

VISUALS

AUDIO

	<p>Center:</p> <p>This program contains graphic images that may be disturbing for young children and other viewers. Parental discretion is advised.</p>	<p>Announcer</p> <p>This program contains graphic images that may be disturbing for young children and other viewers. Parental discretion is advised.</p>
	<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, we'll go beneath the surface of diabetes skin care. Also, a doctor who has diabetes himself talks about the importance of keeping up with new medical technology. And Chef Michel Nischan has his apron on, ready to mix together tasty low carb fares in the dLife kitchen.</p>
	<p>Lower Third:</p> <p>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. As you may remember from middle school health class, your skin is the largest organ in your body and it needs particular attention if you're a person with diabetes.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Montage of Stephanie Ramsey</p>	<p>Stephanie Ramsey</p> <p>My name is Stephanie Ramsey. I am 38 years old.</p>
		<p>Voice Over - Nicole Johnson</p> <p>After returning home from a holiday in the Caribbean, Stephanie noticed a dark spot on her foot.</p>
	<p>Lower third:</p> <p>Stephanie Ramsey</p>	<p>Stephanie Ramsey</p>

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	Diabetes Since 1977	I had assumed that it was something that I'd done while I was on vacation. It took approximately I guess six months for me to finally get to a dermatologist to have it looked at. And there was really nothing they did about it.
		Voice Over - Nicole Johnson More months went by, then years and the lesion gradually expanded. Much worse, new lesions began appearing elsewhere on her body. Finally, Stephanie was referred to Dr. Serge Jabbour, an endocrinologist in Philadelphia.
	Dr. Jabbour and Stephanie Ramsey in exam room	Serge Jabbour Stephanie, how are you? How you been?
		Stephanie Ramsey Good, thank you.
	Lower third: Serge A. Jabbour, MD Endocrinologist Thomas Jefferson Hospital	Serge Jabbour I noticed that she had multiple skin lesions. And no one had ever told her before what those skin lesions were.
	Lower third: "NLD" Necrobiosis Lipoidica Diabeticorum	Serge Jabbour I sent her to see one of my colleagues and he did a biopsy, which showed that it was NLD, which is a specific skin lesion, which happens in people who have type 1 diabetes. And in fact, this lesion happens when women who have type 1 diabetes in their 30's, 40's or 50's. And the skin lesion starts usually as kind of oval shaped and violaceous color. And over time, the border will become a little bit redder, maybe brownish. And the treatment is steroids.
	Lower third: WARNING: The use of steroids can raise blood sugar levels. Talk with your doctor about what's right for you	Serge Jabbour The problem is if you give systemic steroids, that can lead to higher sugars. It can lead to bone disease, osteoporosis. It can lead to weight gain. So we try to avoid systemic steroids unless the skin lesions are big and the patient is bothered by the appearance of it.

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	Montage of diabetes patients' lesions	<p>Voice Over - Nicole Johnson</p> <p>The connection between diabetes and skin lesions is significant. Approximately 30 percent of people with diabetes will experience some form of skin lesion over the course of their illness.</p>
		<p>Serge Jabbour</p> <p>That may result from either bad hypoglycemic control, the high sugars can lead to those complications, or the skin lesions, in fact, can result from just having diabetes itself.</p>
		<p>Voice Over - Nicole Johnson</p> <p>In fact, skin lesions are a complication of diabetes just like neuropathy or eye issues. Like other complications, the best way to avoid them is simply getting blood sugars under tight control.</p>
		<p>Serge Jabbour</p> <p>When it comes to NLD, which is the lesions seen in people who have type 1, there's no solid link between high sugars and the skin lesion.</p>
	<p>Lower third:</p> <p>Acanthosis Nigricans - associated predominately with Type 2</p>	<p>Serge Jabbour</p> <p>When we talk about Acnathosis Nigricans, which is probably the commonest lesion we see in people who have Type 2 diabetes, it will result most of the time from weight gain.</p>
		<p>Voice Over - Nicole Johnson</p> <p>Dr. Jabbour is an endocrinologist, but most patients with skin lesions go to see dermatologists. Dr. Miguel Sanchez is a dermatology specialist at Bellevue Hospital.</p>
	<p>Dr. Miguel Sanchez and Judith Ponce in exam room</p> <p>Lower third:</p> <p>Judith Ponce Type 2 Diabetes</p>	<p>Miguel Sanchez</p> <p>Hello, how are you doing today?</p>
		<p>Judith Ponce</p> <p>Hi.</p>

