

# MAKE A CHANGE BE THE DIFFERENCE.

# OWN LIFE



**Keen cyclist David Proctor, from Newton in Chester, was diagnosed with Type 1 diabetes in June 2015 after experiencing a worrying spell of blurred vision. Here he explains how he took control and why it's important not to try to do it all on your own:**

“When I had blurred vision, I felt like I was living in my own little bubble. Then, after my diagnosis, I initially convinced myself that I was in control. I was checking my blood glucose levels six to eight times a day – and getting good results. But, deep down, I knew something still wasn't right. My work output had dropped and, as I'm self-employed, my income suffered too.

“So I started using the FreeStyle Libre Flash Glucose Monitoring system full-time. This gives readings across the last eight hours. I found that certain foods were spiking my blood sugar levels – some massively – and I was experiencing hyperglycaemia episodes after breakfast and lunch. I often felt tired and lethargic and was unable to concentrate properly on work.

“My GP suggested a self-management course and, despite my initial concern, it proved very beneficial. It gave me a number of coping strategies I hadn't considered and made me realise I wasn't alone.

“I also realised that my carbohydrate intake was having a bigger effect on me than I originally thought. I completely cut out carbs from my breakfast – with brilliant results – and cut down on my carb intake at

lunch too. Despite this, I saw no detriment to my cycling, swimming or running.



“The local Diabetes UK group has helped massively too. Initially I thought I could handle everything on my own, but I soon realised I had effectively retreated into my shell and distanced myself from all aspects of life. People might say ‘pull yourself together’ or ‘just get on with it’ but it's not that easy.

“I'm now back in a fast-paced cycling group after 12 months away. It feels great. I actually feel healthier and, even though I wasn't overweight, it's been helpful to drop a couple of kilos and feel better – not to mention quicker on my bike!

“I'm very competitive – I've played sport all my life – so I'm applying the same dedication to self-managing my condition. In a way I am now my own healthcare professional.

“My work productivity is back to where it should be now too and I no longer have any issues with injecting in public places – I'm not embarrassed anymore.”