

TIMECODE	VISUALS	AUDIO
	dLife Intro	<p>VO</p> <p>dLife TV, 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>Woman on stretcher under white sheets with nose tubes</p> <p>Woman opening refrigerator door</p> <p>Giving injection</p>	<p>Nicole Johnson Voice Over</p> <p>Today on dLife, the nightmare of diabulimia. Young women who stop staking the insulin they need in order to lose weight.</p>
	dLife logo	
	<p>People sitting on sofas in circle</p> <p style="text-align: center;">dLife logo</p> <p>Chef in kitchen</p> <p>Close up of bowl of chili</p>	<p>Also a dLife roundtable. Teenagers talk about the challenge of living with diabetes. And Chef Michel Nischan cooks up low carb chili in our dLife kitchen.</p>
	<p>Nicole in studio</p> <p>Lower third:</p> <p style="text-align: center;">Nicole Johnson Diabetes Since 1993, Miss America 1999</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Our country is obsessed with weight loss and diets. Just think of the products and false solutions found in supermarkets, on magazine racks, and in bookstores. Unfortunately for some, one way works all too well if you have diabetes and you are willing to risk your life.</p>
	dLife logo	
	Woman walking in rain	<p>Jennie Bluth</p> <p>I feel like a 90-year-old woman inside a 27-year old person.</p>

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	<p>Photo of teens in gym</p>	<p>Nicole Johnson Voice Over</p> <p>Jennie Bluth grew up in Orange County California.</p>
	<p>Interview with Jennie Bluth</p> <p>Lower third:</p> <p>Jennie Bluth Diabetes Since 1997</p>	<p>Jennie Bluth</p> <p>Coming from California, I was raised you have to be thin and tiny petite.</p>
	<p>Holding syringe</p> <p>Photograph of Jennie holding baby</p> <p>Lower third:</p> <p>Jennie with her niece in 2003</p>	<p>Nicole Johnson Voice Over</p> <p>She was stunned when she was diagnosed with diabetes at age 17. Jennie had to take insulin but was thrilled by the weight loss that accompanied the diagnosis.</p>
	<p>Interview with Jennie Bluth</p>	<p>Jennie Bluth</p> <p>When I lost the 40 pounds I thought I looked awesome. I thought I looked great.</p>
	<p>Jennie Bluth sitting reading book</p> <p>Vial of Novolin laying on table</p> <p>Jennie at table preparing medications</p>	<p>Nicole Johnson Voice Over</p> <p>Then a nurse mentioned that some girls dangerously skip their insulin shots to stay thin. Also called diabulimia, insulin manipulation can be very dangerous.</p>
	<p>Interview with Jennie Bluth</p>	<p>Jennie Bluth</p> <p>That stuck in my mind as a 17-year-old, well, that's a great diet plan. So about two weeks after I got out of the hospital I started not taking my insulin so I could stay skinny.</p>
	<p>Photo of Jenny Bluth holding baby</p> <p>Interview with Patricia Colton</p> <p>Lower third:</p> <p>Patricia Colton, MD Psychiatrist, Toronto General Hospital</p>	<p>Patricia Colton</p> <p>Insulin manipulation is a practice that some people with diabetes use in order to lose weight. And the way it works is that by missing an insulin dose or by taking less then their body actually needs, their blood sugar level goes way up and they start to lose</p>

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	<p>Giving insulin shot</p> <p>Back to interview with Patricia Colton</p> <p>Photograph of Jennie Bluth by rocks</p>	<p>uh.. sugar in the urine and can lose a lot of calories quite rapidly that way.</p>
	<p>Jennie leaving house</p>	<p>Nicole Johnson Voice Over</p> <p>Jennie's dangerous behavior caught up with her.</p>
	<p>Interview with Jenny Bluth</p> <p>Photograph of Jennie laying on blue stretcher, covered in white sheets with tubes up nose</p>	<p>Jennie Bluth</p> <p>Two years ago I was getting ready for work and I hadn't felt well all weekend and I actually passed out and went into diabetic coma. And my parents were notified that they needed to come and say goodbye to me because I was not supposed to make it.</p>
	<p>Jenny sitting at table checking blood levels</p>	<p>Nicole Johnson Voice Over</p> <p>Jennie survived but couldn't stop her destructive behavior.</p>
	<p>Interview with Jennie Bluth</p> <p>Photographs of Jennie with friends</p>	<p>Jennie Bluth</p> <p>I was back on track after the coma for probably about two months and then my natural weight came back on and I- I couldn't face it. And so I started taking away my insulin shots slowly and to the point where I stopped taking them again for months at a time.</p>
	<p>Interview with Patricia Colton</p> <p>Young girl sitting at edge of bed</p> <p>Young black girl at cafeteria</p> <p>Prepackaged fruits in fridge</p>	<p>Patricia Colton</p> <p>Individuals with diabetes may not actually be on a diet. However, they're asked from a young age to pay a lot of attention to what they eat. So we think that some of the attention to food and to calories and to carbohydrates that uhm.. is part of diabetes management probably makes these people a little bit more vulnerable to de- developing eating</p>

