



HEALTH AWARENESS

Sopranos Star Takes Control Of Diabetes

(NAPSA)—Aida Turturro, the actress who plays Janice Soprano on the HBO series “The Sopranos,” is one of the more than 20 million Americans who have diabetes.

Turturro was diagnosed with type 2 diabetes (where the body does not produce enough insulin or the cells do not use the insulin properly) in 2000. For more than a year after her initial diagnosis she was in denial and did not take the proper steps—such as diet and exercise—to manage the disease.

Finally, her doctor told her that her blood sugar levels were too high and if she did not learn how to manage the disease, she would suffer serious complications.

“As soon as I started learning more about the potential complications of the disease, I realized I should have taken action sooner,” said Turturro. “It is scary what can happen to you if you do not take control of your diabetes.”

Turturro was among the more than 50 percent of diabetes patients whose A1C levels are above the target goal of 7 percent as established by the American Diabetes Association. Patients with diabetes should know their A1C level. It is a simple blood test that assesses glucose levels over a two- to three-month period.

In addition to her diet and exercise routines, Turturro worked with her doctor to develop a treatment regimen that was right for her. At first she was taking oral medications but was still unable to



Aida Turturro, who stars in “The Sopranos,” worked with her doctor to develop a treatment plan to get her diabetes in good control.

get her blood sugar levels under control. About two years ago, Turturro and her doctor added Lantus® (insulin glargine [rDNA origin] injection), the once-daily, true 24-hour basal insulin, to her treatment plan.

With a treatment regimen that includes Lantus and other diabetes medications, Turturro achieves good blood glucose control with an A1C level below 7 percent.

“Managing diabetes is not easy. What I have learned is the best way to manage the disease is by becoming educated, motivated and an advocate for yourself,” said Turturro. “It is a 24-hour disease and you have to put in a real effort to keep your blood sugar levels under control.”

For full prescribing information, visit www.lantus.com.

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Note to Editors: Important Safety Information for Lantus

Lantus is indicated for once-daily subcutaneous administration, at the same time each day, for the treatment of adult and pediatric patients (6 years and older) with type 1 diabetes mellitus or adult patients with type 2 diabetes mellitus who require basal (long-acting) insulin for the control of hyperglycemia. Lantus must not be diluted or mixed with any other insulin or solution. If mixed or diluted, the solution may become cloudy, and the onset of action /time to peak effect may be altered in an unpredictable manner. Lantus is contraindicated in patients hypersensitive to insulin glargine or the excipients. Hypoglycemia is the most common adverse effect of insulin, including Lantus. As with all insulins, the timing of hypoglycemia may differ among various insulin formulations. Glucose monitoring is recommended for all patients with diabetes. Any change of insulin type and/or regimen should be made cautiously and only under medical supervision. Concomitant oral antidiabetes treatment may need to be adjusted. Other adverse events commonly associated with Lantus include the following: lipodystrophy, skin reactions (such as injection-site reaction, pruritus, rash) and allergic reactions.