

Chronic Target Practice

Category: visuals

written by Karnjit Sarai | January 12, 2018



Karnjit Sarai

About the artist:

Karnjit Sarai was diagnosed with type 1 diabetes at the age of eighteen. Now twenty-four, she is the provincial advocate for Diabetes Canada and uses art to explain what it's like to live with the disease.

About the artwork:

“Living with type 1 diabetes is much like archery: It's all about your targets. I regularly walk around with a quiver of test strips at my disposal. When I test my blood sugar, some days I consistently hit the bull's-eye, but most days, I'm all over the place.”

Visuals editor:

Sara Kohrt