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	<p>Interview of Patricia Colton</p> <p>Lower third:</p> <p>Patricia Colton, MD Asst. Prof. Of Psychiatry, U. of Toronto</p>	<p>problems.</p>
	<p>Woman walking down path</p> <p>High school graduation photograph</p> <p>Prom photo of Christel Marchand</p>	<p>Nicole Johnson Voice Over</p> <p>Others are luckier. Christel Marchand was 12 years old when she was diagnosed with diabetes. She struggled with her weight all through high school. At 4 foot 11 inches she was forced to buy a size 14 dress for her senior prom.</p>
	<p>Interview with Christel Marchand</p> <p>Lower third:</p> <p>Christel Marchand Diabetes Since 1983</p> <p>Christel's prom photo</p>	<p>Christel Marchand</p> <p>I wanted to be proud of the fact that I was going to prom. I thought I looked beautiful. My parents told me I looked beautiful. My date told me I looked beautiful but I didn't really feel beautiful inside. So when I look back on the pictures now I see a very unhappy girl.</p>
	<p>Photos of Christel</p>	<p>Nicole Johnson Voice Over</p> <p>Christel occasional skipped insulin shots in her teen years. Finally, one summer in college she managed to slim down with diet and exercise. But with the stress of returning to school the weight returned and she started skipping her shots regularly.</p>
	<p>More photographs of Christel and friends</p>	<p>Christel Marchand</p> <p>I felt horrible all the time but I looked great.</p>
		<p>Nicole Johnson Voice Over</p> <p>Unlike Jennie, she managed to hide her problem well.</p>
	<p>Interview with Christel Marchand</p> <p>Photo of Christel with fountain in</p>	<p>Christel Marchand</p> <p>I did not test my blood sugar regularly. I did not keep a log. I faked a log when I would go to see the</p>

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	<p>background</p> <p>Back to interview with Christel Marchand</p>	<p>doctor I lied to my doctors. I lied to my family. I lied to my friends all for the sake of a dress size.</p>
	<p>People walking on street</p> <p>Interview with Patricia Colton</p> <p>Blood glucose monitor</p>	<p>Patricia Colton</p> <p>A lot of individuals with eating disorders are quite secretive about the disorder. Some of the warning signs that someone may be struggling with an eating disorder include worsening blood sugar control and we sometimes see that that actually gets worse as we're trying to help.</p>
	<p>Christel walking outside</p> <p>Interview with Christel Marchand</p>	<p>Christel Marchand</p> <p>I got caught when I was sitting in the doctor's office. After looking at my fake logs, and after looking at a series of tests, she point blank asked me how long had I been skipping shots.</p>
	<p>Christel working at computer</p>	<p>Nicole Johnson Voice Over</p> <p>It took six months of intensive one on one counseling and group therapy to get Christel back on track.</p>
	<p>People sitting around large table</p> <p>Checking blood sugar levels</p> <p>Interview with Patricia Colton</p>	<p>Patricia Colton</p> <p>Support and treatment are really crucial in helping an individual to recover from an eating disorder. It's really important that your diabetes team is working hand in hand with the mental health professionals who are uh.. helping you.</p>
	<p>Jennie Bluth in kitchen opening refrigerator</p>	<p>Nicole Johnson Voice Over</p> <p>Jennie also had to face her problem. The years of insulin abuse resulted in nerve damage in her legs, gastrointestinal and eye problems, and a heart murmur. She finally took a drastic step.</p>
	<p>Jennie testing blood levels</p>	<p>Jennie Bluth</p>

