

Musician manages his diabetes, but he almost waited too late

- By [Brooks Biagini](#)
- Story updated at 8:19 AM on Tuesday, Apr. 28, 2009



Kyle Hallman, who was already dealing with thyroid disease, encountered a whole new obstacle in November 2007 when he was diagnosed with type 1 diabetes.

"At first I was overwhelmed with satisfaction," the downtown resident said. "Just knowing what was wrong with me was huge. Then I realized what this meant, so I educated myself on my disease."

Hallman said he wanted to know everything about it and how to treat it. He discovered that normal blood sugar range for a diabetic falls between 80-120, and that before being diagnosed, his blood sugar levels were consistently around 900.

Hallman and his rock band, The Architect Sound, will perform at the annual Walk to Cure Diabetes benefiting the Juvenile Diabetes Research Foundation at Metropolitan Park Saturday, March 7, to help find a cure for type 1 diabetes and its complications.

Prior to his diagnosis, Hallman experienced drastic weight change by losing more than 50 pounds, had constant thirst and would drink 3-4 gallons of water a day.

"I went so long with high blood sugar levels that my body got used to it and it was a huge change to bring them back down that I experienced severe headaches to what seemed to be sugar withdrawal."

Diabetes can cause several complications if left untreated. Hallman has severe hearing loss due to having ear infections associated with diabetes. Doctors recently told him that in about 10 years he could have complete hearing loss. This news would be disappointing to anyone, but especially to Hallman because he's a musician and depends on his hearing for guidance.

"Being a singer and a musician, I could not imagine my life without hearing music."

Even with losing most of his hearing, Hallman did not let this stop him from doing what he loves the most. He still plays music but has to go by memory to sing the notes on key. Diabetes impacts every aspect of life, from food preparation and eating to work and hobbies.

"It's hard to imagine the daily vigilance that is required to manage this disease. It's painful physically and emotionally," he said. "However, this disease has humbled me as a person. ... It's good knowing you can live. Live out your dreams by just taking care of yourself."

Biagini is executive director of the Juvenile Diabetes Research Foundation. For more information about the walk and the latest research advancements on type 1 diabetes, visit www.jdrf.org or call 739-2101.