

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>For Your Diabetes Life!</b></p> <p><b>Show opener GFX</b></p>	<p>VO</p> <p>dLifeTV, the only show for your diabetes life. Packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Montage of upcoming segments</b></p>	<p>Nicole Johnson</p> <p>Today on dLife, on and off the field, Dmitri Young is major league baseball's comeback kid. Plus, a clear look at good diabetes eye care. And to make a heart healthy statement, Chef Michel Nischan suggests "say it with soy."</p>
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b> <b>dLife Diabetes Since 1993, Miss</b> <b>America 1999</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Dmitri Young plays first base for the Washington Nationals. But despite the fame and big money that come with being a top professional athlete, Dmitri has faced plenty of adversity, including a recent diagnosis of type 2 diabetes. dLife visited Da Meathook at his home in Florida.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Dmitri Young -- interview</b></p>	<p>Dmitri Young</p> <p>My name is Dmitri Young, I'm a professional baseball player with the Washington Nationals, and I've been a diabetic since 2006.</p>

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	<p><b>Footage of Dmitri running bases on field</b></p>	<p>Dmitri Young</p> <p>One of the names that everybody knows me a- as is the Meathook. I really don't know what it signifies, but when I hit a homerun, I throw my arm up like a hook as a r- round the bases. So that may play a part in that name.</p>
	<p><b>Baseball players hug and high five on field and in dugout</b></p>	<p>Baseball Announcer</p> <p>And there is number one in the season for Dmitri Young.</p>
		<p>Dmitri Young</p> <p>My highest point, probably being called up to the big leagues and soaking it all in, y- you know, realizing a dream and knowing that I'd made it to what I wanted to be.</p>
		<p>Nicole Johnson</p> <p>Dmitri excelled at the plate with the Cardinals, Reds, and Tigers. But in 2006, after suffering from alcoholism and depression because of a painful divorce, his dream of playing in the big leagues was on the verge of collapse.</p>
	<p><b>Dmitri Young</b></p> <p><b>Lower Third:</b></p> <p><b>Dmitri Young</b>  <b>Type 2 Diabetes Since 2006</b></p>	<p>Dmitri Young</p> <p>When you're going through problems like that, you just want to just drown yourself in sorrow and- and it just got, you know, increasingly worse. And I wound up checking myself in a-- to a rehab place.</p>
	<p><b>Dmitri at home, on couch</b></p> <p><b>Dmitri at bat in game</b></p> <p><b>Dmitry with children</b></p>	<p>Dmitri Young</p> <p>My lowest point happened in 2006, getting released from the Detroit Tigers right before they went to the World Series. And I came to Florida to spend time with my kids. And that's when I got diagnosed with type 2 diabetes.</p>

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	<b>Dmitri -- interview</b>	<p>Dmitri Young</p> <p>I started experiencing the symptoms, according to the doctor, probably early on as late 2005. But I- I wouldn't—I didn't know.</p>
	<p><b>Dmitri on couch, trying to read blurry baseball card</b></p> <p><b>Dmitri -- interview</b></p>	<p>Dmitri Young</p> <p>The worst was my eyesight. It started going in and out. At that point, I was almost a goner, because we didn't know what was wrong with me. I pretty much said that "Tell the kids I love them, I just want to try to be happy. Call my parents, tell them I love them, tell my brother and sister I love them, you know."</p>
	<b>Shot of hospital ICU unit</b>	<p>Nicole Johnson</p> <p>Dmitri was rushed to the hospital the day after Thanksgiving, where he spent three days in an intensive care unit.</p>
	<p><b>Dmitri with his daughter in his lap</b></p> <p><b>Dmitri checks blood sugar</b></p>	<p>Dmitri Young</p> <p>You want to see your kids grow up. You want to see them graduate high school, realize their dream, have kids, a family. And I was risking that chance. And I knew at that point, I needed to make a change.</p>
	<b>Dmitri in parking lot, locks door</b>	<p>Nicole Johnson</p> <p>With so many strikes against him, Dmitri believed his career was over. But he was committed to taking the necessary steps towards rebuilding his life and controlling his diabetes for the sake of his children.</p>
	<b>Personal trainer takes Dmitri's blood pressure</b>	<p>Dmitri Young</p> <p>Once I knew the symptoms and everything that goes along with diabetes, I knew that, okay, everything is starting to make sense now.</p>

