



## Diabetes UK - Knowing your risk of Type 2 diabetes

### Rohit's story

You know, there are certain risk factors for example your age, your ethnicity family history, your weight and your waist size. Now, if you've got positives on all these risk factors, then you have to be proactive, and make sure that you know you're not diabetic because diabetes is one of those conditions where the symptoms don't show up until it's too late.

The diagnosis of my diabetes tendencies came about by me being proactive. My father was diabetic and his brothers, my uncles, there almost except with one, they're all diabetic. Their cousins are diabetic my grandfather's brothers were diabetic.

Although you got all these tools out there you got to do it in your house, by yourself because the dietitian is not going to be there looking at what you're eating and how much you're eating things like that.

It wasn't that I was eating bad foods. I was eating the sort of right types of foods but I was eating too much. So now I say "Okay. I'm going to substitute half a plate for a salad".

I thought I was doing a lot of exercise I used to walk everywhere and things like that. But actually that exercise wasn't enough. I needed more sort of sustaining, you know, the more vigorous exercise. And then what I started was I started doing exercise at home. Yeah that's my cross trainer. I watch a series or anything, and generally they're about 45 minutes. So that's what I do everyday. It gets me up every morning because I want to see the next episode.

