

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Show opener GFX</p>	<p>Voice Over - Jim Turner</p> <p><i>dLife TV</i>, 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>Montage of upcoming segments</p>	<p>Voice Over - Nicole Johnson</p> <p>Today on dLife, people with diabetes have a higher incidence of thyroid disorders, which have critical health implications. We'll explain what your thyroid gland does and why it's linked to diabetes control. Also, today, kids share advice with other kids about living with diabetes. And for your recipe box, Chef Michel Nischan will be in the dLife kitchen making delicious low-carb fare.</p>
	<p>Nicole Johnson</p> <p>Lower Third:</p> <p>Nicole Johnson Diabetes Since 1998, Miss America 1999</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. We begin today with a focus on the thyroid gland. It's located in your neck and regulates your body's metabolism. People with diabetes are at a higher risk for thyroid disorders. dLife visited an endocrinologist to find out more.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Dr. Parks exams Kat Nikkel</p> <p>Lower third:</p> <p>Lee Parks, MD Director, Vanderbilt Thyroid Clinic</p>	<p>Lee Parks</p> <p>Let me just examine your thyroid. Let me get you to get a little sip and swallow for me. Thyroid disease is very common in both type 1 and type 2 diabetes, partly just because thyroid disease is very common. We're gonna wanna check your hemoglobin A1C today. We did your thyroid level. Uhm...</p>
		<p>Voice Over - Nicole Johnson</p> <p>Kat Nikkel has type 2 diabetes and hypothyroidism, which means her thyroid gland does not produce enough thyroid hormone</p>

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	<p>Dr. Lee sits and talks with Kat Nikkel</p>	<p>Lee Parks</p> <p>A classic hypothyroidism causes the gland to fail. Symptoms there would be fatigue, constipation and feeling cold uhm.. despite warmer temperatures. There are 1,400 other <chuckles> symptoms that will be associated with hypothyroidism.</p>
	<p>Kat Nikkel montage</p>	<p>Voice Over - Nicole Johnson</p> <p>There was a point in time where Kat decided to go against doctor's orders and stop taking her thyroid medication. Her thyroid levels plummeted.</p>
	<p>Kat Nikkel in doctor's office Lower third: Kat Nikkel Diabetes Since 2004</p>	<p>Kat Nikkel</p> <p>I had noticed my skin had started to get very dry. I began losing hair. And I went to see Dr. Parks.</p>
	<p>Dr. Parks in his office Animated upper body</p>	<p>Lee Parks</p> <p>Thyroid hormone, as it moves through our body, helps control the overall metabolic rate. It affects nearly every tissue in the body. The typical things that we would measure in the blood work to diagnose thyroid dysfunction, such as hypothyroidism or hyperthyroidism, is measuring TSH and a 3T4 as usually the initial testing. Uhm.. the TSH is the most common test and most sensitive, single blood test to diagnose thyroid dysfunction. It stands for Thyroid Stimulating Hormone.</p>
	<p>Dr. Parks exams Kat Nikkel</p>	<p>Kat Nikkel</p> <p>Sometimes I do get a little confused with the diabetes and the hypothyroidism because they do share some of the same symptoms, such as, uh.. feeling low and feeling fatigued and uh.. irritable.</p>
	<p>Montage of Kat Nikkel and Dr. Parks</p>	<p>Voice Over - Nicole Johnson</p> <p>This used to be treated by injected patients with the extract of a sheep thyroid. The treatment nowadays is far more effective.</p>
	<p>Dr. Parks in his office</p>	<p>Dr. Parks</p> <p>When the thyroid fails, it- it quits making thyroid</p>