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	<b>Dmitri -- interview</b>	<p>Dmitri Young</p> <p>But then once I, you know, got things under control, I wanted to get back into baseball. And of course, there were no takers. So I may-- felt like I wasn't gonna play.</p>
	<b>Picture of Jim Bowden at podium</b>	<p>Nicole Johnson</p> <p>And then he received a call from Washington Nationals' general manager, Jim Bowden.</p>
	<p><b>Jim Bowden</b></p> <p><b>Lower Third:</b></p> <p><b>JIM BOWDEN</b>  <b>VP, GM, Washington Nationals</b></p>	<p>Jim Bowden</p> <p>The one thing I knew about Dmitri is, he's a good person. And good people do make mistakes. And in life, I think people like that deserve a second chance.</p>
	<b>Dmitri in Nationals uniform</b>	<p>Nicole Johnson</p> <p>Second chances are rare in life, but the Nationals offered Dmitri another shot at the big leagues, with a catch.</p>
	<b>Jim Bowden</b>	<p>Jim Bowden</p> <p>One incident, no matter what it was, he would be released. End of- end of- end of situation. And he jumped right on board. He just wanted that opportunity.</p>
	<b>Dmitri hits a home run</b>	<p>Baseball Announcer</p> <p>That ball is hit hard by Dmitri. Right field. And it is gone!</p> <p>&lt;crowd cheering&gt;</p>
	<b>Dmitri runs bases</b>	<p>Nicole Johnson</p> <p>Dmitri returned to form, and by mid-season was named to the National League All Star Team.</p>

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	<b>Dmitri in uniform on ball field, lifts hat</b>	<p>Baseball Announcer</p> <p>From the Washington Nationals, infielder Dmitri Young.</p>
	<b>Montage of Dmitri playing baseball</b>	<p>Nicole Johnson</p> <p>Even more exciting than the All Star game was the announcement at season's end that he had been voted National League comeback player of the year.</p>
	<b>Jim Bowden</b>	<p>Jim Bowden</p> <p>We called Dmitri and asked him to come over here to the Arcade Stadium. We told him the news. And he gave me this biggest hug I've probably ever had from anyone. And all of a sudden, I felt my shirt getting wet and I looked over, and there was tears rolling down his eyes. But it was a real moment, a special moment I'll never forget.</p>
	<p><b>Dmitri -- interview</b></p> <p><b>Dmitri working out on treadmill</b></p>	<p>Dmitri Young</p> <p>It was something that everybody took notice of, and looked at my story as something that you can learn from.</p>
		<p>Nicole Johnson</p> <p>With a two-year extension to his original contract, Dmitri can now focus on getting his diabetes fully under control for the upcoming season.</p>
	<p><b>Dmitri -- interview</b></p> <p><b>Dmitri works out with trainer</b></p> <p><b>Lower Third:</b></p> <p><b>Regular exercise is key in controlling blood sugar levels.</b></p>	<p>Dmitri Young</p> <p>My preparation this year is high energy, high-- real intense low weights, keeping the heart rate up. Because what I hear from diabetes, you lose a lot of blood flow, especially if you don't work out and- and that also creates problems with the sugars. And if you got the heart rate going and- and it's pumping all the good stuff, and pumping out the bad, guess it does some sort of good.</p>

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	<b>Dmitri boxes with personal trainer</b>	Personal trainer  Boom, find the target. Bam.
	<b>Dmitri at home with personal chef, preparing food</b>	Nicole Johnson  In addition to working with his personal trainer, Dmitri has enlisted the services of a personal chef to help him maintain a proper, diabetes friendly diet.
	<b>Dmitri running on treadmill</b>	Dmitri Young  I know that proper eating and proper diet with proper exercise leads you to a healthy heart, and that's what I need.
	<b>Dmitri at gym</b>	Nicole Johnson  Dmitri continues to work towards rebuilding his life with type 2 diabetes both on and off the field.
	<b>Dmitri checks blood sugar in car</b>  <b>Dmitri -- interview</b>  <b>Dmitri with kids and ex-wife</b>	Dmitri Young  Knowing that I have diabetes, it's a obstacle, don't get me wrong. But I mean, life wasn't made to be easy. My ex-wife and I are getting along like friends now, more so than when we were married. And- and- and it- and it's healthy.
	<b>Jim Bowden</b>  <b>Montage of Dmitri's baseball career</b>  <b>Left side of screen:</b>  <b>Dmitri's baseball statistics</b>  <b>Team celebrates with Dmitri in the middle of group</b>	Jim Bowden  He's doing everything that uh.. any mother would be proud of. He finished in the top ten in hitting. He won the comeback player of the year award. He helped develop our young players. He brought energy and enthusiasm to our club, and became, became, without a doubt, the fans' favorite on our ball cub.
	<b>Picture freezes with Dmitri in center of team celebration</b>	Nicole Johnson  And what does the future hold for Dmitri and the Washington Nationals?

