

## Marie-Anne's story



Marie-Anne, Age 54

**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.**

Every year they check my blood sugar at my surgery, and this year they said that I had something called pre-diabetes. My first thought was that I would have to start injecting myself with insulin or something. I've always been a bit nervous about needles.

But my doctor said that if I acted now, I might be able to keep diabetes at bay. And that even if I went on to develop type two diabetes, it wouldn't mean that I would have to start injecting myself.

This was the good news. The bad news was that he gave me the usual advice about exercise and diet. I know I weigh too much, but it's much easier to say that you are going to lose weight than to actually lose it. As for exercise, well I couldn't exactly visualise myself in the gym. I'm over sixty, and just thinking about being in the changing room made me cringe.

So what changed? Well I have to say that it was my husband. When I told him what the doctor had said, he just laughed and told me, very annoyingly, that I'd never do any exercise.

Well if someone tells me I can't do something, then this makes me want to do it twice as much. Next day I went out and bought a pedometer from the chemist, which measures how many steps you take. And over the last few months, I have gradually built up the amount of walking I do. It really has helped me to lose weight – and my doctor is very pleased with me.

When I told my husband about my success, he said that I should thank him, for motivating me. He can be quite annoying sometimes!