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		hormone. We have thyroid hormone available in pill form that's identical to what the thyroid makes naturally. And it perfectly corrects the problem.
	<p>Kat Nikkel in doctor's office</p> <p>Lower third:</p> <p>Synthroid (levothyroxine) is a synthetic form of the thyroid hormone thyroxine, or T4</p>	<p>Kat Nikkel</p> <p>I treat my hypothyroidism uh.. by taking Synthroid once a day in the morning. I will have to be on Synthroid for the rest of my life unless I wanna stay in the bed for the rest of my life and lose my hair <laughs> and look like an alligator.</p>
	<p>Montage of Kat Nikkel</p>	<p>Voice Over - Nicole Johnson</p> <p>Accepting she had a problem was the first step. And now, Kat religiously takes her thyroid medication. But there are other components to taking care of yourself as she learned when her father become ill.</p>
	<p>Kat Nikkel in doctor's office</p>	<p>Kat Nikkel</p> <p>When I was going through the stress of my dad, I was so involved in taking care of him that I forgot to take care of me. He lived with us for a little over three years. And he passed away four years ago. And during that time, I gained 89 pounds. So basically I was just knocking on the diabetic door saying, "Hey, let me in."</p>
	<p>Montage of Kat Nikkel and Dr. Parks</p>	<p>Voice Over - Nicole Johnson</p> <p>Kat's thyroid does not produce enough hormone but there are others whose thyroid gland produces too much hormone. This is called hyperthyroidism.</p>
	<p>Dr. Parks in his office</p>	<p>Dr. Parks</p> <p>The classic symptoms for hyperthyroidism would be uhm.. sort of an accelerated metabolism. So we see people start to lose weight uhm.. despite eating the same diet and exercising the same, so an unexplained weight loss. And then also a tendency to feel very hot, sweaty. Heart race picks up to- to supply the extra oxygen needed and we see a uhm.. frequent attack acardia, so heart rate going well over 100, associated with palpitations or- or a sensation that the heart is flip-flopping and fluttering and those things. We'll see people have a very fine</p>

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		tremor in their hand uhm.. and more frequently have uh.. very frequent loss stools.
		Voice Over - Nicole Johnson Hyperthyroidism can be treated with surgery. But there is an easier treatment available.
	Animated upper body Dr. Parks in his office	Dr. Parks The most common treatment in the United States however would be radioactive iodine. It's a one-time capsule. It's taken by mouth. And- and it'll go to the thyroid uhm.. because the rest of the body ignores iodine and the rest of it just clears out of your body. And as it sits in the thyroid, it will damage the gland so that it won't work and bring those thyroid levels back down to normal. So most people become hypothyroid after treatment. But we can treat that so much more easily.
		Voice Over - Nicole Johnson Thyroid disease can be controlled but if ignored, it will cause havoc with your diabetes.
	Dr. Parks exams Kat Lower third: UNTREATED HYPOTHYROIDISM <ul style="list-style-type: none"> - Elevated Cholesterol Levels - Cardiovascular Dangers - Damaged Nerves - Dementia UNTREATED HYPERTHYROIDISM <ul style="list-style-type: none"> - Loss of Blood Sugar Control - Insulin Resistance The AADE recommends that people with Type 1 and Type 2 diabetes have thyroid function checked at diagnosis	Dr. Parks Significant hyperthyroidism tends to raise cholesterol, probably increases cardiovascular risks slightly. Significantly untreated hypothyroidism will tend to damage nerves and result in neuropathy, which is already a problem with diabetes. It can also be one of the causes of dementia and failure of- uhm.. of the brain to work normally. The biggest effect of thyroid disease on insulin requirements would be untreated hyperthyroidism. That will clearly tend to cause worsened hyperglycemia and loss of diabetic control. Hyperthyroidism will cause some insulin resistance and just see worsened control regardless of whether we're looking at type 1 or type 2 diabetes. To screen people with diabetes for thyroid dysfunction, the uhm.. American Diabetes Association recommends that we screen type 1 diabetics at the time of diagnosis and then every one to two years subsequently. There are not any current recommendations from the American