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	<b>Dmitri -- interview</b>	Dmitri Young  For the 2008 season? Encore. It's gonna be an encore.
	<b>Dmitri runs into home base</b>	Baseball Announcer  Dmitri hits it left field. Good-bye, homerun.
	<b>Nicole Johnson</b>  <b>Lower Third:</b>  <b>www.dLife.com/athletes</b>	Nicole Johnson  Thanks, Dmitri. To learn about other professional athletes living with diabetes, visit dLife.com/athletes.
	<b>Montage of upcoming scenes</b>	Nicole Johnson  Up next, an eye opening visit to an ophthalmologist. But first, here's a good eating, good living food idea from Kraft.
	<b>GFX Center</b>  <b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b>	
	<b>Nicole Johnson</b>  <b>Lower Third:</b>  <b>NICOLE JOHNSON</b>	Nicole Johnson  I'm happy to say that my eyes are healthy. But 40 to 45% of Americans with diabetes have some form of diabetic retinopathy. The longer someone has diabetes, the more likely he or she will develop this complication. dLife visited the offices of ophthalmologist Dr. Marc Lowe for a look at the latest in eye treatment technology and options for treating diabetic retinopathy.
	<b>GFX Center</b>  <b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b>	
	<b>Dr. Lowe approaches exam room, takes chart into see patient</b>	Dr. Marc Lowe  Hi Jerry.

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	<b>Dr. Lowe meets with Jerry in exam room</b>	Jerry Kamiya Hello Dr. Lowe, how are you?
		Dr. Marc Lowe How's it going? Good to see you.
		Jerry Kamiya How are you?
	<b>Dr. Lowe -- interview</b>  <b>Dr. Lowe talks with Jerry</b>	Dr. Marc Lowe  My name is Marc Lowe, I'm a specialist in vitreal retinal disease. In my practice, 20 to 30% of my patients have diabetes.
	<b>Jerry -- interview</b>  <b>Dr. Lowe stands with hands on Jerry's shoulder</b>  <b>Jerry -- interview</b>  <b>Lower Third:</b>  <b>JERRY KAMIYA</b> <b>Diabetes Since 1981</b>	Jerry Kamiya  My name is Jerry Kamiya. I've been diagnosed with type 2 diabetes approximately 25 years ago. My regular doctor recommended me to get my eyes checked, because she told me that diabetes can affect all parts of the body.
	<b>Shots go back and forth between Jerry's eye exam and Dr. Lowe's interview</b>  <b>Lower Third:</b>  <b>Tight control of blood sugar can help prevent diabetic retinopathy</b>	Dr. Marc Lowe  In Jerry's case, when I did see him initially, which was about ten years ago now, his vision was perfect, really at 20/20. But he did have early form of diabetic retinopathy. About 60% of all type 2 diabetics will get diabetic retinopathy, usually after 15 years or so. Virtually all type 1 diabetics will get retinopathy.
	<b>Dr. Lowe -- Interview</b>  <b>Lower Third:</b>  <b>MARC A. LOWE, MD, FACS</b> <b>Ophthalmologist, Santa Barbara, Calif.</b>	Dr. Marc Lowe  Diabetic retinopathy is a micro-vascular disease that affects the vessels of the retina.

