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Teacher and translator by training, a type 1 diabetes diagnosis in 2006 shifted the focus of activities to the diabetes space and to pursue further specialized training to obtain certifications as Expert Patient in Chronic Diseases from the Rey Juan Carlos University, EUPATI Fellow from the EUPATI Patient Expert Training Programme and as a Diabetes Educator. Advocacy and voluntary activities include being a member of IDF and of the Board of Asociacion Diabetes Madrid, as well as the Blue Circle Voices with IDF. Currently holds a position with INNODIA as INPACT (INNODIA People Living with Type 1Diabetes Community) Coordinator, and with #dedoco as Head of Scientific Relations.