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		Diabetes Association to screen type 2 diabetics routinely.
	Montage of Kat Nikkel	Voice Over - Nicole Johnson Probably medicated and in control, Kat is managing both of her conditions much better.
		Kat Nikkel I am exercising. I am watching my diet. I had lost 48 of the 89 pounds that I had gained during the time that my father was with me. What people don't understand, the thyroid gland, it affects every-- everything in your body. It pretty much tells your body, "Hey, this is what you're gonna do." When you don't take the medication to correct it, you'll regret it.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: www.dLife.com/thyroid Clip from upcoming segment	Nicole Johnson To learn more about thyroid disorders and diabetes, visit dLife.com/thyroid . Up next, going through grade school and dealing with diabetes. But first, here's a good eating, good living food idea from Kraft.
	GFX Center dLife For Your Diabetes Life!	
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Nicole Johnson	Nicole Johnson Just as adults like to compare notes with others who have diabetes, kids do too. dLife listened as grade school kids in Fredericksburg, Virginia talked to each other about their dLives.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Lana King, RN, BSN, CDE Diabetes Educator	Lana King I just wanna welcome everybody to- uhm.. today. And uhm.. I'm glad you are all with me. And we're

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		gonna talk a little bit about your diabetes. Let me start with you, Jacob. What do you think the hardest thing-- part about dealing with diabetes is?
	<p>Lower third:</p> <p>Jacob Diabetes Since 2000, Age 11</p>	<p>Jacob</p> <p>Uhm.. not having the freedom that every other kid that wouldn't have-- would have that-- if they don't have diabetes. Like I just can't eat a meal. I have to check and do stuff. I can't leave for somewhere. I have to make sure I have all of my-- my meter and my pump and all that.</p>
		<p>Lana King</p> <p>What do you think the hardest thing is about diabetes?</p>
	<p>Lower Third:</p> <p>Julia Diabetes Since 2001, Age 8</p>	<p>Julia</p> <p>Well, like when people have candy like for Halloween or Christmas, I really want it. And like uhm.. like last week, I had a Brownie meeting. We were making cake and I sneaked a lot of icing and my blood sugar became 500.</p>
	Kids talk to Lana King	<p>Lana King</p> <p>Wow!</p>
		<p>Julia</p> <p>And 65.</p>
		<p>Lana King</p> <p>Wow! Tell me about sneaking. Was that-- how'd you feel when you did that?</p>
		<p>Julia</p> <p>I felt pretty sad because I was afraid I was gonna get in trouble. But my parents said, "Well, it's okay. You couldn't help it."</p>
		<p>Lana King</p> <p>Has anybody ever been embarrassed when they had diabetes?</p>

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	<p>Lower third:</p> <p>Henry Diabetes Since 2000, Age 7</p>	<p>Henry</p> <p>Like when we were at the water fountain, some people started asking me like, "Where did you get diabetes?" I'm like "I don't really know."</p>
		<p>Lana King</p> <p>Mm-mm and that was kind of embarrassing?</p>
		<p>Henry</p> <p>Yeah.</p>
	<p>Lower third:</p> <p>Kiki Diabetes Since 2000, Age 9</p>	<p>Kiki</p> <p>You don't have to worry about it because as long as you have diabetes and like nobody's picking on you or anything, it's alright.</p>
		<p>Lana King</p> <p>Mm-mm. Who checks their blood sugar at school? Everybody's hand better go up, huh? Okay. All right. Has anybody ever had a low blood sugar? Huh, most everybody. Okay. All right. Well, Taylor, tell me about your le-- last low blood sugar, one you remember.</p>
	<p>Lower third:</p> <p>Taylor Diabetes Since 1999, Age 8</p>	<p>Taylor</p> <p>Uhm.. once, uhm.. I was down in the basement watching TV and I was like just shaking. And I was calling my dad but he didn't come down. And then at one point, I'm like-- I feel asleep. And like 15 minutes later, he found me asleep. And uhm.. he checked my blood and I was like 40 somethin'. It's kinda scary.</p>
		<p>Lana King</p> <p>Yeah. I bet so. I bet so. Does anything make you angry about diabetes?</p>
		<p>Henry</p> <p>Yeah. Pretty much having 'em.</p>

