



# Ten Things You Need to Know about Living with Diabetes

*Dr. Karin M. Hehenberger*

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## **Ten Things You Need to Know about Living with Diabetes** Dr. Karin M. Hehenberger

If you're suffering from type 1 diabetes, you already know that simple tasks such as deciding where to dine out can be a challenge. Dr. Karin M. Hehenberger, a renowned diabetes expert and founder of Lyfebulb, an organization dedicated to helping individuals with chronic illnesses live better lives, helps you navigate key challenges associated with living with diabetes. As someone who has suffered from diabetes herself since the age of sixteen, she's uniquely qualified to explore ten key issues, including understanding your diagnosis, eating in and eating out, traveling safely, living on your own, coping with the emotional toll of the disease, and more. In each of the ten chapters, Dr. Hehenberger tackles an everyday situation and offers practical advice on the best strategies for navigating the situation at hand—weaving in lessons from her personal experiences along the way.

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