

# Diabetes & You

## Tennis Legend Billie Jean King Teams Up With Photo Exhibit Focused On Diabetes

(NAPSA)—Some say that the one constant for the nearly 24 million Americans who live with diabetes is change. Once diabetes is diagnosed, those with the condition often find they must change their diet to a healthier one or start or maintain an exercise plan. While many people can control their type 2 diabetes with these changes and by taking medication, many—even if they follow their treatment plan—may eventually need insulin therapy. Though there are often fears of insulin treatment, recent developments in insulin delivery systems make taking insulin convenient.

This is why Novo Nordisk, a leader in diabetes care for more than 86 years, recently created a traveling photo exhibit called Be the Face of Change to document and celebrate the lives of more than 40 everyday Americans with diabetes who are embracing change so that they can take charge of their diabetes and their life. The photos are a way to share stories that demonstrate how people with diabetes can continue living their lives to the fullest.

Be the Face of Change also seeks to educate people about the basic facts of diabetes: It is a serious, chronic disease in which the body does not produce or properly use insulin, a hormone needed to convert sugar, starches and other food into energy needed for daily life. People with type 1 diabetes do not produce insulin and must take it on a daily basis. People with type 2 diabetes are either



Photo by Emily Carroll

**Billie Jean King and Annetta Jutila unveil the latest photo added to a traveling exhibit that recognizes the achievements of those with diabetes.**

unable to properly use the insulin their bodies produce or do not make enough to meet their body's needs. Type 2 diabetes accounts for about 90 to 95 percent of all diagnosed cases of diabetes.

One person paying close attention to these statistics is tennis legend Billie Jean King, who was recently diagnosed with type 2 diabetes herself. Following her diagnosis, King teamed up with Novo Nordisk and Be the Face of Change to share her own story of change and encourage others to do the same.

“One thing these photos have in common is a winning attitude,” Ms. King said. “All the Faces of Change are empowered to do what they need to do to take care of themselves.”

Ms. King is traveling around

the country with the exhibit to spread awareness of diabetes and to unveil new Faces that are added to the exhibit. One of these is Annetta Jutila of Surprise, Ariz. Diagnosed with type 2 diabetes one year ago, Jutila, 65, knows the importance of health screenings. Even though she wasn't experiencing any symptoms related to diabetes, she learned her blood sugar was higher than the normal range from a glucose test performed in her local pharmacy. When she confirmed with her doctor that she had type 2 diabetes, she made a commitment to exercise more and prepare healthy meals for her and her husband.

“I feel so proud that Novo Nordisk selected me to join Be a Face of Change,” said Annetta Jutila after she and Billie Jean King unveiled her photograph in Surprise. “These people all have such a positive outlook and that's what's so wonderful—it's uplifting.”

Annetta's story demonstrates the importance of early screening for diabetes. As many as 17 million people over age 65 have diabetes or prediabetes but remain undiagnosed. Medicare now covers blood sugar screenings in participating doctors' offices for those who qualify.

Today, Billie Jean King and Be the Face of Change continue to inspire those living with diabetes to make positive change a part of their daily lives. To learn more about Annetta and the other “Faces of Change,” visit the Web site [www.BetheFaceofChange.com](http://www.BetheFaceofChange.com).