



Speaking from Experience *Type 2 Diabetes*

Transcript for chapter 1 of 8: Before diabetes

Bernadette (diagnosed 5 years) - I had a part-time job. I still had family at home to look after, and I was involved in volunteer activities in the community. So, I was reasonably busy and active and interesting.

Toni (diagnosed 4 years) - Before I was diagnosed, I was like any normal teenage girl, partying, drinking on the weekend, eating whatever I liked, when I liked. Without having to worry about what I was putting in my mouth.

Bruce (diagnosed 8 years) and Rosemary - If I was working on the farm, all of a sudden, I'd start getting hot and we didn't know what it was. That had been happening to me for a long time. I didn't know what it was and didn't take any notice of it. I would just go and have a drink and then I would be fine. But then, of course, I found out that it wasn't fine.

Helen (diagnosed 13 years) - I became very, very tired. I'd get out of bed in the morning and want to get back in again.

John (diagnosed 1 year) - I was feeling very tired, thirsty, frequently going to the toilet, numbness in my toes and my fingers, and I had blurred vision.

Cliff (diagnosed 7 years) and Marcia - I had a heart attack about 16 or 17 years ago. Because I was blacking out on unexpected occasions, I had to have a pace-maker installed. Along with that came certain medication.

Peter (diagnosed 8 years) - Most of the symptoms that I was experiencing were things that I thought were occurring because I was getting older. I would take a glass of water to bed because I had a dry mouth. I'd put my foot out of the covers, because I'd be hot, and then my big toe would go cold. I found that more and more I needed to have a power nap.

Cliff (diagnosed 7 years) and Marcia - My mother used to take care of my father's diabetes, and I didn't have a great deal to do with that.

Bruce (diagnosed 8 years) and Rosemary - I took him to the doctor because of his crankiness and because he slept a lot. I didn't even think about diabetes.