



SUE GALLAGHER

When 'trying everything' didn't work to change her type 2 diabetes, finding the one thing that did work changed her life. Now officially no longer living with diabetes after 12 years.

When Sue Gallagher, 66, was diagnosed with type 2 diabetes 12 years ago, her doctor advised that losing weight would be the biggest factor in changing her disease. She focused seriously on her weight for the next three months, following the standard nutritional advice for type 2 diabetes, tracking both her weight and blood glucose levels. The results were disappointing and surprising in that she lost no weight and her blood glucose levels did not change. It felt like a chore and with no benefit.

Discovering the Diabetes Clinic Programme, Sue was sceptical, *"I didn't believe this was going to work. I thought I've already tried everything and I did not get results, how would this be different?"*

Five months into her 12 month programme, Sue couldn't be more surprised at the results she has achieved. Sue's doctor has declared her no longer diabetic and has taken her off her last diabetes medication (metformin).

Sue has now lost 24cm from her waist and 20 kilograms in total. She has exceeded her initial goal weight and has now reset a new goal weight to continue working towards. The suggestion that she focus on her measurements rather than her weight helped her get through the times when there was little or no weight loss on the scales. Finally, this weight loss helped break a firm belief she had about type 2 diabetes, believing that she could not lose any weight with her diabetes.

After 3 months her HbA1c decreased from 70 to 50 and now, 3 months later it came down to 31. Her blood glucose levels from her home testing have gone from an average of 11mmol/L down to 5 mmol/L on some days placing her in the ideal 4-7 mmol/L range.

These important measures tell one success story for Sue, however it's the quality of life Sue now experiences that is also a great success. She now enjoys better sleep and a general sense of being in charge of her health again. With a much better relationship with food, she looks forward to her meals and no longer counts calories. It was all such a chore before and now Sue is 'into it', knowing she has a way of life that is sustainable and achievable for living free from the disease of type 2 diabetes.

The Diabetes Clinic Programme provided Sue with new information paired with the support that made all of the difference. "I have been amazed by the programme and I'm very happy indeed. I've really appreciated all of the information and expertise and it's been inspiring to be getting results ." Expanding on her success, she says that "the information is all in one place and the support from other members working to reverse their diabetes has been invaluable."