



# HEALTH AWARENESS

## Resources Aid Those Growing Up With Diabetes

(NAPSA)—It may sound like a cell phone, but it's an insulin pump. That similarity means Erin, 15, often has to educate her teachers and coaches about the device she uses to treat her diabetes.

"When I took my SATs the teacher told us that if she heard anything beeping, she would take the test away," said the Bay Shore, Long Island, teenager.

Life can be a challenge for a child with type 1 diabetes, one of the fastest-growing health epidemics in the country. That child faces a daily physical regimen that includes multiple insulin injections or an insulin pump, numerous pricks to test blood sugar levels and carefully balancing both food intake and exercise. Even so, the psychological and social challenges can be the most difficult parts of the disease—and that applies to the entire family.

"I worry about what happens when my son gets older and I'm no longer involved in nearly all his activities," says Nancy, another New Yorker, of her 6-year-old, Jack, who has to test his blood sugar six to eight times each day.

For families like hers, organizations such as the Juvenile Diabetes Research Foundation (JDRF) and the American Diabetes Association (ADA) offer Web sites and support groups, including chat rooms, tailored specifically to children, teenagers and parents coping with the disease.

People with diabetes can also



**Life can be a challenge for children with type 1 diabetes and their families. Fortunately, online resources can help.**

use the Internet to purchase prescriptions and supplies online, often at a discounted rate, through companies such as Better Living Now.

In addition to managing insurance claims and paperwork over the phone toll-free (877-238-5486) or online at [www.betterlivingnow.com](http://www.betterlivingnow.com), the company—a presenting sponsor of the JDRF "Walk to Cure Diabetes"—offers resources including diabetes educators, pharmacists, links to diabetes research and education resources.

When 6-year-old Jack was asked what he wanted to say about diabetes, Jack said, "I want a cure."

Until one is found, JDRF, ADA and Better Living Now will keep working to help make life a little easier for those with diabetes.



**Note to Editors:** November is National Diabetes Month.