



Type 2 Diabetes and Technology

Fatima Nurmohamed – Type 2 Patient in Remission

I was determined to go down in my weight because I was always told by the doctor, you need to lose weight, you need to lose weight, you need some exercise. And I thought exercise was going to the gym and that's too expensive. So I said, no, I don't know what to exercise is. And then they decided, they told me that exercise is only brisk walk every day, that's your exercise. So I decided, okay, I'll do that.

I bought a watch specially to count my steps. I have my iPhone, which gives me all the facilities to get online and read about all the foods. So I downloaded an app which would record everything I eat. So, I started putting in, like normally, a normal day what I eat in the morning, afternoon, evening.

Dr Joan St John - GP

The treatment options for type two diabetes are first and foremost diet and exercise or the type of food that you're eating and the activity and the movement that you do. In other words. So lifestyle is what we tend to call it. That's the fundamental way to treat type two diabetes.

Fatima Nurmohamed – Type 2 Patient in Remission

I'm a gadget person, so anything technical minded, I love using them.

I have all different kinds of apps. So, I have my activity app, which records all the steps I do, the walking I do and that gives me a result of how much walking I've done, how much standing I've done every day. The other app I mostly use for my food is MyFitnessPal, where religiously when I was trying to lose weight, I would record everything. And then when I say everything, I used to record everything that I ate and it would work out all the calorie intake, the sugar intake, the carbohydrates that convert in to sugar.

Lee Ramos – Specialist Dietitian

The number one app would be MyFitnessPal. A lot of patients that I work with use that. Another useful app would be the Couch to 5K, which I've tried and tested myself. It was fantastic for a non runner, got me running. And then there is also public health apps. The main thing I would recommend around apps is to look, try because what works for one won't work for another.



Nadia Babar – Type 2 Patient in Remission

So I've got myself a Fitbit and I bought it when I started this journey. And I monitor my steps. I've got myself a target and the aim is to go above the target. So 10,000 steps, 12,000 steps, minimum, every day. So if I don't do that, I feel it and I feel I haven't done my share of exercise. And I find and I've always known this, exercise, walking is the best for me. So I don't have time to go to the gym. I don't have time to do other things, but we all have time to walk.

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So then I realized on my app I was trying, I was losing weight. I was losing at least a pound, two pounds a week. I was not on a diet. Everybody thought I was on a diet. It wasn't a diet. I was just cutting down on foods and checking each food contains, how many calories.

Salma Mehar – Consultant Dietitian

Some people just like to download some apps that could give them regular reminders about have they done, how many calorie intake that they've had per day, or have they achieved the step count that they're trying to achieve. So, those gentle nudges, those gentle reminders is what will help you achieve the weight loss that you're trying to achieve.

Fatima Nurmohamed – Type 2 Patient in Remission

I was 72 kilograms when I started and I went to down and down and down right up to 50 kilos.
I felt really great. If I can do it, anyone can do it.

