



# Living with Diabetes: A Family Affair: Practical and Emotional Support Strategies

*Julie V. Watson*

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A diagnosis of diabetes marks a dramatic change, not only in the life of the diabetic, but also in the lives of his or her family, friends, and co-workers. Diabetes affects your work, your leisure, and your relationships with family and friends. But thanks to improving treatment, people with diabetes can expect to live active and independent lives, as long as they make a lifelong commitment to careful diabetes management.

Diabetes: A Family Affair is designed to help readers understand and manage the day-to-day challenges of living with the disease, through the stories of others. It is not a book of medical advice; rather, it is a resource of sharing between diabetics and those who care about them.

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