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	Interview with Jennie Bluth	In order for me to get out of the cycle of not taking my insulin, I decided to pack up and move to Utah. Get away from Orange County, get away from the image.
	Jennie walking down corridor Jennie checking blood levels Photograph of Jennie and her family	Nicole Johnson Voice Over Away from her stressful life in Southern California, Jennie now has a good job, supportive friends and has greatly tightened her diabetes control. Also in Utah her family has rallied to her side.
	Interview with Jennie Bluth Photos of Jennie on stretcher Back to interview with Jennie	Jennie Bluth I feel extremely guilty that my family has to face every day not knowing if I'm gonna be alive. They struggle with, you know, if I don't pick up my phone, is she dead or are we gonna wake up to Jennie dead on the bed or passing out in a car crashing.
	Christel walking hand in hand with man	Nicole Johnson Voice Over The struggle may get easier but it never ends.
	Interview with Christel Marchand Christel and man walking Christel walking in park Interview with Christel	Christel Marchand I still look in the mirror almost 15 years later and I still feel fat. I don't see myself as 107 pounds, I see myself as 135. But that is not unique to somebody who's a diabetic. It's important for me to feel good and healthy which does make a difference long term with the diabetes and long term with how I feel about how I look.
	dLife logo	
	Nicole Johnson in studio Lower third:	Nicole Johnson For more on diabulimia, go to dLife.com/eatingdisorders . Next on dLife, we gather together a group of teenagers with diabetes for a

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	<p>www.dLife.com/eatingdisorders</p> <p>Video of teenager roundtable</p>	<p>candid discussion of how they cope or don't cope with their disease.</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Being a teenager is awkward and an intense time of life. The challenges are doubled if you're a teenager and you're living with diabetes. dLife founder, Howard Steinberg, visited with a group of teens to talk diabetes reality.</p>
	<p>dLife logo</p>	
	<p>Howard Steinberg at roundtable</p> <p>Lower third:</p> <p>Howard Steinberg dLife Founder, Diabetes Since 1969</p> <p>Camera zooms into teen wearing glasses</p> <p>Lower third:</p> <p>Jose Diabetes Since 2001</p> <p>Boy sitting next to girl on sofa</p> <p>Lower third:</p> <p>Daniel Diabetes Since 2005</p> <p>Shots of teens listening to others at roundtable</p>	<p>Howard Steinberg: I never shared my diabetes. I kept it a real secret uhm.. for uh.. a long time even as I became an adult. How do you guys feel about telling people?</p> <p>Jose: Ever since I was diagnosed I've always told everyone just because I don't wanna uhm.. ever get in that kind of situation where like if I get low, like oh my God this kid's gonna have a seizure like...</p> <p>Daniel: Yeah, I tell all my friends. They're uh.. always really supportive too if uh.. they- they kind of know a lot about the disease. It's no problem telling anyone.</p>
	<p>Close up of Howard Steinberg</p> <p>Daniel sitting between two girls on sofa</p>	<p>Howard Steinberg: Parents, they could be a big pain in the neck uh.. and be on you all the time about your diabetes. Kaci, how about for you? Your- your parents uh.. bug you a lot?</p>

