

# PREVENT type 2 diabetes and AVOID kidney damage



## Michael Murray

Fifty-nine year-old Michael Murray has had type 2 diabetes since he was 33 years old. His kidney function has been deteriorating for the past 10 years. The Preston resident now needs to spend 15 hours every week on a dialysis machine just to stay alive.

He says the necessity for thrice-weekly hospital visits has dramatically changed his life. "I've had to give up my job which I really miss. Dialysis also restricts me from going anywhere; I have to know that wherever I'm going I can book in for regular dialysis treatment, otherwise I can't travel."

Michael will be on dialysis for the rest of his life unless he gets a kidney transplant. The average wait time for a kidney is seven years.

"When I was younger I was more concerned with having a good time than managing my diabetes," Michael says. "If I had my time again I would have done it so differently – no two ways about it. I would have watched my weight and been an all rounder sports man."

There is a strong history of type 2 diabetes in Michael's family. His mother, two older sisters, his nephew, several cousins and aunts all have type 2 diabetes.

My message to other is look after yourself. Keep good control of your BGLS and your diet, exercise regularly and you will avoid complications.



## Stan Dowdy

Fifty-five year-old Stan Dowdy was diagnosed with type 2 diabetes 12 years ago. The Merbein resident was reasonably fit and active up until then, but says his health took a dive after his diagnosis.

"My health has been getting steadily worse over the last decade. I have to visit the doctor three times a month these days. My kidneys packed in recently so I'm starting dialysis in six weeks."

While he concedes that he will have to give up a lot of his time for dialysis treatments, Stan is looking forward to a better quality of life. "I'm not very good at sitting round and doing nothing, so dialysis will be a challenge, but I'm looking forward to having more energy from it," he says.

Stan has a family history of type 2 diabetes. If he had his time again he says he would live a healthier life. He advises others to take action early. "If you don't smoke, don't start, if you don't drink, don't start, and if you are predisposed to get diabetes go to your doctor, get checked out and find out how to avoid getting diabetes. If you get it, and you don't manage it well, the complications are not fun."

**Don't be the type to leave it too late**  
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