

## After Diabetes Diagnosis, Champion Cross-Country Skier Pursues His Olympic Dream

(NAPSA)—One of the nation's brightest young cross-country skiers, Kris Freeman, was diagnosed with type-1 diabetes in the midst of training for the 2002 Winter Olympics.

"When I was diagnosed with diabetes, I thought my skiing days were over and that my dream of reaching the 2002 Winter Olympics would never happen," said Freeman, 21. "By learning how to manage the disease—monitoring my blood sugar levels, taking multiple daily insulin doses and eating a carefully balanced diet—I have gained control and achieved my dream."

To help manage his diabetes, Freeman uses Lilly's rapid-acting insulin Humalog® (insulin lispro injection, [rDNA origin]) and the Humalog Pen.

"I take Humalog right at mealtimes which is important in maintaining my strict schedule because I don't have to wait to eat," said Freeman.

Before Humalog's introduction, people with diabetes were required to inject their regular insulin 30 to 45 minutes before a meal to give it a chance to begin working before eating.

The Humalog Pen offers advantages for people with diabetes who are on the go. Refrigeration of the pen in use is not required and it can be carried in a pocket or purse.

"I am always traveling to competitions and the prefilled Humalog Pen allows me to take my insulin whenever and wherever I need to take it," noted Freeman. "Most people don't even know that I'm taking my insulin because they don't see a vial and syringe."

In addition to his commitment to the Olympics, Freeman will serve as a spokesperson for Lilly,



**Because Kris Freeman has his diabetes under control, he can pursue his Olympic dream.**

educating others about care and treatment options that lead to healthier lives.

"I want to help people understand that diabetes does not mean you have to stop living your life," said Freeman. "With proper treatment, you can control your diabetes and reach your aspirations."

Freeman was born and raised in Andover, New Hampshire. At the age of one, Freeman's father introduced him to cross-country skiing. He has loved the sport ever since.

### **Important Safety Information**

Potential side effects associated with the use of all insulins include low blood sugar, weight gain, low blood potassium, changes in fat tissue at the site of injection, and allergic reactions, both general and local. Starting or changing insulin therapy should be done cautiously and only under medical supervision.