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	<p>Lower third:</p> <p>Kaci Diabetes Since 2007</p>	<p>Kaci: My last endocrinologist appointment my dad took me. Usually my mom takes me. And my dad realized how much like he didn't know about it. So like every like five minutes now he'll like call me if I'm out with my friends and- to make sure I like take my insulin and stuff. It gets kind of annoying.</p>
	<p>Close up of Howard</p> <p>Daniel sitting with Kaci and Emily</p> <p>Jose listening to Daniel nodding head</p> <p>Daniel sitting between two girls on sofa</p>	<p>Howard Steinberg: Do you think there's more pressure on- on you guys being- having diabetes, you know, just makes life a little more challenging?</p> <p>Daniel: You know, I've never had that one day where it's just been awful. Like I can't- I'm fed up with this, I can't do it. Uhm.. you just take it one day at a time. You're like we all just checked our blood sugar. I mean that wasn't so hard, you can do that again and again. But if you look down the road and say I'm gonna have this for another 40, 50 years potentially then, you know, that's when it gets hard. But if you just take it one day or one blood sugar bolus at a time it's fine.</p>
	<p>Camera zooms around to Jose on other side</p>	<p>Jose: I feel like I have to get a better job so I can be able to pay for all my medical expenses. 'Cause uh.. Diabetes isn't really cheap 'cause I have to be able to support myself and do stuff on my own.</p>
	<p>Close up of Howard</p> <p>Dark haired boy sitting in chair</p> <p>Lower third:</p> <p>Zach Diabetes Since 2000</p> <p>Girl listening to Zach</p>	<p>Howard Steinberg: Do you ever think about that that, you know, you've gotta think about these things and your friends don't?</p> <p>Zach: With college and growing up uh.. you're going to be trying new things and like experimenting with new things and that makes me nervous 'cause like, you know, I'm not gonna be with people that I've known for all of my life. And with my health and my diabetes involved with that that makes me a bit nervous.</p>
	<p>Close up of blonde girl sitting next to Daniel on sofa</p>	<p>Emily: When I go surfing uhm.. if it's like a calm day and the waves aren't too big I'll just take my pump off for a while and just go out there. But on a big wave day if, you know, they're pretty big and it's</p>

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	<p>Lower third:</p> <p>Emily Diabetes Since 1999</p>	<p>rough out there you don't know like how much energy you need to get passed those breakers. And my blood sugar drops so I load up on carbs.</p>
	<p>Shot of teens sitting in chairs</p> <p>Close up of Howard talking to teens</p>	<p>Howard Steinberg: It's a lot to manage, a lot to deal with huh? Do you have any issues with uh.. just having to carry something around with you all the time?</p> <p>Daniel: I carry a lot of stuff. I stock my glucometer with glucose tabs, extra vial of test strips, syringes and novolog. Just always prepared.</p> <p>Howard Steinberg: Boy, you're like a diabetes boy scout, you come- you come prepared huh?</p> <p>Daniel: Yeah, one of the worst things with diabetes is just having to carry all this stuff. And so...</p>
	<p>Close up of girl in red sweater</p> <p>Lower third:</p> <p>Catherine Diabetes Since 2005</p>	<p>Howard Steinberg: I just wanna ask you guys, what-what is the thing you hate most about having diabetes if you- if there is something you hate most?</p> <p>Catherine: I have a couple things but like the concentration and the grades. Like it's hard, you know, 'cause some people are like, "Well why can't you take the test and why can't you, you know, just do this"?. And I'm like do you know like spazzy I get. Like it will take me like three hours to do like one page of a test if I actually have to take it if I'm low or high.</p>
	<p>Close up of Kaci talking, Daniel watching her</p>	<p>Kaci: The thing I hate most about diabetes is probably like when I'm out with my friends and I have to like stop to test myself or take my insulin or something. But that's the only that's annoyed me really badly so far.</p>
	<p>Teen sitting next to Howard</p> <p>Lower third:</p> <p>Dalton Diabetes Since 2003</p>	<p>Dalton: The thing I hate most about diabetes is the misunderstanding especially with teachers and even other students.</p> <p>Howard Steinberg: What would you tell someone who's just been diagnosed?</p>

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	<p>Close up of Emily</p> <p>Close up of Howard listening to Emily</p> <p>Back to close up of Emily</p>	<p>Emily: To not keep it a secret because that makes you more self conscious about yourself that you're hiding something. Like you're ashamed of getting this disease when, you know, you shouldn't be. And also because, you know, you'll constantly be having to hold that secret.</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>www.diabetesteentalk.com</p> <p>Close up of bowl of chili</p> <p>Chef cooking in kitchen</p>	<p>Nicole Johnson</p> <p>If you're a teenager struggling with diabetes issues, or you just wanna to talk to others who can relate, visit dLife's site just for you, teentalk.com. Up next, it's a popular dish in many households and Chef Michel Nischan is stirring up a version that's diabetes friendly.</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>Nicole Johnson Type 1 Diabetes</p>	<p>Nicole Johnson</p> <p>If you usually stay away from chili because it's loaded with carbohydrates, then Chef Michel Nischan has the perfect recipe for you.</p>
	<p>dLife logo</p>	
	<p>Chef in kitchen</p> <p>Lower third:</p> <p>Michel Nischan dLife Chef</p> <p>Close up of bowl of chili on counter</p> <p>Chef talking to camera</p>	<p>Chef Michel Nischan</p> <p>Hi, and welcome to dLife kitchen. I'm Michel Nischan and today we're gonna cook a healthy, hearty, low carb chili. Now what I dig about this recipe is that it's low in carbs but really high in protein. And whether you're living with diabetes or not, increasing your protein intake and decreasing carbohydrates is a great way to control blood sugar and watch your weight. Now let's get started.</p>

