

Five baby shower must-haves for the new mom

On average, eight babies are born every minute in the United States. It's only a matter of time before you are invited to the next baby shower. While most shower attendees will opt for the typical (and often costly) shower gift like a trendy baby outfit or rattle, why not arm a new mom with the elements she'll appreciate most when baby arrives? Here is a list of less-than-expected but affordable gift ideas for the new parents in your life:

- ✓ **Closeness:** A soft baby carrier is a great way for mom to keep baby close while leaving her hands free. Available in a variety of colors and designs, soft-carriers are great for parents on the go.
- ✓ **Zen:** Give the gift of relaxation. After a day with baby, yoga is a great way to unwind. Arm mom with a yoga mat and a book of post-natal poses.
- ✓ **Purity:** For the little one's sensitive skin, look for special made-for-baby laundry detergents that are perfume- and dye-free and hypoallergenic.
- ✓ **Peace:** Offer your new mom a handy list of baby-friendly family and friends to lend an extra set of hands when new parents need a break from baby.
- ✓ **Convenience:** For moms who are breastfeeding, time away from the baby might seem impossible. The Evenflo Comfort Select Performance Breast Pump is easy to use, lightweight, comfortable and ideal for occasional pumping, giving moms the flexibility to enjoy much-needed "me time."



Improve your health - for free

Stop Diabetes and its complications by attending the American Diabetes Association EXPO

Is it possible for your entire life to change in one afternoon? Jonathan Cottom believes so. He attended the American Diabetes Association EXPO in Pittsburgh, Pa. and came away a completely new outlook on the disease he has had for 31 years.

"I thought I knew everything about diabetes, but I was wrong," says Cottom. "I attended the EXPO and learned how to better control my diabetes for myself and my family."

The American Diabetes Association EXPOs are free community health events held throughout the country that include health screenings, cooking demonstrations, product exhibits and presentations on diabetes prevention and management. These events also include a Family Fun Zone with information and activities geared toward youth with diabetes and those who want to live a healthy lifestyle to prevent the disease.

"EXPO taught me about the new technology available and ways to keep my blood glucose levels safe, which may help keep diabetes complications minimal," says Cottom. "My aunt passed away at age 28 and my father at age 55, both from complications, so this is very important to me and my family."



Diabetes has a devastating effect on communities. Nearly 24 million adults and children have diabetes in the United States. An additional 57 million Americans have pre-diabetes. If current trends continue, one in three children born today in this country will face a future with diabetes.

People with diabetes can take steps to better manage the disease and lower the risk of its serious and sometimes deadly complications, such as heart attack, blindness, amputation and stroke. EXPO is a one-stop event where people with diabetes and their families can learn about these steps. And by participating in EXPO, participants will join the Association's movement to Stop Diabetes once and for all.

"I would say go and don't delay," says Cottom. "EXPO shows you can live your life like anyone else if you take care of yourself and don't let diabetes get the best of you."

For more information about diabetes or to find an EXPO in your area, call (800) DIABETES (800-342-2383), or visit diabetes.org/gotoexpo.