

Christine Lee, Type 2 diabetes, Diabetes Support Group Member



Christine found out she has Type 2 diabetes when she was 40-years-old. It was during her pre-operative blood tests that the doctors discovered that her sugar levels were consistently high.



As a working adult, finding suitable food for meals has been a challenge for Christine. She first started substituting unhealthy food options with healthier ones; such as having oats for breakfast instead of fried bee-hoon. Christine also developed a habit to prepare her own healthy dinners and kept the leftovers for the next day.

“After starting this routine, my HbA1c started going down. It was a great motivational factor in my journey towards better sugar control,” she said.

Another challenge faced by Christine was finding time to exercise as she was always caught up with her work. Christine started taking public transport instead of driving, in order to spend more time walking. She also took part in programmes organised by Diabetes Singapore such as workshops and walks, to stay fit and healthy.



“Firstly, calmly accept the fact that you have diabetes. Listen to your doctor or nurse educator and practice what they teach you. They are your best teachers – not the internet nor your friends or relatives.” ~ Christine Lee

One particular challenge Christine found it difficult to overcome was controlling her eating habits when she was out with her family. “Having a big family means that there are many occasions when I have to attend dinners and family functions at restaurants. Most of the food are not very suitable for people with diabetes,” Christine said. Nonetheless, she managed to resolve this by keeping herself occupied through taking photos and entertaining her grandnieces and grandnephews.



When asked about what advice would she give to someone who was recently diagnosed with diabetes, Christine said “Firstly, calmly accept the fact that you have diabetes. Listen to your doctor or nurse educator and practice what they teach you. They are your best teachers – not the internet nor your friends or relatives.” Not only that, she highlighted the importance of joining a support group, to educate and support one another.