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	<p><b>Animated demonstration of diabetic retinopathy</b></p> <p><b>Upper Left:</b></p> <p><b>Courtesy of www.cartoonMD.com</b></p>	<p>Dr. Marc Lowe</p> <p>Diabetes is manifested by a high level of glucose and sorbitol in the circulation. Those substances accumulate in the walls of capillaries and cause them to thicken and break down, and then leaks fluid into the retina, which it's not supposed to do. Additionally, as that narrowing and closing off of the vessels occur in abnormal clusters of blood vessels that grow on the retina trying to compensate for the lack of blood flow and oxygen, and then they can hemorrhage and bleed. And that is the more advanced stage of diabetic retinopathy.</p>
	<p><b>Jerry wipes his eyes after exam, technician takes notes</b></p> <p><b>Lower Third:</b></p> <p><b>A dilated eye exam should be performed at least once a year.</b></p> <p><b>Dr. Lowe -- Interview</b></p>	<p>Dr. Marc Lowe</p> <p>Jerry was a typical diabetic patient in the sense that patients who have diabetic retinopathy oftentimes are asymptomatic. A lot of people have retinopathy and they just don't realize it. They only come when things are too far advanced, and sometimes when it's difficult to do anything about it.</p>
	<p><b>Dr. Lowe joins Jerry in exam room</b></p>	<p>Dr. Marc Lowe</p> <p>Okay, Jerry, sorry to keep you waiting.</p>
	<p><b>Dr. Lowe administers flouroscein angiography on Jerry</b></p> <p><b>Lower Third:</b></p> <p><b>Flouroscein angiography can detect leaking or swelling of the retinal blood vessels.</b></p>	<p>Dr. Marc Lowe</p> <p>There are a variety of tests that we use to confirm the presence of diabetic retinopathy. Probably the most common test that we use is flouroscein angiography, and that's done by injecting a vegetable dye into the venous system. And then that dye travels up into the retinal circulation. It actually glows under uh.. a blue light.</p>
	<p><b>Dr. Lowe examines photographs</b></p> <p><b>Dr. Lowe and Jerry -- laser procedure</b></p>	<p>Dr. Marc Lowe</p> <p>And we take serial photographs, and we can see detail in the retina that we wouldn't see otherwise when we do an examination.</p>

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	<b>Dr. Lowe -- interview</b>	Dr. Marc Lowe  Traditionally, uh.. diabetic retinopathy is treated with laser.
	<b>Dr. Lowe and Jerry -- laser procedure</b>	Dr. Marc Lowe  Gonna turn the light down here.
	<b>Dr. Lowe -- interview</b>  <b>Dr. Lowe performs laser procedure on Jerry</b>	Dr. Marc Lowe  Laser treatment is done here in the office, and it's usually about a five to ten minute procedure. Uh.. patients sit upright. And then we put a little lens on their eye which allows us to focus the laser beam onto their retina, trying to close off the small blood vessels that are the source of the leakage.
	<b>Jerry -- Interview</b>  <b>Jerry undergoing laser procedure</b>	Jerry Kamiya  Uh.. you don't feel anything, actually, just uh.. flashes of bright light. But uh.. other than that, just painless.
		Dr. Marc Lowe  Okay, that should do it.
	<b>Dr. Lowe -- interview</b>	Dr. Marc Lowe  Uh.. usually with diabetic retinopathy, patients will have to have uh.. repeated treatments over the years.
	<b>Dr. Lowe examines Jerry</b>	Dr. Marc Lowe  And left.

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	<p><b>Dr. Lowe -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>Laser surgery with follow-up care can reduce the risk of blindness by 90%.</b></p>	<p>Dr. Marc Lowe</p> <p>Depending on what stage one has will determine the frequency at which they're followed up. Somebody that has just very early retinopathy, it could be followed anywhere from six months to every year. But if they have some more advanced signs, they can be followed as frequently as every three months.</p>
	<p><b>Dr. Lowe with Jerry in exam room</b></p>	<p>Jerry Kamiya</p> <p>We'll see at the next visit--</p>
	<p><b>Dr. Lowe -- interview</b></p> <p><b>Montage of Dr. Lowe working with Jerry</b></p>	<p>Dr. Marc Lowe</p> <p>The plan of action for Jerry, to monitor his retina, to make sure he wasn't developing more advanced changes, to educate him and refer him on to the appropriate diabetic educators who could then work with his diet and his home monitoring, all of which would help prevent him from advancing. There have been some recent trials that have shown that tight control is helpful in preventing the progression, and in a handful of cases, even preventing the onset of retinopathy.</p>
	<p><b>Jerry -- Interview</b></p> <p><b>Jerry walks out to lobby</b></p> <p><b>Lower Third:</b></p> <p><b>Early detection is the best way to prevent vision loss</b></p>	<p>Jerry Kamiya</p> <p>I would recommend anybody that's got diabetes or has been diagnosed with diabetes to watch their eyeballs. I feel very fortunate that I've got people that actually looking after me and worrying about it, so...</p>
	<p><b>Jerry joins woman in lobby</b></p>	<p>Jerry Kamiya</p> <p>Super Dr. Lowe, super as usual.</p>
	<p><b>Jerry and woman head out of office.</b></p>	<p>Woman</p> <p>Oh, that's good. Okay.</p>

