

## Castle Experiences a "Day With Diabetes" -- August 22, 2007

Wilmington, DE -- Delaware Congressman Mike Castle spent today with CJ Jones of Hockessin to participate in the American Diabetes Association's "Day With Diabetes" program. Rep. Castle is one of four Congressmen participating in the nationwide event as part of an education initiative to be "diagnosed" with diabetes for the day. CJ has had type 1 diabetes for the last 30 years and has had to adapt her lifestyle to manage her diabetes. Prior to today's event, Rep. Castle met with certified diabetes educators in Washington, D.C. to discuss their diagnosis of diabetes and treatment plan. From paying close attention to diet and eating habits as well as checking blood sugar levels and taking insulin shots, Rep. Castle learned about the challenges of managing diabetes.

"Diabetes is a disease that changes the way you have to think about living your life. Those of us without this disease can take so many elements of our life for granted. For that reason, I agreed to participate in this education exercise. After seeing what CJ deals with on a daily basis, it gives me a better understanding of what it means to live every day with diabetes," Castle said.

To expand his knowledge of diabetes care within Delaware, Rep. Castle and CJ were joined by Dr. Robert Laskowski and Dr. James Lenhard of Christiana Care Health System and Dr. Ann Albright of the American Diabetes Association to tour Christiana Care's Center for Diabetes & Metabolic Diseases. While touring the center, where CJ has been treated, Rep. Castle had the opportunity to see the facilities and cutting-edge research Christiana Care is doing with diabetes in Delaware.

"It is my hope that by spreading knowledge we can expand ways to prevent diabetes. Christiana Care is making the effort to educate patients about the risks with the hope of preventing many of these people from ever being diagnosed with diabetes. However, they are taking the next step as well with research. Christiana Care is one of only 17 centers nationwide testing a new study drug called teplizumab which had the potential to alter treatment opportunities for the millions of young people hoping to improve long-term health outcomes. This type of research is what we need to improve the quality of life for those who currently live with diabetes and those who will in the future," Castle said.

To conclude Rep. Castle's "diagnosis" of diabetes, he will meet with Rep. Zach Space (D-OH) next month in Washington, D.C. to share their experiences of living with diabetes for a day.

Nearly 21 million American children and adults - including 70,000 in Delaware - live with diabetes, and another 54 million have pre-diabetes. According to the CDC, one in three Americans - and one in two minorities - born in 2000 will develop diabetes in their lifetime, if current trends continue. Every year, diabetes contributes to over 224,000 deaths.

For more information, visit [www.diabetes.org](http://www.diabetes.org) or [www.christianacare.org](http://www.christianacare.org).

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