



Gary – Type 1 Diabetes – Climbs His Everest

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I was first diagnosed when I was 12. I was taken home from school by one of the teachers because I was ill. Later on, I fell ill more seriously and went into a coma. I was then diagnosed as being diabetic and I had to learn how to do injections, when to eat, what to eat and so it was quite a big change in my life at that time and so I guess I was quite nervous.

I loved sport but there were some sports where you just felt it was like a mental barrier was there. You didn't want to play that sport for the whole day because you may have a hypo attack later on so you didn't do all the sports you probably wanted to. The things that inspired me to do mountaineering and hiking were books that I'd read and looking at the great pictures of different parts of the world. I initially did stuff like just walking long distances and hiking just to build up your own, sort of, strength if you like and enjoyment in that and then gradually I would do tougher and tougher and steeper hiking and mountaineering trips and eventually you know that you can actually climb that mountain you always wanted to.

I think that some of the advice that I was given was about actually making use of a piece of equipment that allowed me to track my blood sugars every 5 minutes and that allowed me to go on a long trek to Nepal for 3 weeks approximately and that allowed me to see if my blood sugar was going up, down, how fast it was going up or down and that allowed me to control my blood sugars nearly as excellently as a non diabetic. So, that was amazing.

I was really inspired by the Paralympics a few years ago and I thought if they can do that, then I can do something similar as well. When I do mountaineering, it's tough.

If I can climb my Everest, you can climb yours.