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		Lana King Having diabetes all together?
		Henry Yeah.
		Lana King What bothers you, do you think, the most?
		Henry Pretty much high blood sugar.
		Lana King When your blood sugar's high, what are you- what are you thinking?
		Henry I'm mad.
		Lana King Okay.
		Taylor I'm mad when it's low because I don't like to eat in front of people. But I have to sometimes.
		Lana King Okay. Uhm.. everybody here-- let's see, everybody comes to support groups. Right?
		Henry Yes.
		Lana King Right? Okay. Why do you come to support group?
		Jacob Uhm.. 'cause other kids that have diabetes are here and they have to go through the same thing I do. And it's nice to meet kids that have to do that.
		Lana King

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		You feel good when you're around other people that have diabetes. So you don't feel alone, huh?
		Julia Like left out.
		Lana King Left out. Okay. Henry.
		Henry I just come for the fun.
		<laughter> Julia <boy> the way you're saying that, it's funny.
		Lana King All right. So if you could change one thing about diabetes, what would it be?
		Julia I wish like one day like uhm.. we would have a meeting and then like if Santa said we'd have a cure and then-- I would wonder if it tasted gross or not <laughs>.
		Henry Uhm.. I kind of wish Santa knew how to like just fix it in like a touch.
		Lana King You know what? Me too. Me too.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: www.dLife.com/kids Clip from upcoming segment	Nicole Johnson This support group has been meeting since they were in kindergarten. Do you have a child with diabetes? Visit dLife.com/kids for tips and family support. When we come back, Chef Michel Nischan is cooking in the dLife kitchen.

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	<p>Lower third:</p> <p>Michel Nischan dLife Chef</p> <p>Lower third:</p> <p>One serving contains 6 grams of protein</p>	<p>Michel Nischan</p> <p>Hi, I'm Chef Michel Nischan and welcome to the dLife kitchen. Now, today we're gonna make a delicious home style barbecue beef brisket with a southwestern flare. Now, what I love about this dish is that it's really tasty, full of nutrients and really great to serve if you have a large group or it's a holiday because you can get up to 12 servings from this one five pound brisket.</p>
	<p>Michel Nischan works with beef brisket</p>	<p>Michel Nischan</p> <p>Now another thing that I love about brisket or beef in general is that it's a natural source of Vitamin B12, which is an essential vitamin that's really difficult to get from anything other than red meat. So good stuff. What I love to do is uhm.. just kinda trim off any excess fat because we're gonna use the marinade as a sauce. And if you get a lot of fat in the marinade when you're cooking it, you have to skim it off at the end. So let's just start by trimming it, which is what I do here.</p>
	<p>Michel Nischan prepares marinade</p>	<p>Chef Michel Nischan</p> <p>Now, for the marinade, what I like to do is use some local honey. And I love working with local honey because it's a now processed sweetener. It's not a refined sugar. And it also adds just a little bit of extra flavor. I really love it. Now, here we have a little bit of vinegar. And any vinegar, you know, malt vinegar, cider vinegar would be delicious and some light soy sauce. Uhm.. when you get a little bit of that good soy protein but you also get that kind of fermented flavor that as it marinates and cooks, makes for a great sauce. Here we have a little bit of already sliced roasted garlic, about three</p>