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		<p>Jerry Kamiya</p> <p>I figure I'd better do the best I can uh.. to do the same thing.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b></p>	
		<p>Nicole Johnson</p> <p>It is critical for all people with diabetes to have a comprehensive dilated eye exam at least once a year.</p>
		<p>Nicole Johnson</p> <p>Chef Michel Nischan is stirring up some healthy teriyaki. He's next, coming from the dLife Kitchen.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b> <b>Type 1 Diabetes</b></p>	<p>Nicole Johnson</p> <p>Soy is a heart healthy protein. Chef Michel Nischan is cooking with it today in the dLife Kitchen.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Chef Michel Nischan in kitchen</b></p> <p><b>Lower Third:</b></p> <p><b>MICHEL NISCHAN</b> <b>dLife Chef</b></p>	<p>Michel Nischan</p> <p>Hello, and welcome to dLife Kitchen. I'm Michel Nischan, and today we're gonna explore the wonderful world of soy by making a tangy tofu teriyaki with broccoli.</p>

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	<p><b>Close up -- bowl of tofu</b></p>	<p>Michel Nischan</p> <p>Great for loading up on nutrients like vitamin C, fiber, iron, potassium, all kinds of good stuff. Now, soy is really great, because it's high in protein, packed with a variety of other nutrients, and versatile to cook with.</p>
	<p><b>Michel Nischan prepares wok with oil</b></p>	<p>Michel Nischan</p> <p>Now, because I'm using a wok, and I have somewhat of a high temperature here, I'm gonna use grape seed oil, because grape seed oil has a high flashpoint, which means that you can cook at a high temperature without creating harmful free radicals.</p>
	<p><b>Michel Nischan adds scallions to wok</b></p> <p><b>Lower Third:</b></p> <p><b>Free-radicals may contribute to the development of chronic diseases.</b></p>	<p>Michel Nischan</p> <p>Here I've added some scallions to the wok, gonna stir them around just for a second.</p>
	<p><b>Michel Nischan adds tofu to wok</b></p> <p><b>Michel Nischan adds garlic and ginger</b></p> <p><b>Close up -- chopped ginger</b></p>	<p>Michel Nischan</p> <p>And then I'm gonna add some firm tofu. So I've got my tofu in here, now I'm gonna add a little bit of garlic. And it's important that you add the garlic after you've already added other ingredients, because garlic can burn pretty quickly. And here I've added also a little bit of ginger. And an important note about ginger, it aids digestion, all kinds of good stuff.</p>
	<p><b>Michel Nischan stirs food in wok</b></p> <p><b>Michel Nischan adds broccoli</b></p> <p><b>Lower Third:</b></p> <p><b>Broccoli and other cruciferous veggies are believed to prevent some cancers.</b></p>	<p>Michel Nischan</p> <p>Now that we have that garlic and ginger sweated, we're gonna add some broccoli. You don't just have to do broccoli, you could swap out for any vegetable. Peppers, celery, water chestnuts, you name it.</p>

