

GSD, The Way To BE



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To my children, Haylee (GSD) and Alec, and to all the families affected by GSD, know that you are not alone, and may there be a cure some day soon.

Illustrations by Ivy Cohen (GSD)

To my parents, who made living with GSD much easier.

Edited by Dr. David A. Weinstein & Catherine E. Correia

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My name is Alice. I have glycogen storage disease called GSD for short. It means that my body processes sugar differently.



This is my big brother Steve.
He doesn't have GSD.



Because I have GSD, I can not have treats made with sugar, but there are lots of treats that are sugar-free.



Like sugar-free cookies, sugar-free candy, and my favorite...sugar-free chocolate ice cream.



I love to run, swim, play soccer
and basketball just like Steve.



Sometimes doing these things
make me feel tired and yucky.



My Mom & Dad check my blood
sugar levels to make sure I'm
okay.



I take cornstarch mixed in water to help keep me from feeling yucky and to keep my blood sugar okay.



I get a check up once a year from my doctor.
He makes sure my Mom and Dad know how
much cornstarch to give me.



Even though I have GSD, I can do lots of things with all of my friends.



And just like them, when I grow up I can be a lawyer, a teacher, or even a doctor.



GSD doesn't make me special.
I'm special because I'm me!