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	<p>Lower third:</p> <p>A high-protein diet may not be safe for everyone. Check with your doctor.</p>	
	<p>Chef picking up ingredients</p> <p>Lower third:</p> <p>A Misto is a non-aerosol pump spray you can fill with your favorite oil</p> <p>Adding ingredients to pan</p> <p>Adding ground beef to pan</p>	<p>Here I have some grapeseed oil in a Misto and I've preheated a pan over a medium fire just so everything's gonna cook evenly. Now, the things that give chili its best flavor are onions, peppers, garlic, mushrooms, vegetables. Any vegetable you like really. But what we wanna start with is just kind of sweating the vegetables in a sauté pan, just about a minute or so. Now the next step is to add the ground beef. Now we've chosen a lean ground beef because it's lower in fat. What you want is something with about maybe 20% fat. Now we've got the meat nicely browned, what we're gonna do is that good old trick of pouring some of the liquid off that contains most of the remaining fat.</p>
	<p>Pouring fat out of pan</p> <p>Lower third:</p> <p>Non-beef substitutes include tofu, beans, and ground turkey</p> <p>Stirring ingredients in pan</p> <p>Spices in bowls on counter</p> <p>Adding spices to chili</p>	<p>Now we don't wanna drain everything. Just by removing about two thirds of the juice we've probably removed now up to 90% of the fat between the choice that we made in the ground beef and just removing that little bit of liquid. We wanna leave some of those juices in there because they are tasty. Now we're gonna add some uh.. quartered mushrooms. And these can be fresh or canned and drained. The next step is adding some of these amazing spices. Here we have some cumin and cumin is a great spice. A lot of these spices come with a variety of health benefits. Cumin is high in iron, really good stuff. We have some cinnamon. Here we have some red pepper flakes, some really amazing all spice, and, of course, what's chili without chili powder.</p>
	<p>Chef stirring ingredients in pan</p> <p>Chef continues to add herbs to chili in pan</p>	<p>I'm gonna stir these in, let them toast a little bit in the pan. Coat the meat really nicely. Now this is really starting to smell chili-esque so to speak. Little bit of black pepper, little bit of sea salt and we're gonna add a couple of bay leaves. And these bay leaves are amazing because what they do is they kind of add this richer, deeper flavor to the chili. Now we're gonna take some tomato paste. We're</p>

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	Pouring water into pan	gonna stir the paste into the meat. And then we're gonna add some water.
	Chef stirring chili while talking to camera	And there you have it. You have the base for a really good chili. We're gonna stir this, let it come back to a simmer and then we're gonna cover and cook it for about three hours so all these flavors can develop. Some of the water can evaporate off. You're gonna have this nice rich chili with a great base sauce.
	Putting lid on pan Lifting lid off pan Chef ladling chili into bowl Lower third: To freeze, let chili cool completely and store in small portions	All right. Three hours later, look at that. Wow. Smells just amazing. So, here you have this amazing low carb, high protein chili. Perfect to serve hot or to freeze it and save it for a rainy day. What I like to do is just ladle it into a bowl, just like this.
	Mixing yogurt and green onions Left half: Low-Car Chili Per Serving: Calories: 283 Carbs: 9g Fiber: 3g Sodium: 598mg Saturated Fat: 7g Putting yogurt on top of chili	And then here we have a little bit of no fat yogurt, some uh.. green onions or scallions. I like to stir it in and then just do a little bit of a dollop on top. And when I cut the onions I love to save the ends because then you can just do really attractive little garnish like that.
	Close up of chili in bowl on counter with garnish Lower third: www.dLife.com/recipebox	So there's your high protein, low carb chili. For this recipe and many more like it, come visit us at dLife.com/recipebox . Thanks for joining us in the dLife kitchen. I'm Michel Nischan, see you next time.
	dLife logo	
	Nicole Johnson in studio	Nicole Johnson

