

A DIABETES CARE HOME™ CASE REPORT

The 90-Day Diabetes Transformation Journey™

How Mrs. Seema Sharma lowered her HbA1c, stabilised her blood sugar, and came off diabetes medicines — under physician supervision.

57

YEARS OLD

10 Yrs

WITH TYPE 2 DIABETES

90 Days

DOCUMENTED PROGRAM



METABOLIC HEALTH CHAMPION™

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Diabetes is never just about a number

If you're reading this, you already know that living with diabetes is about far more than one blood sugar reading. It's about protecting the parts of you that a single test can't show — your heart, your eyes, your brain, your nerves, your kidneys.

Every patient who walks into Diabetes Care Home™ carries some version of the same quiet worry: “Am I doing enough? Is this ever going to get easier?”

This report documents one real patient's 90 days with us — with her actual lab reports and CGM data, not a summary written after the fact. I'm sharing it not to promise you the same numbers, because every person's biology and history is different, but to show you what's possible when the right structure, the right data, and consistent medical supervision come together.

If any part of her story sounds familiar, I hope this gives you a clearer, more hopeful picture of where to start.

— *Dr. D. K. Rai*

Meet Seema Sharma

Mrs. Seema Sharma, 57, lives in Ghaziabad. By the time she came to Diabetes Care Home™ in May 2026, she had been living with Type 2 Diabetes for close to a decade — long enough to have tried most of the usual advice, and long enough to have stopped expecting much from it.

Her biggest struggles

- Persistent high blood sugar, despite being on multiple diabetes medicines
- Skin itching and recurring rashes
- Leg pain and constant fatigue
- A quiet, growing fear of long-term complications
- The feeling that she'd already tried “everything” — diets, tips, willpower

[Space reserved for Seema's own words — insert her direct quote here once recorded, with her permission]

Before Starting the Program

A full baseline assessment — not just a glucose reading — set the starting point for everything that followed.

225 mg/dL

OPD BLOOD GLUCOSE

8.5%

HBA1C

155/94

BLOOD PRESSURE (MMHG)

Lifestyle assessment findings

- Irregular eating pattern, frequent refined carbohydrates
- Low protein intake and low fibre
- Poor hydration and inconsistent sleep
- Little to no structured physical activity
- On multiple diabetes medicines, with symptoms still not under control

Why previous efforts weren't enough

Like most patients we see, Seema hadn't been careless about her health. She had tried — random diets, tips from family and the internet, short bursts of motivation. What she hadn't had was a plan built around her own body.

- No personalisation — generic advice applied to a specific person
- No visibility into how her own body actually responded to food
- No structured accountability between visits
- Motivation that faded once the initial enthusiasm wore off

Our assessment framework

Before any plan was written, we built a complete picture of her metabolic health:

- Diabetes Transformation Score™ — a baseline metabolic health rating
- Organ Risk Assessment — screening for early strain on key organs
- Lifestyle, nutrition, sleep and stress evaluation
- Behaviour pattern analysis
- Continuous Glucose Monitoring (CGM) to see real-time, real-world data

Her 90-Day Roadmap, at a glance

The full week-by-week protocol is personalised for every patient during their assessment. Here's the shape it took for Seema:

Phase 1 — Foundation · Weeks 1–4

Establishing daily structure: protein-first meals, post-meal walking, consistent hydration.

Phase 2 — Momentum · Weeks 5–8

CGM-guided fine-tuning of food choices and timing, plus early work on sleep and stress.

