

# SHARON

## ***Slow and steady can still win the race in changing the direction of Type 2 Diabetes.***

Sharon, 53, has had Type 2 diabetes for 10 years, following gestational diabetes 26 years ago.

Like so many with Type 2 diabetes cases, the years added more diabetes medications, then at increased doses, just to simply manage the disease and its symptoms. Hand in hand with this was the weight gain that crept up, compounding the complications of Type 2 diabetes.

Sharon was motivated to lower her medicines, learn to control her diabetes naturally and losing some weight would be a great bonus.

A key marker for Type 2 diabetes, Sharon's HbA1c was 62 when she joined the Diabetes Clinic Programme, along with blood glucose levels around 12 but this level being managed with insulin injections, glipizide and metformin. Her HbA1c has actually been as high as 70. Sharon was a suitable candidate for the Diabetes Clinic Programme and was excited to see what could be achieved.

Within just 3 months on the programme, Sharon's HbA1c retested at 42, and she has lost 7 kilograms which is 75% of the way to her goal. She says, *'I was so excited after years of seeing my HbA1c and weight slowly going up. For this programme to have made such a difference in such a short time is amazing.'*

Sharon's insulin and blood pressure medications have been reduced so far, achieving a key goal for her health. With a lot more energy, Sharon wakes less tired, sleeps better and generally feels a lot better with her health and wellbeing.

Her doctor is pleased with Sharon's progress (we work together with your doctor) and she is continuing to implement the necessary changes to her diet and lifestyle, for long term sustainable health. What Sharon has appreciated with the programme is that she can do the learning and make the changes at her own pace, which is slowly.

With an investment also in a walking machine, she is managing 3 walking sessions per week, slowly and steadily achieving her goals through the added benefit of exercise.

Sharon noted that it was hard to find the help she needed when the standard medical care wasn't working, *'I have watched my weight go up over the years and I ticked 11 of the symptoms related to diabetes. The Diabetes Clinic has been a great source of information and ideas sharing. I am looking forward to achieving even more results. I can see this is a lifestyle change that can happen over time, slowly and steadily to create the health I want.'*

**Are  
you ready  
to reverse your  
diabetes and regain  
your health?**

**Join the Diabetes Clinic online programme – a doctor-led, specialised education & support programme and a community of people changing together.**

**Visit [www.diabetesclinic.co.nz](http://www.diabetesclinic.co.nz) for more information.**

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