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	<p>Lower third:</p> <p>Dr. Miguel Sanchez, MD Dermatologist, Bellevue Hospital, NY</p>	<p>Miguel Sanchez</p> <p>Good. I'm going to exam your back. So we end up diagnosing people with diabetes several times a year.</p>
	<p>Lower third:</p> <p>Acanthosis Nigricans - associated predominately with Type 2</p>	<p>Miguel Sanchez</p> <p>One of these things that we're seeing very, very commonly is the Acanthosis Nigricans. Predominantly, you'll see it in type 2 lesions, especially as people gain weight. Brownish, velvety changes on the skin, on the neck. You can tell the person is overweight, uh.. which most of the patients with uh.. this problem are.</p>
	<p>Dr. Miguel Sanchez exams Judith Ponce</p>	<p>Miguel Sanchez</p> <p>The skin on your back is very, very hard and very, very thick.</p>
	<p>Montage of doctors and patients</p>	<p>Voice Over - Nicole Johnson</p> <p>There are a number of skin conditions that type 2 patients are more susceptible to and often there is a direct connection with being overweight.</p>
	<p>Lower third:</p> <p>Candida - Associated predominately with Type 2</p>	<p>Miguel Sanchez</p> <p>People with type 2 Diabetes are prone to skin infections because they're often overweight. For instance, Candida. Candida will be sort of reddish plaques and they often have whitish, yellow exudate. Uh.. the skin starts peeling superficially.</p>
	<p>Lower third:</p> <p>Scleredema - Associated predominately with Type 2</p>	<p>Miguel Sanchez</p> <p>You see thick skin in patients with diabetes. And Scleredema. And not only see back and shoulders are thick but in the areas that mixed in towards the arms as well.</p>
		<p>Voice Over - Nicole Johnson</p> <p>And when it comes to treatment, the options are as varied as the skin lesions themselves.</p>
	<p>Miguel Sanchez in office and exams Judith Ponce</p>	<p>Miguel Sanchez</p> <p>The infectious diseases in diabetes are usually easy to treat and uh.. they can go away. They may recur uh.. if it-- if the patient has to lose weight. {To</p>

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		patient} And are you making some efforts to lose a little weight?
		Judith Ponce Oh, yeah.
		Miguel Sanchez That's great 'cause you're gonna see as you lose weight, this will actually continue to clear up.
	Lower third: Never moisturize between toes or skin folds, as this can promote fungal infections	Voice Over - Nicole Johnson But first and foremost, may diabetic skin conditions can be improved and even prevented with tight blood sugar control. And good daily skin care, including moisturizing and self exams to check for any lesions or breaks in the skin will help stop problems before they start.
	Montage of patients receiving care for abrasions	Voice Over - Nicole Johnson Immediate treatment of abrasions to the skin is also critical. Without proper treatment, a break in the skin can develop into a diabetic ulcer, which requires appropriate wound care to prevent infection.
	Montage of doctors and patients	Voice Over - Nicole Johnson Diabetes and skin conditions are so strongly linked that dermatologists can find themselves diagnosing diabetes.
	Dr. Sanchez exams patient	Miguel Sanchez As for dermatologists when they're examining a patient, they exam sort of the entire skin not to neglect changes that might be early but very suggestive of dia- of diabetes.
	Dr. Jabbour exams Stephanie Ramsey	Voice Over - Nicole Johnson Dr. Sanchez and Dr. Jabbour are reminded daily of the connection between skin disease and diabetes. And for patients like Stephanie, a little bit of knowledge could go a long way.
	Montage of Dr. Jabbour and Stephanie Ramsey	Stephanie Ramsey What I've learned from Dr. Jabbour in regards to my skin lesions are that I really need to pay attention to

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		what's going on with my body. I believe the lesions are a very telltale sign to someone with either type 1 or type 2 diabetes. And it should be paid attention to.
	GFX Center dLife For Your Diabetes Life!	
	Clip from upcoming segment	Voice Over - Nicole Johnson Up next, a doctor with a special understanding of life with diabetes.
	GFX Center dLife For Your Diabetes Life!	
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Nicole Johnson	Nicole Johnson There have been many breakthroughs in the treatment of diabetes over the last few years. But surprisingly, not all doctors are up to date on what's available. One of the leaders in the field is Dr. Irl Hirsch, medical director of the University of Washington Diabetes Care Center. Dr. Hirsch has diabetes himself and knows first hand what a difference cutting edge technology can make.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Irl Hirsch, MD University of Washington	Irl Hirsch I've had type 1 diabetes since I was six. So I understand a lot of what these patients are thinking and going through.
	Lower third: Stephanie Westgor Type 1 Diabetes Since Age 11	Stephanie Westgor The first time Dr. Hirsch approached me about new technology, I was taking roughly six shots a day. And he approached me about going on an insulin pump.

