

Diabetes Professional Care 2019

MY JOURNEY

By

Patricia Gooden & David Marshall

Let's Go....David

- **The early years...**
 - Diagnosed as type 1 at 7 years old after family holiday
 - Began insulin after a week in hospital
 - Practised on an orange – glass syringes
 - 10 plastic syringes....



Let's Go...Patricia

- **The early years.....**

- Born in the UK
- Shipped to the WI (28 days)
- Education
- Self diagnosis / Gestational diabetes



On the Move.....Patricia

Dealing with my illness

- The way I was told
- Organ failure
- Peritoneal dialysis (8 X 7)
- Isolation, fear, depression
- Medical retirement
- Remaining positive



On The Move...David

- **Dealing with my illness...**

- Determination
- Tired of being isolated
- Non participation in sports
- No school trips
- Job hunting



The Train is coming - David

- Late 20s...Coeliac diagnosis
- Balancing 2 diets
- Renal Diet ...more important!
- My wife, living donor transplant
- Severe rejection...
- Time in hospital.



The Train Is Coming....

- **Kidney Transplant**
- **The Horrors!!!**

- The telephone call
- Transplant successful
- The horrors of stent removal!
- The horrors of Anti Biotics!
- Call the family
- Remain positive



Let's Dock ...Patricia

- **Kidney reconstructed!**
- **On recovery road.... Yeah!**
- Reconstruction
- My eyes!
- Keeping the patient informed
- Driving Licence



Let's Dock ...David

- Lead a normal life
- Never say 'what if'
- Kidney patient only when taking tablets
- Daphne Approach / Dexcom CGM



Let's Serve...Patricia

- **Charity Work**

- Made a vow!
- Royal Free Hospital KPA
- Recruited on the first night.
- Kidney Research UK
- Lay Advisory Committee member (LAC)
- Trustee
- Believe



Let's ServeDavid

- **Charity Work**

- Chair of NKF
- Dealing with conflicting information
- Give up your time
- My bicycle



And Finally....Patricia

- **The Island...**
- **Look where we have come from!**

- A satisfying career
- The illnesses
- Dialysis
- Transplantation
- Recovery



And Finally ...David

- Advocating change
- More increase in the use of technology
- Prevention s better than cure...
- Using the technology to inform myself



Conclusion

THANK YOU FOR LISTENING

Any Questions?

Patricia Gooden / David Marshall

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