

Health Awareness

Mirror Mirror, Is It True? Yes, It's Still You With Type 2

Food, Fitness Tips In New Website For Adults With Type 2 Diabetes

(NAPSA)—*Still You With Type 2* (www.stillyouwithtype2.com), a new website created by Bristol-Myers Squibb and AstraZeneca, provides information, downloadable recipes, a video series featuring professional chefs, and tips and tools for lifestyle changes that may have an impact on everyday management of type 2 diabetes. The site helps adults with type 2 diabetes stay true to their tastebuds and favorite family recipes through simple substitutions, and provides ideas for staying active. *Still You With Type 2* also provides tips for patients to have more productive discussions with their doctors.

“Our research found that some patients with type 2 diabetes are looking for ways to help face the challenges of dealing with this complex condition and be themselves. With that in mind, *Still You With Type 2* offers recipes, tips and tools such as a doctor discussion guide to help make healthy everyday



Having type 2 diabetes doesn't necessarily mean giving up your favorites. A new website helps adults with type 2 diabetes stay true to their tastebuds.

lifestyle choices,” according to the companies.

Diabetes affects more than 25 million people in the U.S. or 11.3 percent of the U.S. adult population aged 20 or over. Type 2 diabetes accounts for approximately 90 to 95 percent of all cases of diagnosed diabetes in adults, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 dia-

betes is more common in African Americans, Latinos, Native Americans and Asian Americans, as well as the older population.

Among the features on the new site is “The Dish on Type 2,” a video series featuring three professional chefs. They teach about food choices, portion control, as well as menu ideas and recipe makeovers. Visitors will find some healthy twists on favorite recipes such as low-carb macaroni and cheese, low-carb chili, guacamole, and even double chocolate brownies.

Information about community events, family and caregiver support, two treatment options for adults with type 2 diabetes and tips for talking to doctors or healthcare providers are also available.

If you have type 2 diabetes, you can sign up for a regular *Still You With Type 2* newsletter which will help you put your knowledge to work. Register at www.stillyouwithtype2.com.