

→ BY JANE BIANCHI

Q&A NICK JONAS UP CLOSE AND PERSONAL

Eighteen-year-old Nick Jonas, the youngest member of the Jonas Brothers band, is used to selling out arenas, making tween and teen girls scream, and battling type 1 diabetes. In this exclusive *Family Circle* interview, Nick reveals what it's like living with the all-too-common disease.

Q: November isn't only National Diabetes Month—it also marks the fifth anniversary of finding out you have type 1 diabetes. How did that happen?

A: When I was 13 and on tour with my brothers, I lost 15 pounds in two weeks and was thirsty all the time. I also had a bad attitude—which was rare for me. My parents took me to a doctor, and we learned that my blood sugar was dangerously high. I was rushed to a hospital, where they made the diagnosis.

Q: What was your reaction?

A: At first I was afraid. I didn't know if I was going to die. But once I realized the disease can be managed, I started to feel better.

Fast Fact

15,000 kids in the U.S. under age 20 are diagnosed with type 1 diabetes each year.

Q: Did you find it awkward telling your friends you are diabetic?

A: I'm not ashamed. It's not

something I could have helped or even something I want to hide. It has become a part of my everyday life and a part of who I am. Being honest about the disease with people who are close to me is key to being comfortable with it myself.

Q: Does anyone else in your family have diabetes?

A: Actually, yes. I've never talked about this before, but my grandfather was recently diagnosed with type 2 diabetes. It was such a shock. First I felt sad for him, because it's not something that's fun to live with, but he's strong enough to get through it. And now that I know a lot about diabetes, I can help him. We were always close, but sharing this disease makes me feel connected to him in a different way.

Q: What advice would you give to kids living with diabetes?

A: Rely on others. You can be the most independent person in the world, but if you ever need help, don't be afraid to say so. ●



LEND A HAND
Learn more about diabetes and support a cause Nick believes in by visiting change4thelife.org.

FamilyCircle.com To read the full-length interview, check out familycircle.com/nickjonas

TWO TYPES Both type 1 and type 2 diabetes are lifelong conditions that develop when the body fails to process sugar correctly. Type 1 (also known as juvenile diabetes) usually strikes children and young adults, and the exact cause is unknown. Type 2 can strike at any age, but eating healthy and exercising regularly may help reduce risk. For more info, go to diabetes.org.