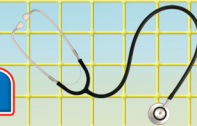


Health Bulletin



Crystal Bowersox's New Tune: Living Your Dream While Living With Diabetes

(NAPSA)—Diabetes is a growing epidemic—nearly 26 million Americans are affected. Crystal Bowersox, 25, is among them.

You may know her as the girl with the wild hair and soulful voice that all but dominated the ninth season of “American Idol.” But at age 6, Crystal was diagnosed with Type 1 diabetes. She hasn’t let it prevent her from living her dreams, but she’s had some close calls, one of which came as a rude awakening early in the ninth season of the show.

“On ‘American Idol’ the schedules and my life were crazy. I lost sight of my priorities, let my diabetes sit on the back burner, didn’t test my blood sugar like I should have, and wound up in the hospital.

“I almost lost everything that I have now because I let diabetes control me. I realized then that in order to live life on my terms, I had to take back that control. If I had been voted off the show, fine. But I refused to go home because of my diabetes,” she said. Fortunately, she was able to remain in the competition and amazingly finished in second place.

The experience had a profound impact on Crystal. Now, a tattoo on her wrist, with the words “Type one diabetic” written down the middle, reminds her that diabetes is a natural part of her life. She also recognizes the importance of maintaining good diabetes man-



Crystal Bowersox has a tattoo on her wrist to remind her that diabetes is a natural part of her life. She’s recently partnered with the OneTouch® Brand on their Life First™ Campaign to help others with diabetes learn how to live life to the fullest.

agement and a positive attitude, not only as an example to others with diabetes, but also in allowing her to live a full life.

“Today, nearly 20 years after my own diabetes diagnosis, I am in control,” says Crystal, adding, “I’m a mom, touring the country, recording, writing, and singing my songs. Regular blood sugar testing and strategies for managing my diabetes have allowed me to enjoy the greatest moments of my life.”

Her debut album, “Farmer’s Daughter” (Jive Records), was a critical success, and she’s been delighting her fans during her live performances.

Today, Crystal has a new role. She’s teamed up with OneTouch® Blood Glucose Monitoring Systems, as part of the Life First™ campaign, to share her experiences and encourage everyone to take diabetes management seriously so they can live their dreams, whatever they may be. Crystal also appears in the new OneTouch commercials, with music and blues legend B.B. King, who has had Type 2 diabetes since 1991.

To find out more about Crystal, and to share your own Life First™ story, visit the OneTouch Facebook page at www.facebook.com/onetouch.