

**Health Corner TV®**  
**Beating Diabetes**

"The last thing I ever imagined was that I would be diagnosed with diabetes. There is no cure. It was devastating," says Jay Hewitt, who was diagnosed with Type 1 diabetes when he was a 24-year-old law student.

"Diabetes changed my life for the better," says Jay, now a veteran Ironman triathlete. "I don't know if I would be doing the Ironman if I didn't have diabetes. It gives me that much more motivation to send a message," he says. Jay now travels the country sharing his story with others.

Nearly 20 million Americans have diabetes. "Nutrition, carefully planned meals and regularly checking my blood sugar are key to managing diabetes. I feel great. I'm ready to rock and roll," says Jay.