



# HEALTHY LIVING

**bsp life**



“You should start acting even before you get diabetes and not when you are already diagnosed with the disease”  
**Iliesa Tui**



Iliesa Tui from Taveuni helps his family by selling juice at the Suva bus stand. Picture: RAMA

# ‘You have the power’

Tui says people should manage their lives to be free of NCDs

By **WANSHIKA KUMAR**

WHILE non-communicable diseases (NCDs) are the number one cause of death and disability in the world, many of these diseases can be prevented.

Therefore, Iliesa Tui says people should manage their life to be free of the disease.

“You should start acting even before you get diabetes and not when you are already diagnosed with the disease.”

he said during a conversation with this newspaper at the Suva bus stand this week.

He said every individual had the power to eliminate or overcome NCDs because, in most cases, NCDs were self-inflicted.

He said recently he reduced his sugar intake because he knew its association with NCDs.

“I do not have diabetes and my lifestyle is the reason for this,” he said.

“We mostly eat vegetables from our farms such as *bele*, chinese cabbage, and

other fresh vegetables,” he said.

“I have stopped taking sugar for the past one month to avoid getting diagnosed with diabetes or other non-communicable diseases.”

He said he gave up sugar on the advice of his brother.

“He motivated me to change my habit of snacking on sweet snacks.

“In just one month, I have seen the difference between taking sugar and not having sugar in my meal.

“Now, I don’t have body ache or other

pain as with my increasing age, the increase in sugar intake can be very harmful to my life.”

He said giving up sugar was not easy. “It’s hard to leave it because it felt like something was missing in my meal, especially tea, but I had to survive.

“My family members are taking sugar but I am encouraging them to take it in limit.

“Seeing people getting amputated because of diabetes is a lesson for us to change our life and diet.”

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