

4TH ANNUAL DIABETES CONGRESS

&

5th World Congress on

NURSING AND HEALTHCARE

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Hera Eid

American Canadian Board, Lebanon

Sports and diabetes management!

We are living in the 21st century and yet diabetes is unknown, strange and shame to some people. People affected with diabetes face a lot of challenges everyday of their lives, sometimes they go through those difficulties all by themselves. And I being patient with type 1 diabetes for almost 8 years now, my message and passion and life is all about diabetes. I am working on having support groups, expanding the diabetes community, motivating, inspiring, spreading awareness and building up the diabetes community as much as I can, with hope, positivity, union and love. As well and most importantly become a great example to all people affected with diabetes that we are fighters, heroes and can achieve any goal / dream we aim

for. All it needs is dedication, commitment, discipline, will and courage. And for me to be this great example I take challenges and accomplish them especially in diabetes and sports. This year I accomplished two major achievements: 1) On 25/8/2018 I went hiking to reach the highest peak in Lebanon and Near East (the black peak) which is 3,088 m above sea level. 2) On 11/11/2018 I ran the full marathon (42.125 km). It is very essential for us people affected with diabetes to manage our diabetes properly and that is by healthy diet, medications and exercise. So I encourage everyone to follow this lifestyle and exercise as sports is very crucial to live a healthy, long and complications free life.

Biography

Hera Eid is a certified trainer in human development and a motivational speaker to patients with diabetes.

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