I have dramatically changed my diet to control my diabetes. I no longer over-eat. I eat lots of fruits and vegetables and go to the gym regularly. That is the only way I can control my condition.

FACTS

• An estimated 87 million people have diabetes in the South-East Asia Region.
• Diabetes increases the risk of heart attack and stroke and can damage the eyes, kidneys and nerves.
• Healthy diet, physical activity, maintaining a normal weight and avoiding tobacco use can prevent or delay the onset of type II diabetes.

Peerada Quanpet is a 26-year-old medical student who lives in Bangkok, Thailand. She was diagnosed with type II diabetes in her early 20s. She had a stroke resulting in permanent partial hearing loss. She requires daily insulin injections to regulate her blood glucose level and spends 5500 Baht (US$ 175) every month on treatment.