



# Diabetes Update

February 23, 2010

## Diabetic U.S. athlete has a point to prove

### Hopeful wants to put an end to years of needling about his disease and his country's prowess

"Up until two years ago, I was taking 12 shots a day -and I was doing it in the open," Freeman said Wednesday. "In the cafeteria, when all of the teams are sitting together, I'd take out my syringe with insulin and stick myself in the stomach with it. The guys who have cheated in the past did it behind closed doors. They were secretive about it. I'm in the open about it. The IOC knows I use insulin, WADA [World Anti-Doping Agency] knows that I use insulin, FIS [the governing body for skiing] knows that I used insulin. Hopefully, I'll win a medal and everybody in the world will know I use insulin."

Read More . . . <http://www.vancouver.sun.com/sports/2010wintergames/news/sports/2010wintergames/news/Diabetic+athlete+point+prove/2551537/story.html>

## Sean Busby Biography-Champion Snowboarder

Champion snowboarder Sean Busby, 21, is in training for the 2010 – 2014 Olympics. As a nationally ranked snowboarder, Busby is known for his events in Slalom and Giant Slalom. Although he has only been snowboarding professionally for a few years, his dedication and determination as an athlete and an individual has brought him to the top of his game.

Read More . . . [http://www.dlife.com/dLife/do/ShowContent/inspiration\\_expert\\_advice/famous\\_people/sean\\_busby.html](http://www.dlife.com/dLife/do/ShowContent/inspiration_expert_advice/famous_people/sean_busby.html)

## Read More on Famous Athletes with Diabetes

[http://www.dlife.com/dLife/do/ShowContent/inspiration\\_expert\\_advice/famous\\_people/sports.html](http://www.dlife.com/dLife/do/ShowContent/inspiration_expert_advice/famous_people/sports.html)

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If you would like an announcement included in a Diabetes Update, please email the request to our office at [DiabetesMO@dhss.mo.gov](mailto:DiabetesMO@dhss.mo.gov).



If you are interested in partnering with agencies or organizations within your community or building a diabetes coalition in your area please visit our website to access our Resource Kit at: <http://www.dhss.mo.gov/diabetes/Introduction.html>.

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## Diabetic effect in dolphins offers new hope for type 2 diabetes cure



Dolphins are the only animals apart from humans to develop a natural form of type 2 diabetes, according to new research. The discovery offers important insights into a disease that is linked to one in 20 deaths.

American scientists have discovered that bottle nosed dolphins show a form of insulin resistance very similar to that seen in human diabetes. Unlike patients with the condition, the marine mammals can turn this state on and off when appropriate, so it is not normally harmful.

Read More . . . [http://www.timesonline.co.uk/tol/news/science/biology\\_evolution/article7033147.ece](http://www.timesonline.co.uk/tol/news/science/biology_evolution/article7033147.ece)

## GET CONNECTED TO HELP MANAGE DIABETES

<http://www.diabetesmine.com/>

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<http://www.battlediabetes.com/>

<http://www.twitter.com/search/diabetes>

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## Navigating the maze of sugar and artificial sweeteners



The number of sweeteners lining supermarket shelves is mind-boggling. There are artificial sweeteners, natural sweeteners and sweeteners with names too difficult to pronounce.

There is not a whole lot of consensus on which one is better for you, or even the least harmful. Too much sugar will make you fat, the experts say. On the other hand, too much zero-calorie artificial sweetener can also make you fat, others argue.

Being overweight can lead to heart disease, diabetes and other serious health problems. Even if sugar substitutes don't make you fat, at one time or another they have been linked to cancer and headaches. But, the National Cancer Institute says there is no clear evidence that artificial sweeteners available in the United States are associated with cancer risk in humans.

Read More . . . <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2010/02/21/FDHA1C055U.DTL>

## Fishy Smell' May Keep Patients From Diabetes Drug

MONDAY, Feb. 15 (HealthDay News) -- The commonly used diabetes medication metformin sometimes has such an unpleasant odor that people may stop taking it, experts say.

But they recommend that people let their doctors know if the smell of this oral drug is an issue for them, because different formulations -- especially the extended-relief version -- tend to have a milder odor, if any at all, reports a letter in the Feb. 16 issue of the *Annals of Internal Medicine*.

Metformin is an excellent drug, but the immediate-release formulation may have an odor to it. The smell is fishy or like the inside of an inner tube, and in a patient's mind, because it smells like something that has gone bad, they may think the drug isn't good," explained one of the letter's authors, J. Russell May, a clinical professor at the University of Georgia College of Pharmacy at the Medical College of Georgia.

Read More . . . <http://www.businessweek.com/lifestyle/content/healthday/636051.html>