



Regaining confidence after a diabetes diagnosis.

Auriel Wetherall was diagnosed with type 2 diabetes in her mid-20s, following a routine blood test carried out by her GP.

Although diabetes runs in her family, with close relatives also living with the condition, the diagnosis still came as a shock.

Like many people diagnosed with type 2 diabetes, the advice Auriel received focused primarily on lifestyle changes. She was advised to lose weight and reduce her intake of carbohydrates, advice that, while well intentioned, left Auriel feeling ashamed and worried about the day-to-day management of her condition.

Living with type 2 diabetes

Auriel manages her diabetes without insulin, and for many years relied on traditional fingerprick testing to monitor her glucose levels. She tested around four times a day, but her first experience of fingerpricking was daunting. She said: "It took me an hour to pluck up the courage to test myself the first time."

For Auriel, fingerpricking wasn't always convenient; particularly when it came to work and exercise. She works as a driving instructor, a role that requires long periods of concentration and confidence in knowing how her body is responding throughout the day.

Over time, she became increasingly interested in finding ways to better understand her glucose levels and feel more confident in managing her condition independently.

Discovering glucose-sensing technology

Auriel first heard about Abbott's Libre 2 system through her brother, who has lived with type 1 diabetes for over 40 years.

He gets his system on prescription via his GP and recommended that Auriel try it ahead of a business trip to South Africa, where fingerpricking would be less practical.

She decided to try a 14-day trial, self-funding the technology, as it is not routinely offered by the NHS to people with type 2 diabetes who are not using insulin. Since using the system, Auriel regularly checks features such as glucose readings, alarms, Time in Range, average glucose and estimated HbA1c. She adds:

“I’ve not looked back since. It really does give a lot of freedom.”

A positive impact on confidence and quality of life

Using the FreeStyle Libre 2 system has helped Auriel gain better control over her diabetes, both physically and mentally. She says it has supported weight loss, improved her awareness of glucose trends and given her peace of mind during everyday activities.



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It's given me peace of mind at work, in the gym and when going on long walks – as well as hypo awareness during the night.

Auriel feels the technology has transformed her confidence. Instead of eating out of fear of low glucose levels, she now feels empowered to make more informed decisions. Auriel added: “I don't over-eat for the sake of fearing a hypo. It helps me feel confident.”

Advocating for change

Auriel is passionate about addressing misconceptions around type 2 diabetes and believes access to glucose-sensing technology could play a vital role in helping more people manage their condition with confidence.

She said: “Although I self-fund the product, one thing you can't put a price on is health and peace of mind. It's worth its weight in gold.”

She is also an advocate for wider access to glucose monitoring for people with type 2 diabetes. “Why not offer it to people and see what progress is made over three months? It helps people take responsibility and gain control, rather than just being given another pill or leaflet.”

Motivated by her own experience, Auriel is keen to continue supporting the type 2 diabetes community – sharing her story to challenge stigma, raise awareness and encourage others to explore tools that could help them manage their condition with greater confidence.

Auriel was paid a fee to share her story. The views expressed are her own and not necessarily those of Abbott.
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