

# Pia's Diabetes Story

*"A little over 10 years ago I had a kidney transplant, and some of my medication triggered more or less some of the diabetes, so with that I had to be more careful."*

*"The support for me and my diabetes I think, yes, the physicians and the dieticians, everybody has helped a lot, but I think the biggest support is my family, and I think everybody has encouraged me to do the right thing for myself, to really get fit."*

*"I do keep it in check, and with the app that I have you put everything in, and it gives you the same readings, so before you even go to the doctor you already know pretty much, and you don't have to worry about what the doctor almost would say, because you know. You're prepared."*

*"I always enjoyed cooking, but now it's a little different when you really look at the carbohydrates and the sodium and really look more for the nutritional value, and, yes, there are many more recipes that you sometimes don't even think about and that it's fun just to discover."*

*"I love my step tracker, and it's really wonderful to use, because in a way you can compete against yourself. Again, today I had 5,000 steps. Let's see what I can do tomorrow. And also especially with that one tracker you can also put your food intake in and your weight and what you're looking for, and it gives you a whole bunch of information, so, yeah, I'm all for apps and all for tracking, and I think it makes life easier."*

*"For somebody who just got diagnosed with diabetes, yes, it is scary. It's not the end. It is doable. You can live with it. You have to find your own little strength in you and look for things that really give you joy. So many people live with diabetes and enjoy life, and as a new person you can do that too."*