

## Awards Recognize Daily Challenges Of Diabetes

(NAPSA)—People with diabetes face daily challenges to stay healthy. Decisions that may seem inconsequential for someone without diabetes—such as drinking a regular soda instead of diet—can have a detrimental impact on people with diabetes.

However, just because someone has diabetes, doesn't mean he or she must take a backseat to enjoying life. Kris Freeman, a member of the U.S. Ski Team, has successfully managed his type 1 diabetes for five years, and is a gold medal hopeful in cross-country skiing for the 2006 Winter Olympics in Torino, Italy.

"I know firsthand that diabetes doesn't have to control your life," Freeman said. "When I was first diagnosed, I thought my career was over. But, because I got serious about diabetes management and maintained a healthy diet and training program, I'm now closer to a gold medal than ever before."

Freeman is also the spokesperson for Eli Lilly and Company's LillyforLife™ Achievement Awards, which celebrate inspiring individuals—with and without diabetes—who have made lasting personal or professional contributions to the diabetes community. Lilly established the awards in 2002, and has recently launched its 2005 call-for-entries.

Categories:

- Young Champions (patients 17 or under)
- Adult Achievers (patients 18 or over)
- Professional Heroes (physician, nurse, educator, advocate)
- Friendly Faces (caretaker, spouse, partner, friend)

Sarah Yourman, of Fairlawn, N.J. and winner of last year's "Young Champions" award, is a shining example of what these awards represent. Through her personal Web site, Yourman moti-



**Having diabetes doesn't mean taking a backseat to life, says Kris Freeman, left, standing with 2004 winner Sarah Yourman.**

vates others to stay active and positive while living with their disease. She is also a gifted athlete and is active on the competitive ski circuit.

"I've set many goals for myself, but most important is to teach others that your life does not end just because of a disability," Yourman said. "A normal life is whatever life you lead that brings satisfaction to you and inspiration to others."

For each winner selected, a \$1,000 donation will be made by Lilly to their diabetes charity of choice. Additionally, each winner and a guest will be hosted at Lilly Corporate Headquarters in Indianapolis for a tour and VIP celebration, and will also receive an etched glass trophy. Nominations will be accepted through June 1, 2005. Applications for the LillyforLife™ Achievement Awards are available at [www.LillyforLife.com](http://www.LillyforLife.com) or by calling toll free 1-888-545-5115.