Phase 3 — Stabilisation · Weeks 9–12

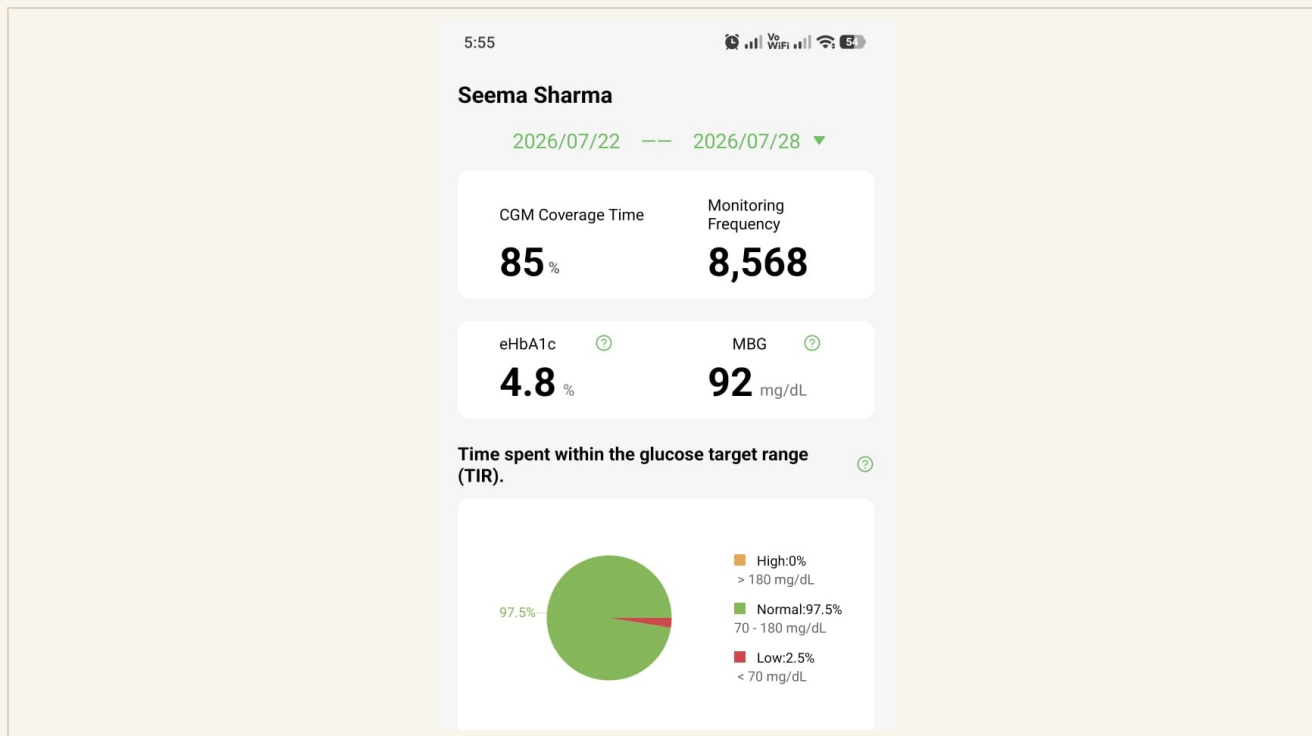
Consistent glucose control, with healthy habits now running on autopilot rather than willpower.

Phase 4 — Medical Review · ~Week 13

Sustained data reviewed in full, and medication reassessed and adjusted under Dr. Rai's direct supervision.

What her CGM revealed

A Continuous Glucose Monitor doesn't just give one number — it shows how the body responds to food, activity, sleep and stress, continuously, day and night. Below is her CGM summary for the week of 22–28 July 2026, in the final month of her program.



Actual CGM report, Seema Sharma — week of 22–28 July 2026

- CGM Coverage: 85% of the week, across 8,568 individual readings
- Mean Blood Glucose (MBG): 92 mg/dL
- Time in Range: 97.5% normal (70–180 mg/dL), 0% high, 2.5% mild lows
- Device-estimated HbA1c (eHbA1c) for this week: 4.8%

Note: this weekly eHbA1c reflects only this specific week's readings, not a 3-month average. Her lab-confirmed HbA1c is on the next page.

WHAT ACTUALLY CHANGED

Behaviour transformation

None of her results came from one dramatic change. They came from several small, repeatable ones — until they stopped requiring effort.

