

Diabetes & You

Pop Idol Is Speaking Out About Diabetes

(NAPSA)—A popular singer is lending his voice to the struggle against diabetes, particularly in young people.

Elliott Yamin was “American Idol”’s third-place finalist in 2006. He is well known not only for his soulful and mesmerizing voice, but also for his battle against type 1 diabetes. The singer has openly shared with American viewers his courageous battle with diabetes and is committed to raising awareness about the severity of the disease, especially among youth.

Recently, Yamin was named the national spokesperson for the American Diabetes Association (ADA). In that role, he is encouraging individuals and families to participate in the Association’s newest Planet D initiative, the ADA’s new way to reach kids and teenagers with type 1 diabetes.

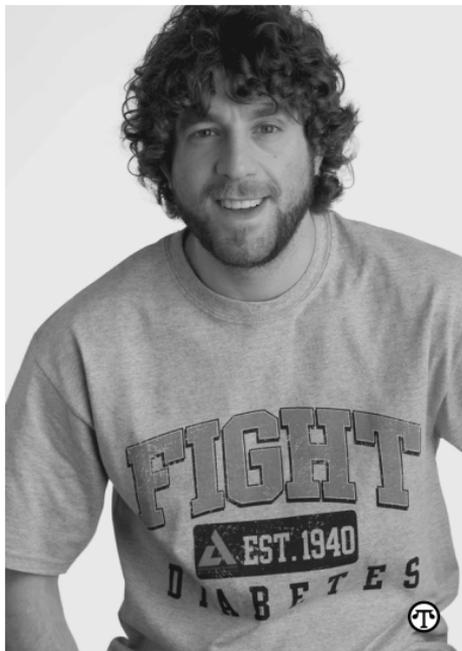
Said Yamin, “I’m proud to be a part of the American Diabetes Association family. Living with diabetes has been a journey of challenges and triumphs that have made clear to me the importance of raising awareness about diabetes prevention, management and the need for a cure in as many places as I can.”

During the next three years, the singer will join ADA to discuss the seriousness of diabetes and to spread ADA’s mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Young People and Planet D

Type 1 diabetes is usually diagnosed in children and young adults but can develop at any age. Type 1 diabetes accounts for 5 to 10 percent of all diagnosed cases. In type 1 diabetes, the body loses the ability to produce insulin.

Insulin is a hormone that is needed to convert sugar (glucose),



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starches and other food into energy needed for daily life.

The new components of Planet D’s Web page provide youths who have type 1 diabetes with a safe online environment in which to explore and discover new possibilities about themselves and their diabetes while connecting with other children who also have diabetes.

In the coming months, corresponding pages will be added for parents, educators, ADA Family Resource Network members and Diabetes Camp attendees, as well as additional programs and resources for children affected by type 1 diabetes that are part of the Planet D initiative.

For more information on type 1 diabetes or the Planet D initiative, please visit www.diabetes.org/planetd or call (800) DIABETES (800-342-2383).