



Know Diabetes – Ian’s Story

Ian – Type 2 Diabetes

I am Ian Day. I’m type 2 diabetes. I’m 78. In the year 2000, I was developing a problem of numbness sensation. I went to the doctor and he diagnosed diabetic neuropathy. He gave me a diet, which I followed very carefully and the diabetes still progressed. I had several problems. The leg got worse. I had the beginning of problems with my eyes, and with my kidneys, and with general tiredness. All this time I had been playing tennis. As time went on that became more difficult. The leg pain just meant that all my active life had to stop. I found trouble getting out of bed even because my legs were so painful.

I learned from a type one diabetic, my diet included far too much carbohydrate. Overnight I cut the carbohydrates. I gave up potatoes, bread, breakfast cereal, and immediately my blood sugar improved, and I started feeling better.

In three months, I was back on the tennis court completely without pain. By having a low carbohydrate diet, I control my blood sugars so they never go very high. And I never have a hypo. I stay healthy. I don't even get hungry!