

GEORGE BOUCHER

George is a 71 year-old retired police officer from Kuala Lumpur, Malaysia, who was diagnosed with type 2 diabetes ten years ago. He has always considered himself to have a strong personality, and always tried not to let his diabetes deter him from leading as normal a life as possible, until cardiovascular complications arose as a result of his condition.

Due to his diabetes, George had to undergo coronary artery bypass surgery, as the arteries around his heart were becoming dangerously blocked and George was at an increasing risk of suffering from a heart attack. He also had to give up some of his favourite past-times, including golf of which he used to be a keen player.

Due to his high-risk prognosis, he was considered an ideal patient for the ADVANCE trial and was asked by his doctor to participate. It was then that he met Professor Chan, Head of the Endocrine and Diabetes Unit at the University of Malaya Medical Centre and his ADVANCE team. George began the trial 4 years ago, and, having added the study medicine to his existing treatment regimen, feels he has experienced great care and management, and that he has greatly benefited from being part of this important trial.

George takes his medication every day with frequent check-ups (2-3 monthly intervals) at the hospital, and is proud to say that his hypertension is very well controlled. Although he recognises that age will take its toll on everyone and affect one's health, he admits the best he can hope for is good control of his condition which he feels he has achieved through participating in the ADVANCE trial, and now is confident about his future. He is very thankful to the ADVANCE team who he feels has been very supportive and concerned with his well-being throughout the study.

Though George has decided that golf is now too strenuous for him to play regularly, he now enjoys long regular walks in the evenings, reading books, and spending time with his three grandchildren whose company he feels he can enjoy longer than he thought possible 3 years ago. He has even gone back to part-time work as head of security for a local firm.

"I would just like to say thank you to everyone at the medical centre for helping me participate in this excellent trial. My condition is now very well controlled and I have learned so much about my diabetes and how to manage it well".