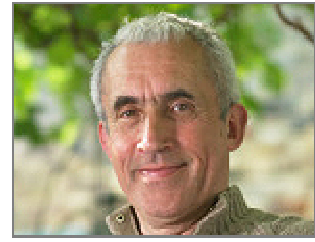


## Colm's story



Colm, Age 66

**Pfizer life aims to help you make more informed decisions about how you can live your life in the best possible health. This story is an example of one patient's experience with diabetes. However your experience may be very different.**

I have diabetes. So I have got used to taking my blood sugar, and keeping a check that things are in balance. I've also altered what I eat.

My doctor has also prescribed pills for blood pressure, and cholesterol too. I was a bit surprised about this at first. But she said that I needed to be fully protected, as I would be at greater risk of heart disease.

It was a bit of a shock really. It has changed my life, not in a massive way. But I think you can react positively to events in your life or negatively. It's your choice. And for me the only way you can go is to be positive.

Clearly with diabetes it's about blood sugar, and this relates directly to the kinds of food you eat. So I've forced myself to go for much healthier options. And to be honest I'm beginning to sneakily enjoy them now.

Fortunately my wife has got right into it too. I think she has almost been waiting for an excuse to start cooking much healthier food – and we've been exploring this together.

And I'm taking more exercise now, and that in itself is making me feel more cheerful. At the end of the day, positive is the only way to be.