Diabetes Insipidus if you develop it from a brain situation.

**BOB:** Treat it like Type II though.

**BROOKE:** Type II. Okay so a scary episode happened. So, my dad has been managing his Diabetes with medicine and as of late more so with diet and exercise but we had a scary moment thank God it was the year before the pandemic. So, it was April 2019. he calls me up and he was at his doctor's office and what did you tell me? Try to stay in focus, Dad.

**BOB:** The doctor told me I needed to be to the hospital, check in that evening and they were going to do surgery the next day.

**BROOKE:** Yeah so basically they had to cut--

**BOB:** I told you that--

**BROOKE:** Right. So, we do have to fill people in because it's a podcast. You have to elaborate. He basically had a sore on his toe. Now which toe was it?

**BOB:** It was the second toe on the left foot. It wasn't a sore. It was the skin sloughing off.

**BROOKE:** Ew! So, this is a problem that a lot of Diabetics can experience is foot issues. That's why you'll see Diabetic socks. Diabetic shoes. Foot care for Diabetics. Because that toe wound, that toe skin if it doesn't heal, you're going to lose a toe. And, some people, I have heard jokes about it. At this point, we do joke about it right a little bit but not too much because what can we do but laugh? But, that Diabetics will have several missing toes. Thank God you can still walk. Thank God it was a toe where you've trained to walk and on that note of walking, I do -- my biggest question to the doctors and that you still have to question yourself. Hopefully you'll leave today thinking of this, "How do I prevent myself from losing another damn toe?" You know? And, the doctors didn't really have an answer for me or for you. And, I said, "Dad your best bet, you've really got to jam it up with the diet and exercise."

**BOB:** I gotta keep my sugars low by doing just what you said, diet and exercise.

**BROOKE:** Because, like I said, you can't rely on the medicines alone. Yes, you're on medicine. A lot of medicine. But, you're also on a lot of herbs and stuff. Because, the medicine alone, it can only work so hard. You know? I think he's getting a little frustrated with me.

**BOB:** No. I understand that.

**BROOKE:** But, he did say-- the walking regimen he was talking about earlier is because of his toe. So, thank God he's able to walk perfectly fine.

**BOB:** I've seen drops in my sugar levels particularly in the afternoon where it's normal after an hour or so after I've walked a good walk with my dog Latte and I credit her for doing that and it drops my sugar back into the normal level.

**BROOKE:** Okay. So, you mean drops it back into the normal level. Does your sugar ever get out of check?

**BOB:** Sometimes. It does.

**BROOKE:** And, what do you do being that you're Diabetic Type II? What do you do?

**BOB:** Uh...you just gotta watch what you're eating and be a little more careful about what you're eating and make-- I'm doing plenty of exercise but you just gotta make sure you do plenty of exercise.

**BROOKE:** So, have you noticed a pattern or have you maybe started a food journal or there's many APPS you can use to try to train your mind and your body to not be eating things that maybe are making your sugars spike a little bit.

**BOB:** I've had it long enough. I know what not to eat and what to stay away from and so if I see a sugar spike, then I'm going to go back to some very basic things that will you know food wise that will help control the Diabetes even if I get a spike one time one time, I you know make sure I don't do the same thing again.

**BROOKE:** So, give me an example because I feel like you're being a little cool about it. I should say something that I do harp on my dad. And, I harp on you because I love you. And, I can come across as a little domineering and it's because I'm passionate about this but also cause I worry about you. Can you give an example to people because we're trying to help people here- what is a food that might offset and make your sugars spike?

**BOB:** There's a bunch of different things.

**BROOKE:** That you have eaten specifically. In South Louisiana, specifically maybe.

**BOB:** Certain Cajun stuff like crawfish étouffée and believe it or not other types of dishes like that. Some of 'em have a certain amount of sugar in 'em from whatever the rice or whatever and you gotta watch the rice and other things like that but those are the things that can particularly if you're eating, cooking, somebody from other than yourself like in a restaurant.

