

2013-09-25

My name is Petter Axell. I am 30 years old and have had type 1 diabetes for over 17 years. When I got my diagnosis, my doctor told me "too bad it was not cancer, it had at least been possible to cure ." It was basically the first thing I learned about the disease, that it would never go away. Imagine hearing that at the age of 13, the minute your world has already fallen apart .

During my 17 years as a diabetic, I have been through all the possible scenarios. I have had high blood sugar so high the ambulance had to pick me up, and the same when it comes to low blood sugar. The latter is far more times. Mood swings, vision problems, anxiety and fear are just some of the side effects I experienced. The first 11 years I was treated with injections, known as insulin pens, and then I moved over to the insulin pump. I can not even count the number of times I wanted to give up, kicked off my insulin and felt despair of being stuck with this for the rest of my life.

My diabetes requires monitoring around the clock. I take insulin at each meal and adjust doses as necessary. I take blood sugar tests in the finger at least 10 times a day to try to keep a good balance. But it is difficult, no two days are ever the same and things like exercise, sleep and stress play an important role when to administer my insulin . Although I do my best , it is impossible to have full control, the body lives its own life at times and even though I can call myself an expert on diabetes, it is impossible to be fully trained. Certain things can not learn until you experienced it.

Future complications is something I worry about. Will I go blind? Do I have to amputate the foot? Operate in a new kidney? There is great concern and the questions are many. Research is moving forward and progress is done all the time, but my doctor's words still echo in my head every day. *Diabetes can not be cured* .

Or can it ?

Just over a week ago I was told about this game that aims to ultimately find a cure for diabetes . I think it's absolutely amazing, both to engage and entertain people, but above all to make a good thing for humanity. Together, these two factors are unbeatable .

I have asked around among my friends and acquaintances if they would download such a game if it was available. When I explained that it was a game that contributed to the research everybody answered yes. Since I do not know the current situation what the game is or how it will be designed, I dare not say if they will play it often or just test it, but the fact remains that they are all supportive of the idea .

I am an active member of four different diabetes forums on the internet and have put out the question to the members there. All respondents were very interested and immediately wanted to know more. Some thought I was kidding." Why would anyone make a game that helps and do any good?" We who have diabetes have almost given up hope of ever being healthy, so I do not blame them to question the idea. All were agreed, however, even here that this game would be great for families, and an incredible opportunity to raise the consciousness of those who believe that diabetes is not very serious .

This kind of game is perfect for family members, classmates and really all people who have a diabetic in its vicinity. They increase their knowledge of the disease, better understanding and contribute to something that ultimately can hopefully change the world.

Diabetes is now the world's fastest growing prosperity disease, and the costs of care for all patients with sequelae are very high. Although the first step is not to cure diabetes is an increased awareness among the people (and especially in diabetics) extremely valuable. It contributes to a better life with better health and freedom, but above all, it saves a lot of money in health care that can be spent on other things.

I firmly believe in this and got new hope after taking note of this information. I am also confident that people would rather spend time and money on something like this than simply donating to research in general. People like to have a voice, and if it is also for a good cause it is no doubt that they would get involved.

Again, I hope this becomes a reality and, except as a pleasure, used to educate both patients , hospital staff and school classes, and eventually the whole world.

// With the hope of being able to throw away my insulin before I get old .

Sincerely,
Petter Axell , Sweden