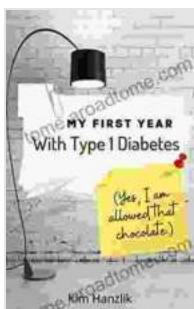


# My First Year With Type 1 Diabetes: A Journey of Discovery and Resilience

In 2019, I was diagnosed with type 1 diabetes. It was a life-changing event that I never saw coming. I had always been healthy and active, and I had no family history of diabetes. But one day, I started to experience the classic symptoms of diabetes: excessive thirst, frequent urination, and unexplained weight loss.



## My First Year With Type 1 Diabetes by Kim Hanzlik

★★★★★ 5 out of 5

Language	: English
File size	: 439 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 49 pages
Lending	: Enabled
Screen Reader	: Supported



I went to the doctor, and my blood sugar levels were through the roof. I was immediately diagnosed with type 1 diabetes and started on insulin therapy. It was a lot to take in, but I was determined to learn as much as I could about my new condition and how to manage it.

## The First Few Months

The first few months after my diagnosis were the hardest. I was constantly checking my blood sugar levels, adjusting my insulin doses, and trying to

learn how to live with this new reality. It was a lot to handle, both physically and emotionally.

I had to give up some of my favorite foods, and I had to start exercising regularly. I also had to learn how to deal with the emotional challenges of diabetes, such as the fear of hypoglycemia and the stigma associated with the condition.

## **Finding My Way**

Despite the challenges, I slowly started to find my way. I learned how to manage my blood sugar levels, and I started to feel more confident in my ability to live with diabetes.

I also found a community of people with diabetes who were willing to share their experiences and support me. This community was invaluable to me, and it helped me to realize that I was not alone.

## **My Mission**

Now, I am on a mission to help others who have been diagnosed with type 1 diabetes. I want to share my story and offer hope to others who are struggling to come to terms with their condition.

I also want to raise awareness about type 1 diabetes and to help dispel the myths and misconceptions that surround it.

## **My Book**

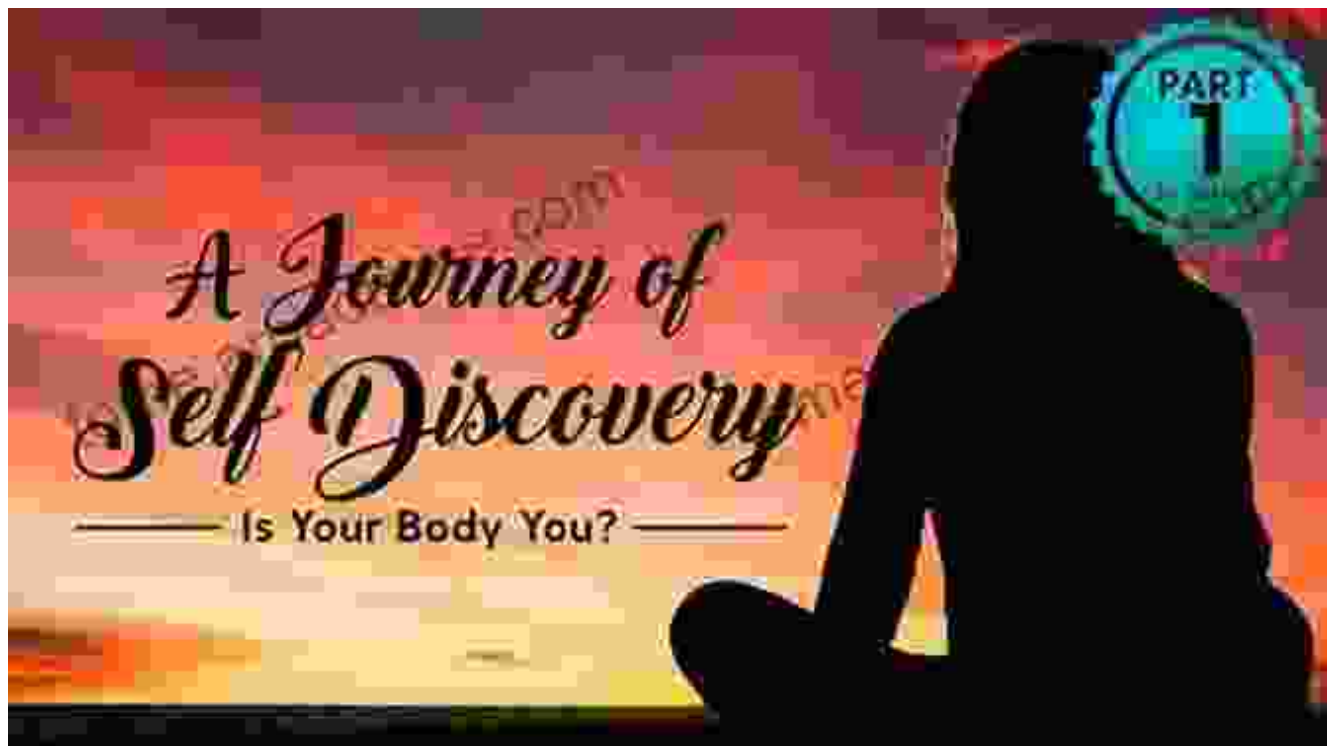
My book, *My First Year With Type 1 Diabetes*, is a memoir of my first year living with this condition. It is a story of discovery, resilience, and hope. I

hope that my book will help others who are facing the challenges of diabetes, and that it will inspire them to live their lives to the fullest.

Living with type 1 diabetes is not easy, but it is possible to live a full and happy life with this condition. With the right knowledge, support, and attitude, you can overcome the challenges of diabetes and achieve your goals.

I hope that my book will help you on your journey with type 1 diabetes. Thank you for reading.

Free Download your copy of *My First Year With Type 1 Diabetes* today!



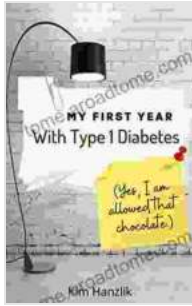
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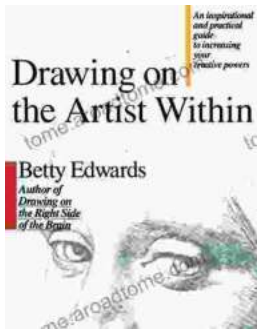
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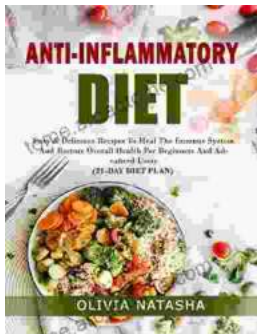


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