

News | Around Town

San Ramon Teen with Type I Diabetes Chosen as Ambassador for Research Foundation

Anya Khurana will educate the public about the often misunderstood autoimmune disease.

Posted by Jane McInnis (Editor) , September 17, 2013 at 01:56 PM



iddle in San Ramon. Photo from JDRF release.

by Jane McInnis





A local San Ramon teen was selected as ambassador to the leading organization for type I diabetes research during the charity's fundraising walks scheduled for October.

Anya Khurana, 13, is one of seven across the Bay Area chosen to serve as an ambassador to the Juvenile Diabetes Research Foundation.

Anya will work to clear up myths and educate the community about the autoimmune disease she was diagnosed with when she was 8 years old.

"A common misconception is that diabetes is contagious," she said.

The eighth grader at Gale Ranch Middle School said a lot of people thinks the metabolism disorder is the result of eating poorly, which isn't the case with type I diabetes.

Having diabetes doesn't deter Anya from keeping active--she's in Girl Scouts, plays stand-up bass, sings classical Indian music and participates in the swim team.

"Most people can do an entire practice without having to stop. I have to stop to relax myself," she said.

Anya's meals are also affected by metabolism disorder.

"If I decide I want to eat a sandwich, I have to take a shot [of insulin] for bread. And if I want a cup of milk afterward...I can't, because you can't stack insulin," she said.

The well-spoken 13-year-old is excited about the upcoming JDRF 'Walks to Cure Diabetes' across the Bay Area, which she participated in last year.

"They're all in beautiful locations and are super fun to go to," she said.

From a JDRF release:

More than 6,000 walkers representing local corporations, families, schools, and other organizations are expected to participate in the **2013 Walk to Cure Diabetes** throughout the month of October in four locations across the Bay Area.

The fundraising goal of the Greater Bay Area Chapter is to realize more than \$1.6 million for research to find a cure for diabetes and its complications.

Following are the Bay Area dates and locations for the 2013 Walk to Cure Diabetes:

Sunday, October 6 – Lover's Point, Pacific Grove, CA

Sunday, October 13 – Oakland Zoo, Oakland, CA

Sunday, October 20 – California's Great America, Santa Clara, CA

Sunday, October 27 – Great Meadow at Fort Mason, San Francisco, CA

The public can learn about the 2013 Walk Ambassadors and register for the Walk by visiting the [JDRF website](#).

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Jennifer Epps French September 13, 2013 at 07:55 PM

FANTASTIC!!! So very proud of you!!!! Love, T1D mom of Wyatt, age 9, DX 2-17-2010. Omnipod pumping, diabetes rear kicking, proud mom having kid!

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