

Rady Children's Real Life Stories

Hello everyone,

I am a 17 year old guy, and I've had type 2 diabetes since I was 11. This disease has been a burden on me for years and it really changed my life. To add another problem to everything, a year or two ago I was diagnosed with fatty liver or NASH, due to abuse of my disease.

It was then that my doctors sat me down and told me how serious the situation had become. They told me how abusing this anymore could lead to serious liver problems or maybe even a liver transplant, which is not always successful.

I then realized that I had to change my whole life style. I took up BMX riding first, but that wasn't all. Football became one of my favorite sports, and I found myself weight lifting almost every day after school. I will admit, I wasn't in the best of shape, but I worked hard on the field, in the weight room, and on my diet at home to improve my control of diabetes and lower my weight.

It wasn't easy and it took a lot of hard work on my part. I lost about 35 pounds to show for it.

I am writing this to encourage people with my kind of life of battling this disease.

But the truth is that you all have it in you. It's just trying to pull it off that is hard. I was told by family and doctors that I am a role model for people with type 2 diabetes like me, but I see myself as a normal person. So, I tell you, it can be done. Just try to fight and don't give up.

Well, best of luck, and I hope my story will motivate you a little. I wish you good health.

