

Admin, LACO

Subject: FW: Inquiry into the role of diet in type 2 diabetes prevention and management

From: Jill Tanner

Sent: Friday, 19 October 2018 6:34 AM

To: Committee, Education & Health Standing <laehsc@parliament.wa.gov.au>

Subject: Inquiry into the role of diet in type 2 diabetes prevention and management

I understand that submissions closed on October 12, 2018.

However, if you would like testimony from a Type 2 diabetic who has reversed Type 2 diabetes with diet and lifestyle I am quite happy to offer my experience and details of how I achieved the following HbA1c results since diagnosis in March 2012 when I was diagnosed by two elevated fasting BG and subsequent OGTT test with the following result:

Fasting - 6.4 / 1 Hour - 14.2 / 2 Hour - 12.9 (Ideal Fasting 3.5-5.4 / 2 Hour 3.6 - 7.7)

A1c results:

	Fasting			Hb A1c
	BG	Avg. BG	mmol/mol	< 6.0%
Ideal	3.5-5.4		48	6.5%
29/03/2011	5.2			
29/02/2012	5.8			
12/03/2012			45	6.2%
19/09/2012		6.2	37	5.5%
1/03/2013		5.4	31	5.0%
2/09/2013		6.5	39	5.7%
5/03/2014		5.7	33	5.2%
1/09/2014		6.2	37	5.5%
21/01/2015		6.2	37	5.5%
25/08/2015		6.0	36	5.4%
25/01/2016	5.7	5.7	33	5.2%
27/06/2016		5.7	33	5.2%
24/04/2017	5.4	5.7	33	5.2%
9/01/2018		5.8	34	5.3%

I have maintained a 15kg weight loss for over 6 years and have not been diagnosed with any complications of diabetes. I follow a low carbohydrate diet averaging 50-70g of carbs per day. I find the diet easy to follow and in no way onerous.

I live in Mandurah but am happy to travel to Perth to give testimony.

Sorry for the lateness of my email.

Regards,
Jill Tanner