		Irl Hirsch You've been on your pump how long? I don't remember.
		Stephanie Westgor Uh.. about five years now.
	Lower third: Pumps replace injections by regularly administering small amounts of insulin	Irl Hirsch Like most people when they get good training and they're motivated, they do very well on an insulin pump.
		Stephanie Westgor It's made a huge difference in the way that I'm controlling my blood sugars.
		Irl Hirsch Could you imagine going back to shots now?
		Stephanie Westgor No. No. It's making such a difference in how I feel, just in my overall health.
		Irl Hirsch If you have a patient like Stephanie who's willing to do the finger stick glucose testing, who understands how to match insulin with food, they do great with this technology.
	Lower third: The latest advancement in diabetes management is continuous glucose monitoring Lower third: Continuous glucose monitoring can be used to manage Types 1 and 2	Stephanie Westgor Along with the insulin pump, they started developing technology that I can actually upload all my blood sugars. It'll register when I've had insulin, how much insulin, into the computer. And then Dr. Hirsch can look at those charts whenever he wants to pull that information up.
		Irl Hirsch I just took a quick look at your download. Let me show you what I'm seeing
		Stephanie Westgor Okay.

		<p>Irl Hirsch</p> <p>You had a couple of nights where you spiked and I'll show you those nights. But for the most part, this is absolutely amazing. The higher the highs and the lower the lows in any given patient, the greater the risk we believe of complications from diabetes. You were low here at midnight. I don't know if you were asleep yet and you obviously ate. You got an alarm. You went back to sleep and your blood sugar started going up.</p>
		<p>Stephanie Westgor</p> <p>Whatever is uploaded off my insulin pump, he's gonna see it.</p>
		<p>Irl Hirsch</p> <p>I don't know if you remember this, this was April 7th. Do you remember what you ate here?</p>
		<p>Stephanie Westgor</p> <p>And I have to be honest with him and tell him, "Okay, yeah, I- I had a bowl of ice cream last night."</p>
		<p>Irl Hirsch</p> <p>We would show her where the problems were. We would show her where she was doing well.</p>
		<p>Stephanie Westgor</p> <p>I'm looking at the charts and getting the feedback from Dr. Hirsch, I start making changes in how I'm controlling what I'm eating, the amount of insulin, when I'm taking the insulin.</p>
	Irl Hirsch and Stephanie Westgor talk in exam room	<p>Irl Hirsch</p> <p>Why when you wear the sensor, do you have better blood sugars?</p>
		<p>Stephanie Westgor</p> <p>Because I pay attention to it more.</p>
		<p>Irl Hirsch</p> <p>That's right.</p>

		Stephanie Westgor The days that I don't wear the sensor, I feel lost.
		Irl Hirsch I think the sensor has taught you how to take better care of your diabetes. Would you agree with that?
		Stephanie Westgor Yeah. Absolutely.
		Irl Hirsch Your blood pressure was good. Your- your cholesterol is good. I mean everything- everything else looks great.
		Stephanie Westgor That's great. Good news. I am so blessed and so lucky to have him as my doctor. I consider him my friend.
		Irl Hirsch Go celebrate with uh.. a glass of wine tonight. She'll take the technology as far as it will let her. She did that with the pump and now she's doing that with the continuous sensor.
		Stephanie Westgor I know that I have better tools. I have better understanding. I've got a wealth of knowledge in Dr. Hirsch. And I can go to him anytime that I want.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: www.dLife.com/techupdate	Nicole Johnson For more on new diabetes technology, visit dLife.com/techupdate . Chef Michel Nischan is in the dLife kitchen when we come back.
	GFX Center dLife For Your Diabetes Life!	

