



"Desmond course for diabetes"

About: [Lincolnshire Partnership NHS Foundation Trust](#) [Dewsbury & District Hospital / Diabetic medicine](#)

Posted by [yanners](#) (as the patient), yesterday

I was a bit sceptical at first, because I had not long been told that I had diabetes, so I didn't know much about it.

It was a very good course, gave me a lot of information, they explained what it meant to have diabetes, before doing this course I thought the you couldn't eat cakes or sweets, now I know that you can.

So long as you don't eat too much of them. I now eat a more healthy diet. Would recommend it to anyone.

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