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	<p>Video of Leave it to Beaver</p> <p>Man in blue shirt testing blood levels</p>	<p>Thanks Chef Nischan. Up next you may have grown up watching the Beaver learn important life lessons. These days Jerry Mather's lessons involve living with diabetes.</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>It's already been 50 years since a kid named Theodore Cleaver entertained Americans. Now Jerry Mathers, the actor who starred in the legendary sitcom Leave it to Beaver, is learning to live with type 2 diabetes. dLife caught up with him in Southern California.</p>
	<p>Video of Leave it to Beaver</p>	<p>Jerry Mathers Voice Over</p> <p>I'm Jerry Mathers and I was diagnosed about 11 years ago with type 2 diabetes.</p>
	<p>Interview with Jerry Mathers</p> <p>Lower third:</p> <p>Jerry Mathers Diabetes Since 1996</p> <p>Photograph of stars from Leave it to Beaver</p> <p>Black and white video showing doctor checking young boy</p> <p>Back to interview with Jerry Mathers</p>	<p>Jerry Mathers</p> <p>I had just finished doing the new Leave it to Beaver that went from 1982 to 1989 and I put on about 55 pounds. This friend of mine that's a doctor said you're almost 50, why don't you come in for your checkup. And I kept saying, I feel fine. She says no, you better come in. When I went in three days after my check up I was told that I had basically three to five years to- to live if I didn't do something about my diabetes.</p>
	<p>Video of Leave it to Beaver</p> <p>Back to interview with Jerry Mathers</p> <p>Video of show showing boy running through town</p>	<p>A lot of people say that the Beaver is very much like me. I always tell people the Beaver is very much like every American. In that time though kids were a lot more active. A lot of our children have become very sedentary. It's an epidemic. What the Beaver would do if he was told he had a life threatening disease that could be handled by testing, he would definitely start to do that.</p>

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	More video footage from Leave it to Beaver	
	Interview with Jerry Mathers Video footage of Leave it to Beaver Back to interview with Jerry Mathers Jerry at table testing blood sugar Close up of blood sugar testing monitor	Diabetes is not a death sentence. When you're diagnosed you have to start to treat it. The quicker you treat it and the more aggressively you treat it, the better off you'll be in the long run. It was a wake up call. It shook me to my very core. And I think that a lot of people with diabetes or that have been told that they have diabetes don't realize that it's a back ended disease. When somebody tells you you have it, you have to immediately start testing and finding out what your blood sugars are.
	Back to interview with Jerry More footage of Leave it to Beaver Back to interview with Jerry Photograph from Hairspray show Back to interview with Jerry	Just because you don't have any symptoms that doesn't mean that you're not very, very sick. I go all over the country lecturing about diabetes. A lot of people will say, "You know what, I'm going to start testing more regularly now." And that's what you really have to do if they know they have diabetes. Working on Broadway in Hairspray it's a very, very difficult role in that there are a lot of dance numbers so I would test before I went on and also sometimes at the intermission.
	Video of Jerry on stage in Hairspray	Jerry: Hiya ladies.
	Jerry walking along waterfront Photograph of Jerry waving Photograph of Jerry and his family Jerry walking outside Back to interview with Jerry	Jerry Mathers What I do right now and I've done it for the last 11 years is control my diabetes with diet and exercise. I was not conscious of my weight and what it was doing to me, now I get up and I walk about 2 hours every day and I find that that not only helps me control my weight but it also controls my blood sugars. Don't let diabetes control you, you must control it. And I took control of it and I'm beating it.
	dLife logo	
	Nicole Johnson in studio	Nicole Johnson

