

Managing life with type 2 diabetes - the mission is possible -

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- ELSC Event
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Course of Disease

2004

Diagnosis of Type 2 Diabetes

good readings due to lifestyle changes



2005

increased blood sugar, weight and blood pressure

no improvements



2007

Cure

loss of 6kg in 3 weeks

2008

Study of Eigeninitiative:

Become Germany's most active type-2-diabetic!

Lifestyle Changes

Healthy diet



Sports activities

•Success:

less 16 kilos
blood sugar good

