

RUT GHERBASSI

TYPE 1 DIABETES ADVOCATE, WRITER, AND MOM

About me



Type 1 Diabetes advocate, writer, and mother of two daughters, Rut was diagnosed in 2015 and spent years learning how to navigate life with the condition. In 2022, her daughter Valentina was also diagnosed with Type 1 Diabetes, turning Rut's personal journey into a mission to help other children and families facing similar challenges.

Experiencing diabetes as both a person with the condition and the parent of a child living with it gave Rut a unique understanding of the daily challenges, emotions, and invisible work that come with it. Through books, educational resources, and community initiatives, she is passionate about helping children and families feel informed and supported.

She created *The Invisible Game* to help children understand diabetes in a simple, positive, and empowering way. Through her work, she hopes to raise awareness and remind those touched by it that diabetes is only one part of their story—not what defines them.

ABOUT THE BOOK

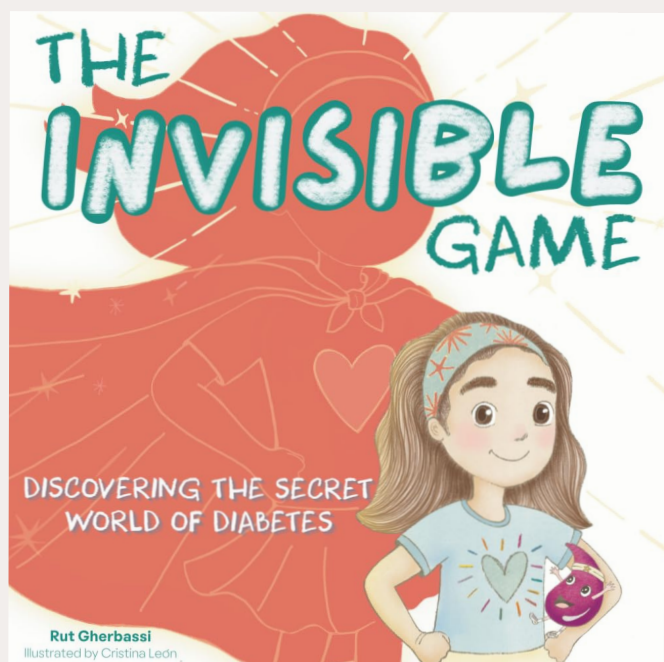
The Invisible Game: Discovering the Secret World of Diabetes is an empowering children's book that helps young readers understand and navigate life with Type 1 Diabetes.

When eight-year-old Valentina is diagnosed with Type 1 Diabetes, she embarks on an imaginative journey inside the body where cells become teammates, glucose becomes energy, insulin becomes a hero, and the pancreas coaches the team. Through engaging storytelling and colorful illustrations, children learn how diabetes works and how they can confidently manage it.

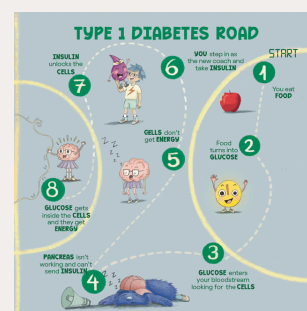
Inspired by Valentina's real diagnosis journey and written by Rut Gherbassi her mother, who also lives with Type 1 Diabetes, the book combines personal experience, child-friendly education, and heartfelt encouragement.

More than a story about diabetes, *The Invisible Game* helps children feel informed, understood, and empowered—reminding them that diabetes is part of their story, but it does not define their future.

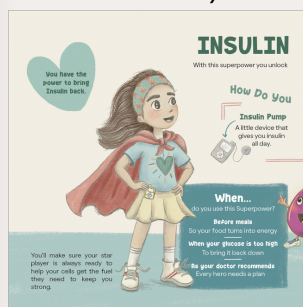
Invisible Game: Discovering the Secret World of Diabetes



Real Story



Invisible Game



Understanding



Confidence