

# Firuzza Tagaev

It has been 16 years since I was diagnosed with Type 1 diabetes. I study nursing at the Medical College and I graduated from the Academy of Tourism and Hotel Service. In my free time, I practice horse racing and volunteering. I want to become an endocrinologist in the future (in my country this doctor deals with diabetes), and I want to motivate other patients. The quote that strongly motivates me in life is: "fears increase blood glucose." I like to live every moment of my life, no matter what obstacles I encounter. I think that if you manage diabetes correctly, you can really live more like an ordinary person. And yes, I think patients with diabetes are special.

