

MAKE A CHANGE BE THE DIFFERENCE.

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LIFE

Think there is such a thing as a “typical” case of Type 2 diabetes? Think again. Slender businesswoman Rajam Veerappan, from Boughton in Chester, was diagnosed aged just 27.

Here she explains how, after more than three years of struggles on the wrong medication, she has learned to bring the condition under control:

“I was diagnosed while working as a management consultant in the USA back in 2012. At the time I was travelling to Vancouver every fortnight and I was permanently exhausted. Even little things would get me down.

“I was told by medical professionals and dietitians in USA to skip all sweet and fatty food. This didn’t leave me with many options.

“My emotions were up and down and the tiredness was stopping me from doing things. To protect myself, I started building emotional walls in a bid to guard myself against feeling low.

“That’s not me anymore. In the second half of 2016, things finally changed for the better. After moving to Chester my new doctor was shocked to find out that I had been prescribed ‘immediate release’ tablets for three-and-a-half years. I really should have been on ‘extended release’ tablets instead.

“The NHS in Chester literally saved me. Things are so different now. Like night and day! I feel like me again and have a new burst of energy.



“A diabetes education course at the Countess of Chester Hospital helped me too. I now understand that you don’t necessarily have to stay away from eating anything sugary or fatty - but rather eating it at different times helps.

“I am going to work even harder now to get better. I feel like I am born again as I can do anything now and eat what I want – as long as it’s in moderation. I am in control of my own life. I’ve never felt this way before.

“I now plan to talk to people about my experiences with Type 2 and see where I can help. Nobody I meet would ever believe I have diabetes.

“I want to advise others to never feel vulnerable, think ‘why me’ or ‘am I the only one’? I shut myself off from the world because I was led to believe that I was never going to get better. Now my life is back in my hands I have such a different outlook.

“I’ve got my life back!”