My life changing exercise

Dropping 22 kilograms and six pants sizes was only a dream for Corrado Di Qual, before the 63 year old found his way to the Metabolic Rehabilitation Program at Concord Repatriation General Hospital.

The Type 1 Diabetic was 132 kilograms, and ready to give up on losing weight, before the clinic team started a tailored intervention, including supervised intensive exercise and medication adjustment.

“I had previously tried dieting and the gym, but could only manage to lose 3kgs because the high dose of insulin I was on increased my appetite”, Mr Di Qual said.

“I would also have hypoglycaemic episodes and have to stop exercising, it was a vicious cycle.”

Head of the Metabolic Rehabilitation Program, Dr Nic Kormas, said Mr Di Qual benefited almost immediately from a switch to a more appropriate type and dose of insulin.

“Now Mr Di Qual only needs a third of the daily insulin dose he’d been on, and he doesn’t need to take lipid or blood pressure lowering medications”, Dr Kormas said.

“This has probably saved the Federal Government in excess of $3500 annually in medication costs but it has also given Mr Di Qual a much better long term health outcome.

“It is a great example of the best outcome being achieved through weight loss and not medication.”

Mr Di Qual said he was sometimes now mistaken for a man in his 50s.

“I feel great, but I have more weight to lose. I want to get under 100 kilos” he said.

“It’s amazing to be so much more in control, instead of my diabetes controlling me”.

Background Information:

- The Metabolic Rehabilitation Clinic at Concord Repatriation General Hospital treats obese people with Type 2 diabetes.
- The aim is to help patients to lose body weight and maintain weight loss, so they can achieve the optimum goals with their diabetic management. In some cases if enough weight loss occurs, patients’ Type 2 diabetes can go in to hibernation, or be managed with a smaller amount of medication.
- The Clinic comprises a team of health professionals – an Endocrinologist, Nurse Practitioner in Diabetes, Dietician, Psychologist, and Exercise Physiologist (to run a compulsory on-site supervised exercise program).
The 2007-08 National Health Survey found that 61.4 percent of the Australian population is either overweight or obese.

It also found that an estimated 898,800 Australians had been diagnosed with diabetes (excluding gestational diabetes) at some time in their life.

87,100 had been diagnosed with Type 1 diabetes, that is a 30 percent increase from the preceding 7 years. 787,500 had been diagnosed with Type 2 diabetes.

The Australian Institute of Health and Welfare predicts Type 2 diabetes will become the leading cause of disease burden in Australia by 2023.