

FOR IMMEDIATE RELEASE

Frederick Author Releases Children's Book Inspired by Life With Type 1 Diabetes

Laura C. Gee wrote *Sage Being Brave* to mark 40 years since her childhood diagnosis and create the kind of story she would have wanted to read as a kid.

FREDERICK, Md., Sept. 1, 2026 — Forty years after being diagnosed with Type 1 diabetes at age seven, Frederick resident Laura C. Gee has published her first book, *Sage Being Brave*, a chapter book for ages 8 to 10 about an eight-year-old girl learning how to live her everyday life after a Type 1 diabetes diagnosis.

Gee was diagnosed on Aug. 15, 1986. As the 40th anniversary approached, she decided to mark the milestone with a story for kids growing up with Type 1 diabetes today.

"I didn't want to write a book that taught kids about diabetes," Gee said. "I wanted to write a story about a kid who happened to have it."

Sage Being Brave follows eight-year-old Sage, who loves soccer, riding her bike, building blanket forts with her best friend Lucy, and spending time with her rabbit, Pumpkin. Then one ordinary day, she's diagnosed with Type 1 diabetes.

Suddenly, there are numbers to check, insulin to take, and things to think about that Sage never had to think about before. School feels different. Soccer feels different. Even a sleepover with her best friend feels more complicated.

But Sage still goes to school. She plays soccer. She goes to birthday parties and sleepovers. She laughs with her friends. Sometimes diabetes interrupts. Sometimes it barely gets a thought.

That balance came from Gee's own memories of growing up with Type 1 diabetes.

"I remember wanting to just be a kid," Gee said. "That's what I wanted for Sage, too. Sometimes she handles diabetes like it's no big deal. Sometimes she's scared or frustrated or just doesn't want to think about it. And sometimes she's too busy playing soccer or laughing with her friends to give it much thought at all."

Gee's connection to diabetes has also shaped her professional life. She began her career in biomedical research because she wanted to give something back to the field she credits with saving her life. She later moved into communications, where she works today.

Four decades after her own childhood diagnosis, writing *Sage Being Brave* gave Gee a different way to give something back.

"I can't go back and hand seven-year-old me a book like this," Gee said. "But I can write one for a kid who needs it now."

Sage Being Brave was released Sept. 1 and is available in paperback through Amazon.

About Laura C. Gee

Laura C. Gee is a communications specialist and author based in Frederick, Maryland. Diagnosed with Type 1 diabetes at age seven, she began her career in biomedical research before moving into communications. Sage Being Brave, her first book, was published in September 2026. Laura lives with her husband, Rob, who also has Type 1 diabetes, and their two rabbits, Pumpkin and Spice.

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High-resolution images are available at lauracgee.com/press. Interviews and review copies are available upon request.

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