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		tablespoons. Love garlic.
	<p>Lower third:</p> <p>To roast garlic, bake peeled cloves for 30 minutes at 350 degrees F.</p>	<p>Michel Nischan</p> <p>And here we have chipotle peppers. And I love using chipotle peppers. They're smoke jalapeños and uh.. you can get 'em canned. And then we have some nice diced tomatoes. Now you can use fresh tomatoes in season or canned tomatoes out of season. Tomatoes are really high in lycopene, which has been thought to help prevent heart disease and certain types of cancer. And you actually get more lycopene in cooked or canned tomatoes than you do in raw. But these are gonna cook. So this is perfectly fine.</p>
	<p>Michel Nischan works with marinate and beef</p>	<p>Michel Nischan</p> <p>Combine the ingredients for the marinade just like this and then we're gonna pour it over the brisket. And you can let this marinate anywhere from six hours to overnight. So now we're gonna place this in a preheated 300 degree oven and let it cook for about five to six hours or just until that brisket starts to beautifully fall apart.</p>
	<p>Lower third:</p> <p>Barbecue Beef Brisket</p> <p>Makes 12 servings</p> <p>Per serving* -- Calories: 371 Carbs: 8g Fiber: 1g Saturated fat: 6g Sodium: 565mg</p> <p>*Includes marinade, most of which is discarded</p>	<p>Michel Nischan</p> <p>It's been about five and a half hours and wow, look at that. That is beautiful brisket. And as you can see the uh.. marinade's really kind of simmered down a little bit, dehydrated, and just left you with this really kind of really great glaze. And this is how you know your brisket is done. You can just flake a piece off. You can really treat this almost like pulled pork... on a sandwich, on a salad, with some really great vegetable sides. This is amazing stuff. What I like to do is just put it on- on the table in the pan that you cooked it in and just sprinkle it with a little bit of fresh cilantro. And I love fresh, chopped cilantro 'cause it kind of brings that whole southwestern flavor home. Now, if you're not a cilantro fan, that's fine because you can use freshly chopped parsley, chives, whatever your favorite herb is. But look at this, this is a beautiful, low-carb, super-nutritious</p>

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		meal that's really easy to make, makes your house smell fabulous.
	Michel Nischan in dLife kitchen Lower third: www.dLife.com/recipebox	Michel Nischan Now, for this recipe and other great tips on managing your diabetes or your health in general, visit the website at dLife.com/recipebox. I'm Michel Nischan and thanks for joining us in the dLife kitchen.
	GFX Center dLife For Your Diabetes Life!	
	Clip of upcoming segment	Voice Over - Nicole Johnson When dLife continues...
		Jessica Parker It's frustrating because I'm their child. They see me as a- a child and not a medical professional.
	GFX Center dLife For Your Diabetes Life!	
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		Voice Over - Nicole Johnson Not only do parents serve as caregivers but many children do for their parents. And it's never easy even for health care professionals.
	Lower third: Jessica Parker Caregiver of Parents	Jessica Parker My name is Jessica Parker. Both my parents are diabetic. Once I became a nurse, I became more aware of the repercussions of not taking care of yourself when you're diabetic. Hey, Mom.
	Jessica visits her parents' house	Janet McCrary Hey, Jess.

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		Jessica Parker Hey Daddy. It's frustrating because I'm their child. They see me as a- a child and not a medical professional.
		Janet McCrary What are you doin'?
	Lower third: Dan McCrary Diabetes Since 2006	Dan McCrary She'll come charging in the house. The first place she goes is to the cupboard. What do you got in here? What are you eatin'?
		Jessica Parker What are these granola bars, Dad? There-- cookies and cream? Chocolate chip?
		Dan McCrary Dad, what are you doing with this?
	Lower third: Janet McCrary Diabetes Since 1978	Janet McCrary Sometimes you get resentful. You wanna grab that piece of ice cream cake and- and she's right there on top of you, you know.
		Jessica Parker No matter how many times you tell them, they don't- they don't wanna hear what I have to say because I'm their daughter.
		Dan McCrary Jess, I've been in the hospital for five days. I can have a peanut butter and jelly sandwich.
	Jessica talks with her Dad in living room	Jessica Parker <chuckles> You had your kidney removed, Dad, and now you have to really watch your sugars. With my Dad, who just had his kidney removed, you know, I explained to him that one of the complications of diabetes is kidney failure. So now, with only one kidney, he really has to keep his sugar under control. <checking meter> 162.

