

# 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:

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

Preview  
menu options

8:22 AM



MON

TUE

WED

1

8

15

22

29

16

23

30

17

1

25

19

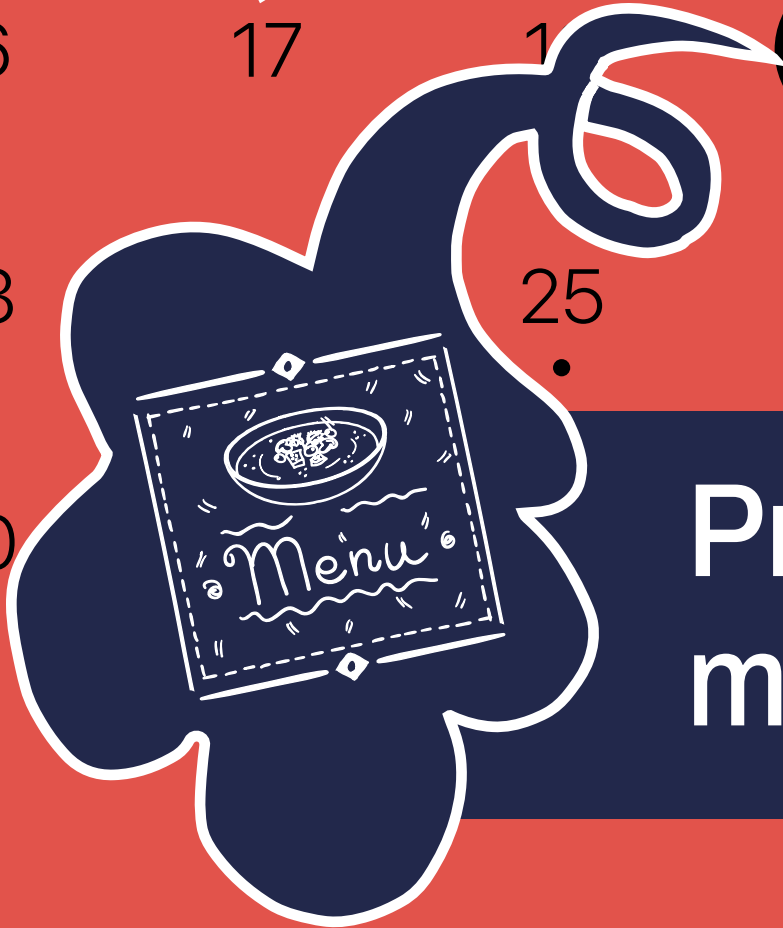
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Today

7:00 PM

Eat at your usual mealtime





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.**