**BROOKE:** Yes. All right so news flash. My dad loves to go out to eat every single day he goes to Brewbacher's. he swears to me that he'll usually get salmon and steamed vegetables. I live 1300 miles away from him so I can only trust that. I mean I do people can indulge but I believe if you're Diabetic and you're over 70, you gotta be a little more careful about indulging. I think the crawfish étouffée can offset you because that's a lot of carbohydrates, right?

**BOB:** And carbohydrates--

**BOTH:** Turn to sugar.

**BOB:** But, you have to understand that my A1C since I had that toe removed a little over 3 years ago, my A1C's have been outstanding.

**BROOKE:** Yes. So, tell us what your A1C's have been and tell us what a good A1C is and tell us what a not so good A1C is.

**BOB:** Above 8 is a high A1C.

**BROOKE:** Above 8.

**BOB:** And mine, the last A1C I had in March of this year, 2022, was 6.2 and that's perfectly normal. Before that, every other one I had was below 6. Slightly below 6 and actually if you could keep it between 6 and 7, they would be very happy.

**BROOKE:** That's great and also he walks-- how many miles a day would you say that you and Latte do end up walking?

**BOB:** Latte and I walk about 20 minutes three times a day unless it's really hot and then it's only going to be 2 times so either if it's 2 times you're looking at about 40 minutes. If it's three times, you're looking at an hour of walking.

**BROOKE:** So, at least a couple miles a day and this is even in the Louisiana heat, y'all. It gets super hot back home.

**BOB:** That's actually more than a couple twenty minutes - she and I walk about...even if I slow down for her here and there a mile and a quarter each time. You're looking at roughly three--

**BROOKE:** Three miles almost.

**BOB:** Two and a half to three miles is a good estimate.

**BROOKE:** That's great. And, so to anybody listening out there who might be having issues with their health, maybe they have Diabetes or they have pre-Diabetes or they're concerned about their blood sugars, you know you've been living with Diabetes for decades at this point now, do you have any advice for them? Be it you know tangible tips or even some emotional support you can offer?

**BOB:** Do what the doctors tell you to do as far as -- The Diabetic nurse turned me on to Diabetic diets and you helped me find some Diabetic diets online when I first started and you gave me some good suggestions and the other thing that is a big thing is look at the labels on the food products.

**BROOKE:** Yeah. I read labels on food products every single day. Yeah.

**BOB:** I mean that's critical.

**BROOKE:** Yeah. It's true. Well, Dad I was hoping -- let's end this with some kind of or some wrap up that you can tell people, something hopeful not just to our Diabetic listeners out there but to anybody who might be on their own health or physical or



mental health journey. What's some sort of parting words you have to say with over 70 years of wisdom here, Hoover Bob?

**BOB:** Well, you just have to be thankful that you've had some like I have some outstanding physicians who have done their job and support from people like my daughter.

**BROOKE:** There we go. I was wanting some Kudos.

**BOB:** Her mom

**BROOKE:** Anne.

**BOB:** We've been divorced a long time but support from her and from friends of mine and other people that I know who don't want me to go through the issues that I've been through before.

**BROOKE:** Yeah that's right. So, thanks so much for being on the podcast today, Dad. I know this is a very rare and grateful to have you up here in the Jersey City, New York City neck of the woods and I really appreciate you being on the podcast and letting me pick your brain and harp on you. I don't know if you're happy to have been on here. You do look like (laughs) you're a little frustrated with me. Or maybe you're just a little hot cause we had to turn off the fans.

**BOB:** I'm probably just a little hot. I'm not frustrated with you. But, Geaux Tigers!

**BROOKE:** All right. Geaux Tigers. (Laughs) Thanks so much for listening y'all. Be good. Bye! You want to tell them bye?

**BOB:** Later gators.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit [BrookeHoover.com/fluffybuttproductions](https://BrookeHoover.com/fluffybuttproductions) or email me at [contactbrookehoover@gmail.com](mailto:contactbrookehoover@gmail.com) for more information. And, let's follow each other on Instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

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