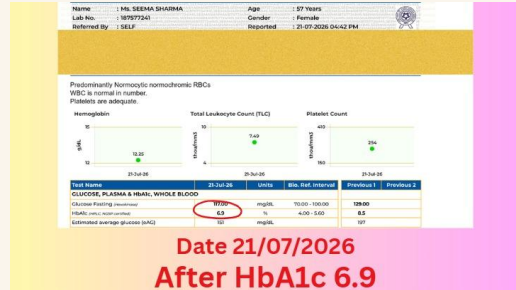
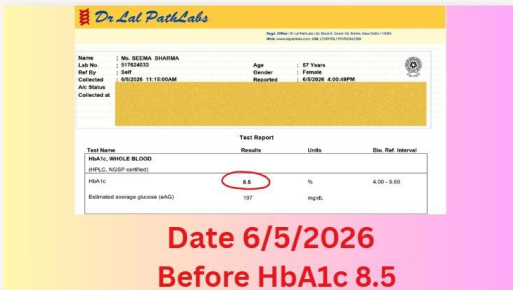
Late, irregular dinners	→	Early, consistent dinner timing
Little to no walking	→	45 minutes of walking daily, after meals
Unmanaged stress	→	Structured stress-management routine
Under 1.5 litres of water/day	→	3 litres of water daily
Protein occasionally	→	Protein with every meal

THE PROOF, NOT JUST THE PROMISE

The results, documented

These are her actual lab-confirmed numbers — not projections.

METRIC	BEFORE	AFTER
HbA1c	8.5% (6 May '26)	6.9% (21 Jul '26)
Estimated Avg. Glucose (eAG)	197 mg/dL	151 mg/dL
Fasting Glucose	129 mg/dL	117 mg/dL
CGM Time in Range	Not tracked	97.5%



Baseline — Dr Lal PathLabs, 6 May 2026

Follow-up — 21 July 2026

Following this sustained improvement, her diabetes medications were reviewed and discontinued under Dr. Rai's direct supervision. This decision is made individually for every patient, based on their own clinical picture — never self-directed.

Why this worked

It's tempting to look for the one thing that made the difference. There wasn't one.

It wasn't a single medicine adjustment. It wasn't one diet trend, or one exercise routine. It was several ordinary things, done consistently, under supervision:

- Personalised nutrition, built around real meals she'd actually eat
- Sustained behaviour change — walking, sleep, hydration, stress
- Continuous glucose data replacing guesswork
- Weekly coaching to keep momentum between visits
- Ongoing medical supervision at every step, including the medication review

Seema's discipline did the real work. Our role was to give her the structure, the data and the accountability to make that discipline sustainable.

Is this you?

This kind of structured program tends to help most when someone is dealing with:

- Pre-diabetes or newly diagnosed Type 2 Diabetes
- High HbA1c despite being on medication
- Fatty liver, obesity, or wider metabolic syndrome
- Frustration with generic, one-size-fits-all advice

A few quick questions, answered

Can everyone stop their diabetes medicines?

Not necessarily. It depends on duration of diabetes, remaining pancreatic function, complications and consistency with the plan — and it's always a decision made by your treating physician.

Is this a cure for diabetes?

No. Type 2 diabetes is a chronic condition. Many people reach excellent control and reduce medication with sustained lifestyle change and proper medical care — but that depends on continuing the habits long-term.

How soon can I expect to see results?

Every case is different. In this case, habits began shifting within the first month, lab-confirmed HbA1c improvement was visible by around week 11, and stable control followed soon after.

Could you be our next documented story?

Today, Seema Sharma's report sits in front of you. A year from now, this could be your story — with your own name on it.

Book Your Personalised Metabolic Assessment

- Diabetes Transformation Score™
- Organ Risk Assessment
- One-on-one doctor consultation
- A personalised lifestyle roadmap — built for your body, not a generic template

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Medical disclaimer: This report describes the documented experience of one individual patient treated at Diabetes Care Home™ and should not be interpreted as a guarantee of similar results for anyone else. Individual responses to lifestyle and medical treatment vary based on duration of diabetes, existing complications, adherence and other clinical factors. Any decision to adjust or discontinue diabetes medication must only be made by a qualified treating physician. This report is for patient education and is not a substitute for professional medical advice, diagnosis or treatment.