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	<p><b>Michal Nischan stirs food in wok</b></p>	<p>Michel Nischan</p> <p>Uh.. zucchini squash, even thinly sliced pumpkin is great in a stir fry. And you don't have to have a wok. If you have a large skillet, you can really achieve the same thing. You just want to really make sure that you don't have too many ingredients in the pan so that you can move the stuff around and get it to cook properly. Now this is looking beautiful. And it tells me it's time to sauce up.</p>
	<p><b>Michel Nischan sprinkles in seasonings and stirs food in wok</b></p>	<p>Michel Nischan</p> <p>So I'm going to sprinkle in a little bit of red pepper flake, because I like it a little bit on the zesty side, some teriyaki sauce. The teriyaki sauce that I've added is a low sugar teriyaki sauce. Just like you have light soy sauce, there are light teriyaki sauces available in almost any grocery store.</p>
	<p><b>Close up -- oil in cup</b></p> <p><b>Michel Nischan adds oil to wok and stirs</b></p>	<p>Michel Nischan</p> <p>A lot of folks, when they do their wok cooking start with sesame oil. Unfortunately, sesame oil has a low flashpoint. So I start with grape seed oil, then I add the sesame oil. And you know what? It tastes even better that way.</p>
	<p><b>Michel Nischan stirs and serves food from wok</b></p> <p><b>Left side:</b></p> <p><b>Teriyaki Tofu</b>  <b>Per Serving:</b>  <b>Calories: 118</b>  <b>Carbs: 10g</b>  <b>Fiber: 2g</b>  <b>Sodium: 597mg</b>  <b>Saturated Fat: &lt;1g</b></p>	<p>Michel Nischan</p> <p>After just a few short minutes, we have a beautiful teriyaki tofu and broccoli. And here, check this out. This is gonna be beautiful. We're just gonna kind of mound it over here. You can see I have some raw scallions or green onions for garnish. And check it out.</p>

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	<p><b>Michel Nischan sprinkles garnish on food.</b></p>	<p>Michel Nischan</p> <p>I love adding a little bit of raw garnish at the end. So there you have it, a delicious, high protein meal with Asian flair, exciting flavors. This is really good stuff.</p>
	<p><b>Michel Nischan</b></p> <p><b>Lower Third:</b></p> <p><b><a href="http://www.dLife.com/recipebox">www.dLife.com/recipebox</a></b></p>	<p>Michel Nischan</p> <p>For this recipe and more great tips on how to manage your diabetes, or just your health in general, visit us at the website, <a href="http://dLife.com/recipebox">dLife.com/recipebox</a>. I'm Michel Nischan, thanks for joining us in the dLife Kitchen.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p>	<p>Nicole Johnson</p> <p>Thanks, Chef Nischan. Next, a ballerina living gracefully with diabetes.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b></p>	<p>Nicole Johnson</p> <p>Thousands of young girls take ballet lessons, but few have what it takes to leap their way to the top. Zippora Karz shares her remarkable story of her ballet career, which almost didn't happen when diabetes stepped in.</p>
	<p><b>Zippora Karz teaching in dance studio</b></p>	<p>Zippora Karz</p> <p>My name is Zippora Karz, I'm 42 years old, and I have type 1 diabetes.</p>
	<p><b>Zippora works with dancer</b></p>	<p>Zippora Karz</p> <p>Now right here, keep this turned out, turn out. That's it.</p>

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	<p><b>Zippora warms up at barre</b></p> <p><b>Montage of NYC Ballet exterior shots</b></p>	<p>Zippora Karz</p> <p>I began ballet when I was seven years old. And it- it was really my teacher who recognized a talent in me. She made sure that I went to New York. And at the time, George Balanchine was still alive. And George Balanchine is the genius who brought dance to America from Russia.</p>
	<p><b>Zippora -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>ZIPPORA KARZ</b>  <b>Diabetes Since 1987</b></p>	<p>Zippora Karz</p> <p>And he created the New York City Ballet, and he choreographed all the ballets that they were dancing. And he was the person that everybody flocked to.</p>
	<p><b>Photo of Zippora as Sugar Plum Fairy</b></p>	<p>Nicole Johnson</p> <p>After joining one of the world's premier ballet companies, Zippora's big break came in the Nutcracker.</p>
	<p><b>Zippora Karz -- interview</b></p> <p><b>Photo of Zippora performing</b></p>	<p>Zippora Karz</p> <p>In one performance, I was a snowflake in the corps de ballet, and the maid in the party scene. And all of a sudden, the next performance, I am the Sugar Plum Fairy.</p>
		<p>Nicole Johnson</p> <p>But with success, came a grueling schedule.</p>
	<p><b>Zippora Karz -- interview</b></p> <p><b>Various performance photos of Zippora</b></p>	<p>Zippora Karz</p> <p>I was taking class every day, rehearsing up to six hours, and then performing every single night. And it was during then that I started to have symptoms happen in my body. I was thirsty, I was hungry, I was dizzy.</p>
	<p><b>Zippora -- interview</b></p> <p><b>Lower Third:</b></p> <p><b>Slow healing and skin sores and wounds can be a symptom of diabetes</b></p>	<p>Zippora Karz</p> <p>But what got me to the doctor was I developed some sores underneath my arms that got very infected.</p>

