

SOLDIERING ON

By Pravin Rajwani



(Left) Pravin, in his cast, carrying his colleague's daughter.
(Above) Pravin with his Commando Challenge team mates.

Crack! Then a sharp pain in my left wrist on which I landed while trying to land some 'fancy' mid-air clearance of a football during a friendly futsal game with my colleagues.

I didn't know it then but I had just broken my left radius at the wrist joint. The confirmation came the next day at the hospital A&E. The good news is that it was a clean break and the bone is still in place, which means no surgery will be required. The bad news is — my arm is now broken!

Anyone with a broken arm will tell you that it casts a shadow on many of your activities, especially when you are an active person. For someone with diabetes, it is a delicate balance of insulin injections, diet and exercise.

I have lost my ability to exercise for weeks. For the first few days, I was eating the amount I usually do. Unfortunately, this was increasing my sugars drastically.

I thought I could go for walks to exercise. That is always a bad idea when you have a cast. The sweat had no way of escaping from the cast so my skin started turning red and itchy. The itchy madness is sheer torture. I am starching while typing this article.

So, if I wanted to heal faster I need to make sure my sugars are in check. I have only two ways of doing it: changing my diet and adjusting my insulin - less carbohydrates (rice, noodles, etc.) and more vegetables and more calcium-rich sources such as milk or yoghurt (or my favourite food, cheese, preferably low-fat).

For my insulin dosages, the best way is to adjust my fast acting insulin by monitoring my sugars and adjusting accordingly. I will gain weight and I will lose muscle mass but that is unavoidable.

I was training for the Commando Challenge with a team and I was going to get my Level 1 rock climbing

certification by attending a one-day course.

Of course, I couldn't do any of those. Staring at the X-ray the doctor showed me, I was getting depressed.

What could I do to not have a self-defeating attitude? I did what I could to carry on in spite of the pain and inconvenience.

I cast off my disappointments and supported my team mates during the Commando Challenge. I asked if the climb school could postpone my course and they gave me a two-month extension. When my arm stopped hurting, I went back to work.

Instead of being downcast, I decided it was better to be positive and soldier on. Moping never makes anything better. Here's wishing you all a positively Happy New Year.