



Fatima – Lost 15 kilos through lifestyle changes

Fatima – Type 2 Diabetes

I had high blood pressure and I went for a blood test. I was a bit nervous, a bit worried when the doctor told me I had diabetes. On the other hand, I had to sit down and sort it out with the doctor and find out the solution for it.

I was sent to an eye specialist to check out my eyes. A foot test to make sure my feet were okay and that happens every year, similar with the eyes and I had to make some lifestyle changes. Look after my diet, do a bit more exercise and that's what I did.

Initially, it was difficult making lifestyle changes as that meant I had to do a lot more exercise and be careful on what I eat, give up all the sugar that I was eating. It was a basic thing. Slowly, I got use to it. It took a while. So, in two years, I managed to lose 15 kilos of weight. My diabetes level now is just normal and my tablets have gone down to one a day instead of two a day and I'm hoping to come off it completely soon.