TIMECODE	VISUALS	AUDIO
	<b>Zippora walks along beach</b>	Nicole Johnson  Zippora was diagnosed with diabetes.
		Zippora Karz  The doctor never said, "You have type 2 diabetes." She said, "You have diabetes."
	<b>Zippora -- interview with performance photos</b>	Zippora Karz  I took it on that if only I could just be more perfect, then this diabetes might go away. I was so rigid, and "I can't eat this," and "Don't touch that piece of fruit," and anything that had any carbohydrate in it, just don't touch it. And when even that wasn't keeping my blood sugars down is when I had to admit it, something's not okay here.
		Nicole Johnson  So Zippora went back to the doctor.
	<b>Zippora Karz -- interview</b>  <b>Lower Third:</b>  <b>The "honeymoon" phase refers to the period right after diagnosis.</b>  <b>Zippora works out at barre</b>	Zippora Karz  I was told, well, you have type 1 diabetes. And it was probably because maybe you were in a- a pseudo-honeymoon stage for a couple years, and exercising so many hours that you were that you kept okay.
	<b>Zippora, walking on beach</b>  <b>Shot of Zippora's hands working with insulin shot</b>  <b>Photo of Zippora performing</b>	Zippora Karz  Then I began my journey of trying to perform on insulin, and how not to throw myself into insulin shock while I'm on stage. I think testing was the most important thing. Because I really never knew if my shakiness was pre-performance nerves of low blood sugar.
	<b>Zippora walks along beach</b>	Zippora Karz  I had to let go of the perfectionist part of me that knew that I could have done better, and just say, "You know what? This is good."

TIMECODE	VISUALS	AUDIO
	<p><b>Exterior shot of NYC Ballet</b></p> <p><b>Zippora walking on bridge</b></p>	<p>Nicole Johnson</p> <p>She danced for another 15 years, and performed all over the world. Then Zippora returned home to southern California, where she discovered a new passion, teaching.</p>
	<p><b>Zippora works with student at barre</b></p>	<p>Zippora Karz</p> <p>That's right. Now put some right here on this heel. Now, lift your knee, lift your knee, and then present the heel as you extend. That's right. And then come down.</p>
	<p><b>Zippora -- interview</b></p>	<p>Zippora Karz</p> <p>One of the things that has been so rewarding for me has been to actually work with people who have diabetes. I share my story, but also doing movement, and kind of inspiring people to get up and exercise.</p>
	<p><b>Zippora teaches ballet students dance combination</b></p>	<p>Zippora Karz</p> <p>So you're gonna do the part where you're going to do the rond de jambe, step, saute, arabesque.</p>
	<p><b>Zippora Karz -- interview</b></p>	<p>Zippora Karz</p> <p>Our body should be a- a vehicle for us to express ourselves. And I think that's one of my goals, is just for all of us, for myself included. So I love sharing that.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p>	<p>Nicole Johnson</p> <p>Next, dLife's Jim Turner on what the average Joe really knows about the disease we know so well.</p>

