

## Admin, LACO

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**Subject:** FW: Diabetes

**From:** pamiea

**Sent:** Friday, 28 September 2018 6:33 PM

**To:** Committee, Education & Health Standing <[laehsc@parliament.wa.gov.au](mailto:laehsc@parliament.wa.gov.au)>

**Subject:** Diabetes

To keep Type 2 at bay as I was certainly heading that way. At the time I was 117kg and 175cms.

My father and brother were Type 2.

I had lapbanding surgery and lost 24kg. I definitely dont have a problem now. I also did educational stuff at Osborne Park Hospital. At Diabetes Australia I undertook a 6 week once a week course which was fabulous particularly going to a Coles store after hours to look at the fat in different foods. Back in those days ie around 9 years ago they concentrated mostly on fat and now I believe its sugar.

I read my labels on just about everything I buy and try to eat healthy.

If I can help at all please contact me on

I am almost 70 years of age.

Cheers  
Pam Collins

Sent from my Samsung Galaxy smartphone.