

# Diabetes & You

## Diabetes Won't Slow You Down



(NAPSA)—Diabetes doesn't have to slow you down. Just ask any of the 18 million Americans who deal with the disease every day. With a little planning, most individuals with diabetes live an active, healthy—and often hectic—lifestyle, just like anyone else!

Take Barb Huffman, for example. She is an art gallery director, a wife and a mother of a 15-year-old daughter. When she isn't moving art or hanging paintings at the art gallery, she's busy taking her daughter to violin and oboe practice or enjoying an evening at home creating her own paintings.

"I've had diabetes since age 12, so it's really become a part of my life. Between my family and my career, I'm always on the go," said Huffman. "My diabetes has never stood in my way. I don't have to let this disease control my life. I control the disease."

And, Huffman is not alone. More and more people with diabetes are realizing the importance of a healthy, active lifestyle. In fact, many people with Type 2 diabetes (which results from the body's resistance to insulin) can control their disease with diet and exercise alone. But for those with Type 1 diabetes (which results from the body's failure to produce insulin), controlling their blood sugar with insulin is vitally

important. For Huffman, obtaining testing supplies without any extra hassle is something that is necessary in her busy life.

Online supply companies, like Diabetic Care Services, can provide individuals with diabetes with all of their supplies, reduce out-of-pocket expenses, fill out all of the insurance forms and provide free delivery right to your door. For example, Huffman can obtain her prescriptions, blood glucose testing strips and sugar-free candy in one quick online trip. And, quality companies, like Diabetic Care Services, are owned by licensed pharmacists and have trained staff ready to answer any questions. For more information, visit [www.diabeticcareservices.com](http://www.diabeticcareservices.com) or call 1-800-633-7167.

If you think you might be one of the five million people in this country with undiagnosed diabetes, see your doctor immediately. Common signs of diabetes include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. With 1.3 million new cases of diabetes diagnosed each year, it's important to see your doctor and discuss your symptoms.

If you find that you do have diabetes, Huffman said, "Don't let it slow you down. Life has too much to offer!"