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		<p>Janet McCrary</p> <p>You know, I think that's the result of two snack packs of Crunchy Cheetos.</p>
		<p>Jessica Parker</p> <p>Ah.. you had Crunchy Cheetos too, Dad?</p>
		<p>Dan McCrary</p> <p>Yeah, but...</p>
		<p>Jessica Parker</p> <p>But what?</p>
		<p>Dan McCrary</p> <p>These ain't have sugar in 'em.</p>
		<p>Jessica Parker</p> <p>They have carbs. They-- sugar's not the only thing that brings up your blood sugar.</p>
		<p>Dan McCrary</p> <p>Nobody put me on a carb diet.</p>
		<p>Jessica Parker</p> <p>My best friend, she's been diabetic since she was 6 years old. Sometimes I'm like you need to call Mom, you need to call Dad. Tell them that I'm not crazy. Dad, I'm a trained medical professional. I know what I'm talking about.</p>
		<p>Dan McCrary</p> <p>Yeah. I'm Dad.</p>
		<p>Jessica Parker</p> <p>I know, you're Dad. Nurses are their own worst enemies 'cause you do know too much. I think that's the hardest part is actually seeing the repercussions of not taking care of diabetes and then seeing your beautiful, young parents. And it just-- it hurts my heart to know that that could possibly be my mom and dad one day. And I- I don't want it to be. So I think that's the biggest stress.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	

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	Clip of upcoming segment	Voice Over - Nicole Johnson Next on dLife, we'll spend a few minutes with our own Jim Turner.
	GFX Center dLife For Your Diabetes Life!	
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	Lower third: Nicole Johnson Diabetes Since 1993	Nicole Johnson Ever hear a family member or a friend butt in about your diabetes whether you like it or not? Jim Turner's heard that.
	Lower Third: Jim Turner Film & TV Actor, Diabetes Since 1970	Jim Turner Now, let me just say that working together is the key. <chuckles> Hi, I'm Jim Turner and I should probably explain these. <holds up handcuffed hands> These are courtesy of the diabetes police.
	Friends and family police Jim Turner's actions	W1 Yeah, see, you're putting on too much weight. <look back and woman is in police uniform> When you put on weight, your control always suffers. You know that. You should exercise more.
		W2 You really shouldn't be eating that.
		Jim Turner Huh?
		W2 <look back and woman is in police uniform>You know, you can cure diabetes by eating a diet of broccoli and cinnamon. You should be eating more of those.
		M1 Jim, I really don't see you testing enough.
		Jim Turner Huh?

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		M1 <look back and man is in police uniform>You should test more.
		M2 Uh, uh, uh.
		Jim Turner What?
		M2 <look back and man is in police uniform>People with diabetes can't eat cake.
		Jim Turner Really?
		M2 Okay, that does it. You don't have a right to fend for yourself. You do not have the right to manage your own diabetes.
	Jim Turner holds meeting with family and friends	Jim Turner Okay, okay, okay! We gotta talk about this. I really, really appreciate all that you've been doing to help me with my diabetes management. And your intentions are good but it's really not helping. So I've kind of laid down the law, four laws, uh.. to be exact. Number one, we will be honest with each other. I won't cheat and you won't critique. Okay? Number two, if there's a problem, be part of the solution. Maybe make me a meal-- a healthy meal and have me over for dinner sometime. Number three, learn more about the disease. Come to a doctor's appointment with me or read a book or go to a website, go to dLife.com. And I'm gonna take a cold, hard look at what it is that I'm doing. And Number four, please, never ever use these words, "you can't," "you shouldn't," "you better," or "uh, uh, uh." So we're all agreed then? I'm gonna make every attempt to deal with my diabetes in a more careful manner and you're gonna do your best to support me, not police me. Okay? I think working together is

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		the key. <holds up handcuffed wrists> I think working together is the key.
		M2 It's true
		Jim Turner Right. The key?
	M2 listens to message on phone and walks away	M2 Oh! The key, yes. Let's see. <gets cell phone> Oh, I have a message. Hold on.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Watch dLifeTV on CNBC every Sunday evening	Nicole Johnson That's all the time we have. We'll be back again next week with another edition of <i>dLifeTV</i> , to inform, inspire and connect for a healthy diabetes life.
	Center: dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.	
	Credits roll	
	Nicole Johnson (Inset)	Nicole Johnson 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.
	GFX dLife	