

THE REALITY OF *Romance* WHEN YOU HAVE *Diabetes*

Dating can be complicated, but living with diabetes shouldn't stand in the way of making meaningful connections. With a bit of smart planning, you can keep your health on track while enjoying a fulfilling romantic life.



TIP #1:

Be Open ...

AT YOUR OWN PACE

**TELL YOUR PARTNER ABOUT YOUR
DIABETES WHENEVER YOU FEEL
MOST COMFORTABLE.**

Mentioning it early on may help normalize certain things, like checking your blood sugar or needing a snack before a meal.



TIP #2:

Focus on THE FACTS

FOR EXAMPLE, YOU MIGHT SAY:

“I have diabetes, and I monitor it with medicine, a healthy diet, and exercise.”

INVITE YOUR DATE TO ASK
QUESTIONS.



TIP #3:

Plan Ahead

MAKING RESERVATIONS

ALLOWS YOU TO:

8:22 AM ↗



MON

TUE

WED

1

8

15

22

29

16

23

30

17

1

25

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28

Run questions by your health care provider beforehand (like whether alcohol is OK)

Preview menu options

7:00 PM

Eat at your usual mealtime

Today



TIP #4:

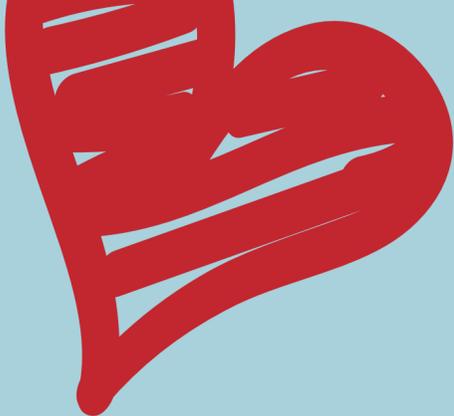
Date Beyond

THE DINNER TABLE

TRY NEW ACTIVITIES
WITH YOUR DATE.

Things like painting, stargazing, or hiking are great ways to get to know each other while exploring your own interests.





As a relationship grows closer, you'll naturally share more about your life—and your diabetes.

IF YOUR PARTNER RESPONDS WITH INTEREST AND SUPPORT, YOU MIGHT HAVE FOUND A KEEPER.

