

# Anny Mais

I am from Athens, Greece. I am 22 years old and I have been living with Type 1 diabetes since age 5 (diagnosed December of 2004)! I am a Biology student and I am currently writing my thesis on an iron regulatory hormone called Heparin! I really enjoy making taking trips and getting to know the places around me or around the world a little better, always with good company! I know that life with diabetes can be really hard especially if you feel you are all alone, so I joined YOURAH to meet wonderful people and help every fellow person with diabetes to live a better life with it!