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Nicole Johnson</b></p> <p><b>Lower Third:</b></p> <p><b>NICOLE JOHNSON</b>  <b>Diabetes Since 1993</b></p>	<p>Nicole Johnson</p> <p>Those of us living with diabetes had to absorb an awful lot of information after we were diagnosed. And sometimes, we forget there's a lot of misinformation still out there. Here's Jim Turner.</p>
	<p><b>Shot of finger prick</b></p> <p><b>Jim Turner</b></p> <p><b>Photo of Halle Berry</b></p> <p><b>Illustration of Halley Berry changing from type 1 to type 2</b></p>	<p>Jim Turner</p> <p>I have type 1 diabetes, and so does movie star Halle Berry. And recently, she was quoted as saying that she had cured herself of her type 1 diabetes, that she had weaned herself off of insulin, and now had type 2 diabetes.</p>
	<p><b>Jim Turner</b></p> <p><b>Lower Third:</b></p> <p><b>JIM TURNER</b>  <b>Film &amp; TV Actor, Diabetes Since 1970</b></p>	<p>Jim Turner</p> <p>Well, I- I didn't need to call an expert to know that Halle was mistaken. But it got me to thinking about all the misconceptions that people have about our disease.</p>
	<p><b>Photo of Halley Berry</b></p> <p><b>Jim Turner</b></p>	<p>Jim Turner</p> <p>I mean if Halle Berry, Academy Award winner, millionaire, and diabetic doesn't understand such a fundamental reality, what does the rest of the world really know?</p>
	<p><b>Close up -- Man 1 (in sunglasses)</b></p>	<p>Man 1</p> <p>Diabetes is uh.. a disease. Uh... more than an allergy, but it's a disease of the blood, is it not?</p>
	<p><b>Close up -- Woman 1 (blond)</b></p>	<p>Woman 1</p> <p>You shouldn't have too much sugar when you're diabetic, because like the-- you're-- you don't have in-- enough insulin to like digest it, I think is what it is. &lt;chuckles&gt;</p>

TIMECODE	VISUALS	AUDIO
	<b>Man 2 (in DC shirt)</b>	Man 2  I think my grandmother has it. She always pricks her finger every time I'm around her and tests her blood. I think she has diabetes, yeah.
	<b>Man 3 (in Santa Suit)</b>	Man 3  Mrs. Claus has diabetes.
		Interviewer  And do you know if she has type 1 or type 2?
		Man 3  She has type 2.
		Interviewer  And do you know the difference?
		Man 3  Not really.
	<b>Man 4 (in hat) with Man 5 (with curly hair)</b>	Interviewer  What kind of stuff should you eat if you're diabetic?
		Man 4  Uh...
		Man 5  Not- not candy.
	<b>Woman 2 (with pink hair)</b>	Woman 2  Candy. You shouldn't eat candy.

TIMECODE	VISUALS	AUDIO
	<b>Woman 3 (in green) with Woman 4 (in white)</b>	Interviewer And do you know if it's curable?
		Woman 3 Yes.
		Woman 4 No.
	<b>Woman 5 (with small dog)</b>	Woman 5 Mm, I think there's research.
		Interviewer Mm-hm.
		Woman 5 It might be, but we're not mass media broadcasting it.
	<b>Man 6 (wearing hat and sunglasses)</b>	Man 6 I think there's a cure for- cure for anything. 'Cause it's uh.. really in your mind.
	<b>Man 7 (Asian man)</b>	Man 7 There is no cure for diabetics, that's for sure. Because I'm an insurance agent as well.
	<b>Man 8 (wearing baseball cap)</b>	Man 8 It's actually a Chinese herbal mixture that will cure diabetes. But I'm pretty sure it's only type 1.

TIMECODE	VISUALS	AUDIO
	<p><b>Jim Turner</b></p>	<p>Jim Turner</p> <p>Well, diabetes is a confusing disease. And misinformation is everywhere. When I was first diagnosed, I thought that I would never, ever be able to eat sugar again. Well that was a very silly idea. As is the idea that you can change yourself from a type 1 into a type 2. Stay informed. Your life depends on it.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>FOR YOUR DIABETES LIFE!</b></p>	
	<p><b>Lower Third:</b>  <b>Watch dLifeTV on CNBC every</b>  <b>Sunday evening</b></p> <p><b>Lower Third:</b>  <b>To order a copy of any dLifeTV</b>  <b>episode, visit</b>  <b>dLife.com/orderdLifeTV.</b></p>	<p>Nicole Johnson</p> <p>Thanks Jim. That's all the time we have. We'll be back again next week with another edition of dLifeTV, to inform, inspire, and connect, for a healthy diabetes life.</p>
	<p><b>Center:</b></p> <p><b>dLife is produced by LifeMed</b>  <b>Media and does not represent the</b>  <b>views or opinions of CNBC, Inc.</b></p>	
	<p><b>Credits roll</b></p>	
	<p><b>Nicole Johnson (Inset)</b></p>	<p>Nicole Johnson</p> <p>Remember, we're not role models; we're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different and you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it.</p>