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	<p>Lower third:</p> <p>www.dLife.com/fame</p> <p>Inset of Jim Turner talking to camera</p>	<p>To learn more about other entertainers living with diabetes, visit dLife.com/fame. Still ahead, does diabetes cause arguments... with yourself?</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>Nicole Johnson Diabetes Since 1993</p>	<p>Nicole Johnson</p> <p>Yes, I will. No, I won't. Can I? Maybe? Since I've been living with diabetes I've had a lot of dialogues with...myself. So has Jim Turner.</p>
	<p>dLife logo</p>	
	<p>Jim Turner talking to camera</p> <p>Lower third:</p> <p>Jim Turner</p> <p>dLife Correspondent, Type 1 Diabetes</p>	<p>Jim Turner: Hi. I'm Jim Turner.</p> <p>Jim's Voice: Hey remember we're going on a hike today with Ted up in Griffith Park.</p> <p>Jim: Yeah. OK. Alright. OK.</p> <p>Jim's Voice: And Ted likes a really long hikes so we gotta plan for that. Alrighty?</p> <p>Jim: Hi there. I'm Jim Turner and one of the most annoying...</p> <p>Jim's Voice: I think you should eat something now to get ready. Your blood sugar was pretty low this morning.</p> <p>Jim: Umm hmm. OK. Yes. No, no it was 83.</p> <p>Jim's Voice: I think it was dropping.</p> <p>Jim: Yeah, it was trending up.</p> <p>Jim's Voice: No.</p> <p>Jim: It was not dropping.</p>

TIMECODE	VISUALS	AUDIO
		<p>Jim's Voice: I think it's dropping.</p> <p>Jim: No, I- I tested. I did not guess.</p> <p>Jim's Voice: I don't remember that.</p> <p>Jim: It was trending up.</p>
		<p>Jim's Voice: I think you should bring a lunch on the hike.</p> <p>Jim: Okay</p> <p>Jim's Voice: Don't forget your meter.</p> <p>Jim: All right.</p> <p>Jim's Voice: Check just to make sure you got your strips.</p> <p>Jim: And one of the most annoying things...</p> <p>Jim's Voice: No.</p> <p>Jim:... in my life...</p> <p>Jim's Voice: OK. Uh huh</p> <p>Jim:... is the constant internal dialogue with me.</p> <p>Jim's Voice: No.</p> <p>Jim: The person living with diabetes.</p>
	<p>Jim on small video screen on Jim's lap</p>	<p>Jim on screen: Ugh. Hey, how are ya? You should check your blood sugar right now.</p> <p>Jim: I'm not a doctor, but he is.</p> <p>Jim's Voice: Well I am like your doctor. Cause you don't see your doctor enough.</p> <p>Jim: Or thinks he is. He acts like one. Acts like a</p>

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		<p>nutritionist too.</p> <p>Jim's Voice: Yeah. Got that right.</p> <p>Jim: And a pharmacist.</p> <p>Jim's Voice: Bingo.</p> <p>Jim: And a training coach.</p> <p>Jim's Voice: And I am a trainer.</p> <p>Jim: And the questions...</p> <p>Jim's Voice: You're not listening.</p> <p>Jim: ...never, ever stop.</p>
	<p>Man knocking on door, Jim turns to look</p>	<p>Jim's Voice: The way you're acting now, I think you should check your blood sugar right now.</p> <p>Jim's Friend: Hey Jim, should we go on a hike?</p> <p>Jim's Voice: Is your blood sugar low right now?</p> <p>Jim to friend: Uh.. yeah sure.</p>
	<p>Jim opening fridge</p> <p>Jim on small screen</p> <p>Close up of Jim's face looking to refrigerator</p> <p>Jim on screen on refrigerator shelf</p> <p>Jim closing refrigerator door</p>	<p>Jim's voice: How much food should I bring? Oh boy, what did I do yesterday? I took- I played basketball for two hours. What should I- I should bring- I should probably bring like three or four sport drinks with me.</p> <p>Jim: I will take plenty of sport drinks. I'm taking some candy bars too.</p> <p>Jim's voice: Oh God, how many units of humalog did I take this morning? And how long's this hike gonna be? Twenty minutes? Thirty...</p>
	<p>Jim walks outside with friend</p>	<p>Jim: Sorry.</p> <p>Jim's Friend: What took so long?</p> <p>Jim: I just- there's a lot of stuff I gotta do before.....</p>

TIMECODE	VISUALS	AUDIO
		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.
	dLife	