

Living with Diabetes in a Conflict Zone

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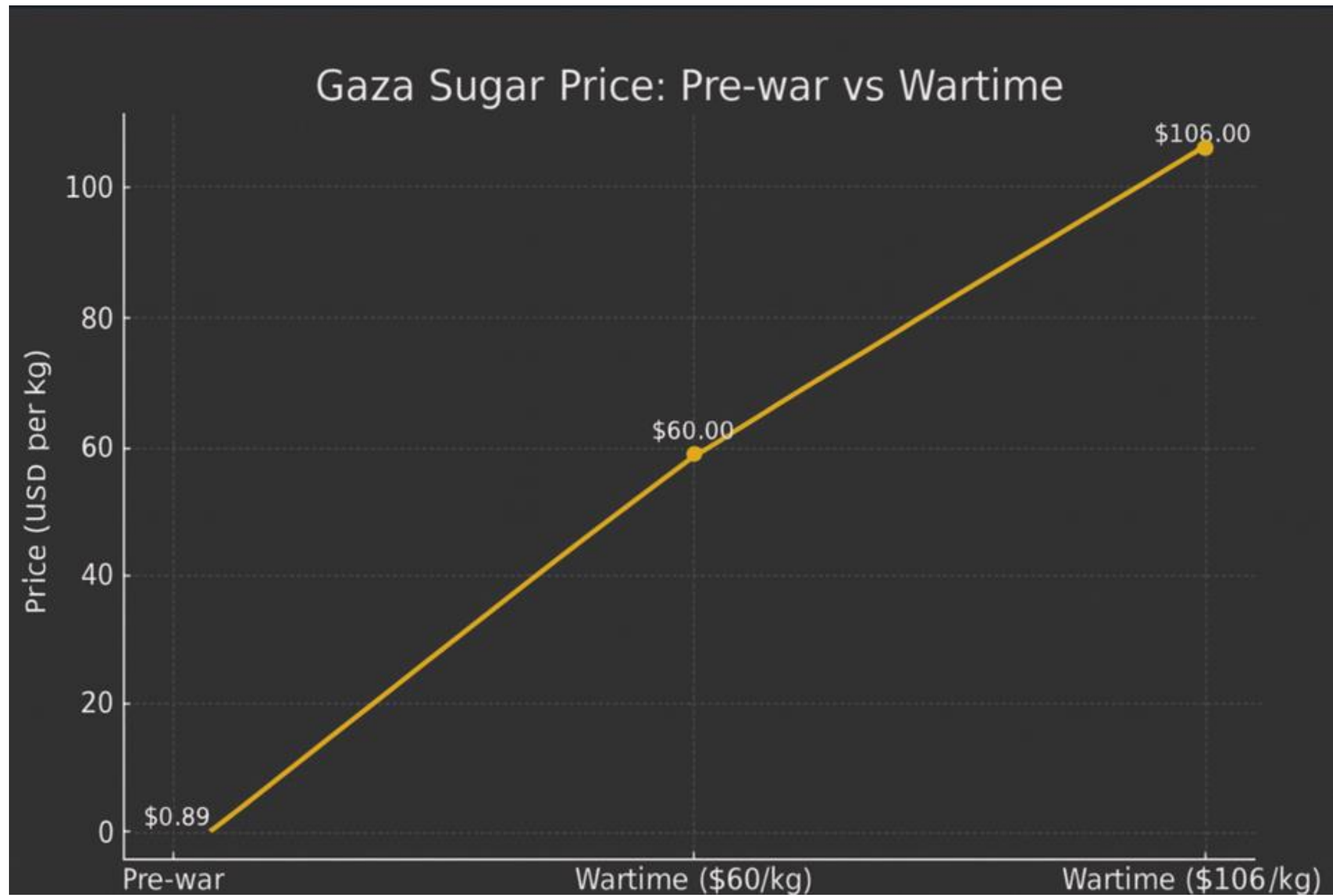
BACKGROUND

Since October 2023, Gaza’s war shattered health systems. For mothers of children with Type 1 diabetes or mothers with gestational diabetes, each day became a fight against silence, scarcity, and collapse

METHODS

20 months of lived testimonies (October 2023 – July 2025) from individuals affected by the crisis. Data were gathered through WhatsApp group exchanges, shared voice notes, follow-up interviews among a support network of displaced mothers living with diabetes. remotely and person where possible

Results



I became his pancreas
I measured every crumb of bread to decide if he lives another night

At night, I stayed awake, listening to every breath he took, terrified that hypoglycemia might silence him while he slept.

Mothers’ Voices from Gaza:

Every missed meal risks two lives—mine and my unborn child’s.

I keep the insulin in a wet, cool plastic bag.

“Every missed insulin dose feels like a countdown inside me—I fear for my baby’s life and my own with every passing day of this pregnancy.”

The most expensive medicines for us in the war.

DISCUSSION

- Health systems in crises must move beyond short-term aid. They must guarantee a steady supply of insulin, sugar, and safe storage solutions.



Imad ELour, Sanaa Najjar, Hanin Musadder, Shatha Albeik, Akihiro Seita.

