

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.
New York, New York 10017

192 WORDS, 60 SECONDS

HEALTH MATTERS

IF YOU OR SOMEONE YOU CARE FOR IS AMONG THE NEARLY THIRTY MILLION AMERICANS LIVING WITH DIABETES, THERE ARE A FEW FACTS YOU SHOULD KNOW. FIRST, WHILE DIABETES IS A COMPLEX AND OFTEN OVERWHELMING DISEASE, CERTIFIED DIABETES EDUCATORS (C-D-ES) CAN HELP SIMPLIFY LIFE, PROVIDING EXPERT GUIDANCE ON MONITORING, MEAL PLANNING, EXERCISE AND STRESS MANAGEMENT. C-D-ES RECOMMEND ADULTS EAT TWO TO THREE CUPS OF VEGETABLES A DAY. FILL HALF YOUR PLATE WITH VEGETABLES IN A VARIETY OF COLORS TO GET A VARIETY OF NUTRIENTS. ALSO, THEY SAY, MOVE MORE, SIT LESS. PHYSICAL ACTIVITY PLAYS AN IMPORTANT ROLE IN BLOOD GLUCOSE CONTROL, MOOD, WEIGHT LOSS AND HEART HEALTH. CERTIFIED DIABETES EDUCATORS CAN ALSO SUGGEST INNOVATIVE TECHNOLOGIES FOR THOSE WHO INJECT MEDICATIONS SUCH AS INSULIN. FOR EXAMPLE, THE B-D AUTO-SHIELD DUO™ PEN NEEDLE HAS PATENTED FRONT AND BACK-END SHIELDS THAT CONCEAL THE NEEDLE AND HELP PREVENT ACCIDENTAL NEEDLE STICKS. IT MAY ALSO APPEAL TO PEOPLE WITH NEEDLE-RELATED ANXIETY AND DEXTERITY ISSUES. TO LEARN MORE ABOUT IT AND A POSSIBLE DISCOUNT ON YOUR CO-PAY, PEOPLE WITH DIABETES CAN VISIT B-D--DOT--COM--SLASH--AUTO-SHIELD-DUO.