

Got the news today / Doctor said I had to stay . . . / A little bit longer and I'll be
/ A little bit longer and I'll be fine / But you don't know what you got till it's gone
or laugh you glow / You don't even know (no, no) / You don't even know // A
Waiting on a cure / But none of them are sure / A little bit longer and I'll be fine
so low / And everytime you smile or laugh you glow / You don't even know (no,
4) Yeah! // And you don't know what you got till it's gone, / And you don't know
You don't even know! No! // Stay with it till kingdom come / All the highs

nick jonas



be fine // When I thought it'd all been done / When I thought it'd all been said
ne / And you don't know what it's like to feel so low / And everytime you smile
ll this time goes by / Still no reason why / A little bit longer and I'll be fine //
e / But you don't what you got till it's gone / And you don't what it's like to feel
no, no) / You don't even know (no, no) / You don't even know (no, no) // (2, 3,
w what it's like to feel so low / And everytime you smile you laugh you glow /
and lows are gone / A little bit longer and I'll be fine / I'll be . . . fine

speaks out!

As the new pop-rock band was just gaining their wings, reality struck home when Nick, the youngest of the trio, was diagnosed as diabetic.

THE JONAS BROTHERS are this year's "it" pop-rock band. The three handsome brothers from Wyckoff, NJ have been singing since they were able to talk, and were practically destined for fame.

Paul Kevin Jonas, 21, who goes by "K2" or just plain Kevin, is the eldest of the band. Joseph Adams, 19, goes by Joe and his nickname is "Danger DJ." Younger brother Nicholas Jerry, 16, goes by Nick or "Mr. President," and it was his solo project when he was just six that got the band rolling.

After an appearance on Disney's *Hannah Montana* series called "Me and Mr. Jonas, and Mr. Jonas and Mr. Jonas", the band's career really took off with the film debut of *Camp Rock*, a Disney Channel Original Movie.

They collaborated with Miley again in her *3D Concert Film* where they were the opening act. In July last year they appeared on the cover of *Rolling Stone Magazine*, the youngest ever to be on the cover. In December 2008 they were nominated for the



best new artist award at the 51st Grammy Awards. They also made a Valentine's Day debut on *SNL*—an obvious sign they'd hit the top, just like many of their songs, including Nick Jonas's "A Little Longer," a

nick jonas speaks out

song he wrote about dealing with diabetes (see lyrics on previous page). Their own 3D concert movie just set box office records and they are presently working on a sequel to *Camp Rock* to begin filming this summer.

Living with Diabetes

Just as their careers were taking off, the band got a dose of reality when Nick was diagnosed with type 1 diabetes in 2005 at 13 years old. Diabetes is a condition where the body does not produce insulin and cannot regulate blood sugar, causing problems with moods, concentration, energy and body temperature. Left untreated it can cause loss of limbs due to poor circulation, and eventually, death.

"When I found out I had type 1 diabetes, I was afraid and thought, 'Why me?' Then I said, 'Why not me?'"

"It was quite overwhelming when they first told me. So many questions were going through my mind. Was I going to be OK? How do I handle this change? Will it impact my music career? I needed answers. So along with my family, we educated ourselves and learned that it is manageable. My family has been so supporting during the transition, learning about diabetes and how to make it work with the life I lead."

The Jonas family is very close and are all committed Evangelical Christians. In addition to their parents, Denise and Kevin Sr., there is also the "Bonus Jonas," 8-year-old Frank. Their father is a former Assembly of God pastor. The boys were home schooled by their mother. They chose to wear purity rings that signify they will abstain from sex until marriage, "The rings are just one of our ways of kind of like being different than everybody else out there," says Nick. They also reportedly abstain from alcohol, tobacco and drugs.

Taking It Day by Day

"I decided I was not going to let [diabetes] slow me down," says Nick on his website dedicated to living with the disease, www.nickssimplewins.com. "You can do the same. Something so life changing is never easy. You have to be positive, eat right and check your blood glucose levels often." Nick relies on his Bayer Contour blood glucose meter that is personalized for his lifestyle "It helps me watch my sugar intake, but I still get to indulge a bit during the holidays," says Nick.

"Whether you have type 1 or 2 diabetes, diet and exercise make a huge difference, as does maintaining a healthy weight and lifestyle.

"I try to make sure that the starches I eat are healthy choices—like whole grains and fruits and veggies.

"As far as exercise, touring and playing my music is a real workout in itself. But I still get in some push-ups and sit-ups. And I run and play baseball whenever I can. Exercise is very important because it uses sugar from the food you eat and helps the body respond better to insulin,





natural or artificial. In fact, exercise is a healthy thing for everybody, not just diabetics.”

Diabetes Facts

Type 1 diabetes is also called Insulin-dependent diabetes and Juvenile diabetes. Up to one million people in the U.S. are estimated to have type 1 diabetes, with about 30,000 new cases diagnosed each year. The incidence of type 1 diabetes has been rising over the past few decades.

Type 1 can occur at any age, but usually appears between infancy and the late 30s, most typically in childhood or adolescence. Boys and girls are equally at risk. Studies report the following may be risk factors:

- Being ill in early infancy
- Early introduction of cow’s milk and or cereal
- Having a parent with type 1 diabetes
- Having an older mother
- Obesity

However, the experts agree that no single risk factor stands out, and much more research is needed. It can only be speculated on why the numbers continue to rise. Nick and his brothers are doing their part to raise dollars for further research.

Change for the Children Foundation

For the past two years the Jonas Brothers have donated 10% of their earnings to their charity, **Change for the Children Foundation**. Change for the Children Foundation allows contributors to donate to charities and such places as **Nothing But Nets**, **American Diabetes Foundation**, **St. Jude Children’s Research Hospital**, **Children’s Hospital Los Angeles** and **Summer Stars: Camp for the Performing Arts**.

“We started the Change for the Children Foundation to support programs that motivate and inspire children to face adversity with confidence, determination and a will to succeed,” reads a statement from the band. “And we think the best people to help children are their peers—kids helping other kids who are a little less fortunate.”

Since August 2008, **Bayer Diabetes Care** has partnered with Nick Jonas as a diabetes ambassador promoting the idea for young people to manage their diabetes at his website www.nickssimplewins.com. **TFC**

teens & sugar

A COMMON MISCONCEPTION suggests that eating sugar is harmful or at least a weakness. Sweets are not bad. The body needs sugar to function. The brain needs glucose to think. Sweets just need to be eaten in moderation.

There are several types of sugar—sucrose, fructose, glucose, corn syrup and honey—are all sugars. When a product or food lists one of these first on the label, that food is very high in sugar and should be eaten in moderation.

High Fructose Corn Syrup is a low-cost sweetener used in many dessert foods. It’s a type of high-octane sugar, and if listed at or near the start of an ingredient label you can bet you’ll be in for a sugar rush, and the subsequent crash. Try to avoid this sugar altogether.

Sugar is present in most foods, except for meat. Eating other macronutrients, like protein and fat, slows the metabolism of sugar. Soft drinks are notorious for containing nothing but sugar, and many times it’s the worst kind, HFCS.

Read labels, look for natural sugars, and like Nick, consume sugar in moderation and as part of a healthy diet of whole grains, lean meats, dairy, veggies and fruits.