



spotlight on health

Humorous Video Takes On A Serious Subject

(NAPSA)—Guys can't afford to "flounder" around when it comes to diabetes.

That's the message of a new comedy video from a successful actor and director still known as Flounder to his many fans.

Stephen Furst is famous for his portrayal of the perpetual fish-out-of-water pledge in the comedy *Animal House* and his work as Dr. Elliot Axelrod in the television series *St. Elsewhere*. Furst is also a diabetic.

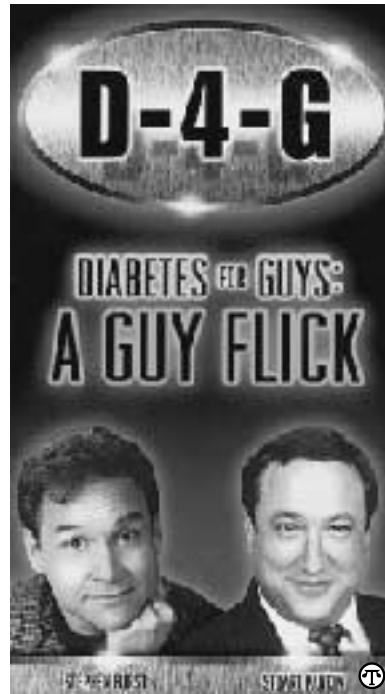
The video *Diabetes for Guys*, or *D4G*, is described by the American Diabetes Association as a comic learning tool for men and the women who care about them.

The video is a spoof of "guy flicks" such as *Dirty Harry* and *Mission Impossible* and co-stars Stuart Pankin who plays a reckless diabetic, a role that mimics Furst's experience prior to his being diagnosed with Type 2 Diabetes.

Following an inspirational introduction by Furst, the video takes a quick comedic turn, offering viewers a fast-paced look at slightly distorted versions of popular movies, all the while focusing on the need to take taking care of diabetes seriously.

Easy-to-grasp tips on how guys can manage their diabetes are contained in the film. The film also drives home the key messages that someone with diabetes needs to monitor their blood sugar level and watch for warning signs, such as excessive thirst. They also need to avoid destructive behaviors, such as overeating or not exercising.

Said Furst, "This video serves as a wake-up call to those who



A new comic video warns men about the dangers of diabetes.

don't take diabetes seriously enough."

According to Len Boswell, vice president of publications for the American Diabetes Association, "The purpose of this video is to make diabetes information more accessible to one of the largest—and least compliant—segments of the diabetes population: men."

Copies of the 45-minute video are available through the American Diabetes Association and through Amazon.com.

To learn more, visit the Web site at www.diabetes.org or call 1-800-ADA-ORDER.