

## Learning How To Live With Diabetes



“My advice to others like me diagnosed with diabetes is, don’t disappear like I did. It’s not all bad news having diabetes and as DESMOND tells us - You can help yourself.”

- David Gunn

**Meet David**, he’s 65, lives in Grimsby and has been retired for a few years now due to ill health, following operations on his knee. David was on oxygen 24/7 and sadly became a couch potato and began eating all the wrong types of food and was not as active as he once was. He quickly put on a lot of extra weight and after a year his weight had increased to a rather unhealthy 23 stone.

David knew that this extra weight and his sedentary lifestyle was affecting his health and if he didn’t do something he would be in further trouble. It was at this time 2 years ago, that he was diagnosed with type 2 diabetes.

Initially David was in shock at being told that he had the long term condition and what it meant for his overall health, but thankfully he was able to join his local gym on a referral course, and in 11 weeks he lost three stone and was in much better shape. He felt so much better in himself as a result that he is now a permanent member of the gym.

Being diagnosed with diabetes David, was offered a place on a free DESMOND educational course to help him learn to manage his condition and understand the things he would need to do in order to live a healthy life and cope with the impact on his health.

He was understandably a little bit anxious about attending the 2 day course at Weelsby View Medical Centre, and not sure what to expect, however he was provided with lots of information that he wasn’t aware of that could greatly help him improve his health and life with diabetes.

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***“I was apprehensive about attending the DESMOND course, but I was provided with lots of information about diabetes that I wasn’t aware of such as other serious medical conditions that are caused by diabetes and also about natural sugars we need to recognise in the foods we eat.”***

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One of the main things he learnt was to reduce his portion sizes at mealtimes and the amount of fats and sugars in his diet. As a result of attending DESMOND, David has altered his lifestyle and is now doing more exercise thanks to his love of the gym and eating a lot

healthier than he did. The changes were often a challenge for David but he was determined to do it for the good of his health. *He said,*

***“It has been very very hard for me, being 65yrs old, and set in my ways, but thanks to the educational DESMOND course, the biggest change I have made is to eat less food overall and specifically eat less sugary foods and I’ve lost a lot of weight.”***

Attending the course changed David’s approach to his diabetes and he realised that it was really all down to what he ate and his attitude towards food is very different.

***“I would definitely recommend the DESMOND course to anyone who has type 2 diabetes and the ladies who ran the course were good; very professional and interesting and they get 10 out of 10 from me.”*** added David.

It is important that people diagnosed with diabetes, like David, whether a few weeks ago or perhaps a few years ago take advantage of the free DESMOND education course in order to understand what having diabetes means to their health and how they can look after themselves and live a healthy life by managing the condition.

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