**Catherine Cowie, Ph.D., NIH’s National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). Cowie directs NIDDK-funded programs researching diabetes epidemiology.**

**Transcript for Cowie2:**

“When this study began in 1983, half the participants with type 1 diabetes were assigned at random to intensive blood glucose control designed to keep blood glucose – or blood sugar – as close to normal as safely possible. The other half of participants were assigned to the conventional treatment at the time. The study showed that intensive treatment delayed many of the complications of diabetes. After the study ended in 1993, the intensive treatment of the study became the standard treatment for type 1 diabetes worldwide. Now we’re finding that the tight control early in the course of type 1 diabetes continues to have major benefits decades later, even for how long these people live.”