



TIP1
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The Thread of Strength

Life with a chronic condition

**Lisa Mehmeti, 22,
Founder of Tiplomël
Master's student in Diabetes Care,
University of Leicester**



What challenges do young women with chronic diseases face

Women with type 1 diabetes face challenges that often go unseen. Different developmental stages, like puberty or hormonal cycles, can make blood sugar management unpredictable, adding stress, on top of an already demanding daily routine.

There's also the constant awareness of long-term risks and the emotional weight of worry, self-monitoring and the fear of pregnancy and how diabetes could affect it in the future. All this can sometimes lead to feeling isolated because others can't fully understand what it's like to live with a chronic condition from such a young age.

These challenges require resilience, careful planning, and a deep awareness of your body that most people don't see from the outside





Being a woman definitely shapes my experience with diabetes in ways that go beyond just managing numbers. There's an added layer of awareness and sometimes even fear about how my body will respond in different situations. Stress, hormonal changes, or even just a busy day can all affect my blood sugar. Social expectations and misconceptions can also make it harder to speak up or ask for support.



There is constant pressure to appear 'normal' while dealing with something invisible. Living with type 1 diabetes for 16 years, I've learned to listen closely to my body, anticipate challenges, be cautious when needed and speak up for my condition. At the same time, these experiences have made me determined to support others.

To other young women living with diabetes, I would say: trust yourself and your body, even when it feels unpredictable. There will be hard days, but every challenge teaches you resilience and awareness. You don't have to do it perfectly, just consistently, and with care. Living with diabetes doesn't limit your dreams or who you are; it's just part of your journey, and you are capable of handling it with strength and courage.



The first thing I think about in the morning is checking my blood sugar and making sure I start the day in a safe and balanced range.

I've been living with type 1 diabetes since the age of 6, so this isn't just a routine, it's a habit that shapes my entire day, and even life.

Managing my health from such a young age has taught me discipline, awareness, and the importance of being proactive so I can stay present for myself, my family and my work with Tiplomël.