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Pre-Rounds

Living With Diabetes Demands an Extra Dose of Laughter

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Kerri Morrone's life changed when she was diagnosed with diabetes; it changed again when she went online to describe her long, complicated relationship with the disease. Now a columnist and editor, Ms. Morrone still reaches out to a growing community with her blog, [Six Until Me](#). Profiled previously in [this column](#), Ms. Morrone has been experiencing an eventful year.

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Dr. Genes: A lot has changed since the last time we corresponded. What's new?

Kerri Morrone: Aside from becoming engaged to a wonderful man, my blog has had the pleasure of some excellent moments. I've had the pleasure of appearing on [dLifeTV](#), winning the award from [Health Central](#), and being interviewed for [US News and World Report](#). Readership is growing, and readers are now becoming actively involved in SUM through the [Your Story](#) feature, where people can post their own diabetes stories. It's been an honor to host their stories.

And have I mentioned I'm engaged? Stacks of glossy wedding magazines are on every flat surface in my house, not to mention my recent fascination with all things "ecru" and "celadon." I'm constantly consulting my box of Crayolas for color inspiration -- here's hoping I don't end up with a dress the color of "burnt sienna."

Six Until Me hosts [Grand Rounds](#)
September 18, 2007

Dr. Genes: As your profile and audience have grown, has your relationship with readers changed? Does the community serve the same role for you that it did when you started blogging?

Kerri Morrone: Fortunately, it feels the same as it always did. Regardless of how many people are reading or what kind of attention the blog may be enjoying, my purpose for blogging remains the same: connecting with other diabetics makes living with diabetes easier. Knowing I'm not the only one who has felt guilty about test results. Or the only one who has plucked a used test strip from the cheek of her sleeping fiancé. (Sorry about that, baby.) Or the only one who feels sometimes unsure of how to be "normal" and "diabetic" all at once. Feeling less alone with a demanding chronic condition makes it easier to handle.

And I still laugh at myself. Constantly. That's how I deal with diabetes. If I can't find that little shred of funny, even in the most serious of circumstances, I'm lost. "How can you find a chronic illness funny? It's serious, life-threatening stuff," people have asked. My response: *Reader's Digest* has been right all along: Laughter is the best medicine. Even if I'm scared, a small smile helps keep me centered. That's why, aside from blogging at Six Until Me, I've also started a blog about funny diabetes moments. It's called [LOL Diabetes](#). It makes people laugh. It makes me laugh. And a little laughter goes a long way in lightening the load. (Holy alliteration.)

Dr. Genes: How is your book coming along? What other projects are you developing?

Kerri Morrone: The book is moving along slowly but surely. It's a very difficult book to write because it involves revisiting

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some moments of my diabetes life that weren't easy experiences. Writing the book has been a journey back into the past 20 years with diabetes and a look forward to (hopefully) future decades of good health. I am really looking forward to sharing this book with the world -- it's a piece of my soul, all etched on paper, that I'm very proud of.

Dr. Genes: Your readers with diabetes have cited some of your work to help explain the disease to their friends and family. What posts would you like to share with a wider audience?

Kerri Morrone: I have been writing a lot lately about issues that I know are affecting other diabetics, but they aren't being openly discussed. Recently, I did a post about [diabetes and sex](#). I also wrote about [drinking alcohol](#). (I threw in some posts about concerts to flesh out the whole "sex, drugs, and rock n' roll" thing.) The responses were overwhelmingly "me, too!" and I received many emails from people thanking me for addressing issues they are dealing with in their day-to-day lives.

I've had the opportunity to try out the [Dexcom constant glucose monitoring system](#) (CGMS), a gift from a reader. (I need to mention how truly remarkable my readers are. They are the nicest, most wonderfully supportive group of people. They have changed my life.) Aside from being a bit squeamish about posting my stomach on the internet, I learned so much from readers about their own CGMS experiences. This network of healthcare blogs amazes me in their vast knowledge and support.

Aside from those bigger issues, it's been business as usual over at Six Until Me. I ordered a glucose meter and [instead received tampons](#). The girl who lives above me has been [stomping around her apartment like a yeti](#). I went on my first [white-water rafting trip](#). This year has been fun, and I'm looking forward to whatever is next.

Dr. Genes: The most immediate next thing for Kerri Morrone is hosting Grand Rounds, the collection of the best in online medical writing, at her blog [Six Until Me](#). Check it out, and learn how medical blogging is changing lives around the world.

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