

## FOR IMMEDIATE RELEASE

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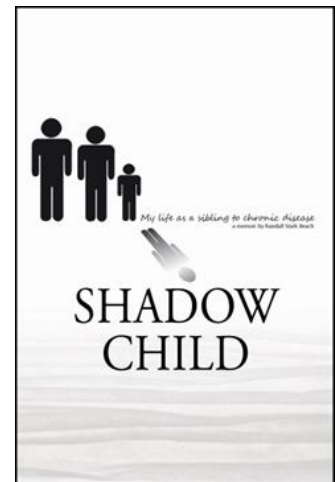
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### Local Author's New Book Explores Impacts of Chronic Childhood Disease on Siblings and Families.

Local author, Randall S. Beach, is pleased to announce the publishing of his book, *Shadow Child; My Life as a Sibling to Chronic Disease*.

According to the National Health Council, chronic diseases affect approximately 133 million Americans, representing more than 40% of the total US population. By 2020, that number is projected to grow to an estimated 157 million. About 15% to 18% of children in the United States live with a chronic health condition. These childhood chronic diseases include: diabetes, cancer, asthma, congenital heart conditions, cerebral palsy, cystic fibrosis, AIDs, epilepsy, spina bifida, and dozens of others.

Each year, thousands of families are faced with the specter of such childhood chronic diseases. Despite often being labeled as "lucky ones," chronic diseases take a severe toll on the brothers and sisters of the sick child. Feelings of fear, jealousy, resentment and extraordinary responsibility are common among such healthy siblings. These children and young adults can feel emotionally neglected within the family structure. *Shadow Child* explores all of these impacts in the context of the author's relationship with his younger brother.



*Shadow Child* is the story of author Randall Beach's experience as a healthy sibling of his brother, Jonathan, who was inflicted with Type 1 Diabetes when he was four years old (preceded by Juvenile Rheumatoid Arthritis (JRA) when he was two). The book focuses on the impact that chronic diseases such as diabetes have on the families of the inflicted child. *Shadow Child* explores how various interfamily relationships change due to chronic disease, and walks the reader through a childhood of learning to cope with such changes.

While *Shadow Child* necessarily focuses on Type 1 Diabetes, the experiences and lessons it relates are applicable to all childhood chronic diseases.

*Shadow Child* is currently available for purchase at Amazon.com and BarnesandNoble.com.



**About the Author:** Randall S. Beach has lived as a sibling to a diabetic brother for over thirty-seven years, and is intimately familiar with the trials and joys of being part of a family impacted by chronic, childhood disease. He is a practicing attorney in New York's Capital Region and co-owner of the Murray's Fools Distilling Company. Randall is married and has two children. He lives in Schenectady, New York.