	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Michel Nischan dLife Chef</p> <p>Lower third:</p> <p>One slice contains 6 grams of carbs</p>	<p>Michel Nischan</p> <p>Hi and welcome to the dLife kitchen. I'm Michel Nischan and today we're gonna make a sugar free dessert, a really great one, sugar free cheesecake. Now, for those of us living with diabetes, we have to worry about sugar and carbohydrates in general. But not with this one because no sugar, very, very low on carbs and delicious. So this is great whether you're living with diabetes or not.</p>
	<p>Mischel Nischan prepares batter</p>	<p>Michel Nischan</p> <p>So let's get started. First, we're gonna make a really nice sponge with some uh.. egg whites here. Just a couple of twists from the salt mill and then we're gonna beat these egg whites until they achieve a stiff peak.</p>
	<p>Lower third:</p> <p>"Sponge" refers to an absorbent "dough" to which remaining ingredients are added</p>	<p>Michel Nischan</p> <p>Now we're gonna transfer these into another mixing bowl 'cause we're gonna do the second part of our sponge. Wipe the bowl out. Now, in the bowl we're gonna put some uh.. baking Splenda. So we take this uh.. Splenda for baking and the egg yolks. We start at a low speed and then we speed it up a little bit and we beat the two of these together until they cream. So we're gonna thin it with just a little bit of a lemon juice first. And then we're going to add a little bit of this cheese just a bit at a time.</p>
	<p>Lower third:</p> <p>You can use cream cheese or ricotta cheese</p>	<p>Michel Nischan</p> <p>You wanna beat it until it's nearly smooth before you add more cheese. There we go. And now we can actually turn the speed of the mixer up and then beat it until it's nice, smooth and fluffy. And that is where we need to be.</p>

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	<p>Michel Nischan stirs batter and prepares to bake it</p>	<p>Michel Nischan</p> <p>And then we're gonna just take a little bit of the lightened sponge, a bit at a time and basically pull the egg whites up through the sponge-- the heavier sponge so that we continue to lighten it. You don't want all of the egg whites perfectly incorporated, just like this. That's how it should look. Now, here I have a spring form pan and I'm just gonna line it lightly with a little bit of grape seed oil. And we're just gonna let the batter kind of fall into the pan. Instead of using a spatula to spread it around, I just give it a little bit of a shake. Now, we're gonna take this into a 400 degree oven. And we're gonna bake it for 10 minutes at 400 degrees. After 10 minutes, we're gonna turn the oven down to 300 degrees, let it bake another 40 minutes, turn the oven off and then let the cake stand at least one hour in the oven so that it cools very slowly. This prevents those really deep cracks from forming in the cheesecake.</p>
	<p>Michel Nischan removes cheesecake from oven</p>	<p>Michel Nischan</p> <p>This is what it looks like when it's finished. This one's been baked properly. And- and you can see it has just a few cracks in the top and that's okay. Now, I believe somebody invented toppings just to take care of the cracks in the top of cheesecake. And uh.. this is a good one. Here we have just some really good quality sour cream and then I'm gonna add the sugar-free sweetener. And here I'm using a little bit of vanilla extract, beat it until it's nice and smooth and we're ready to go. I'm just gonna scoop some on top just like this.</p>
	<p>Left half of screen:</p> <p>SUGAR-FREE CHEESECAKE</p> <p>Makes 12 servings</p> <p>Per serving -- Calories: 170 Carbs: 8g Fiber: 2g Saturated fat: 8g Sodium: 45mg</p>	<p>Michel Nischan</p> <p>And I'm gonna use an icing knife to just kind of spread it around. As you can see, I have magically engineered the amount of the uh.. sour cream to fit perfectly into the indentation in the top of the cheesecake. This is really an amazing low carb, sugar-free cheesecake. And I think it's gonna be quite tasty. I'm gonna go eat it right now.</p>
	<p>Lower third:</p> <p>www.dLife.com/recipebox</p>	<p>Michel Nischan</p> <p>For this recipe and other great tips, visit us at the website at dLife.com/recipebox. I'm Michel Nischan. Thanks for joining us in the dLife kitchen.</p>

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	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Clip of upcoming segment</p>	<p>Voice Over - Nicole Johnson</p> <p>Up next, brothers with diabetes and their different approaches to management.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Brothers, Shane and Dave Henninger, share a lot in common, including diabetes. While visiting with them in Waterloo, Iowa, we discovered that their disease may be the same, but their diabetes management is as different as night and day.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Montage of Shane and David Henninger</p>	<p>David Henninger</p> <p>I'm David.</p>
		<p>Shane Henninger</p> <p>And I'm Shane.</p>
		<p>David Henninger</p> <p>And we're type 1 diabetics. We're both-- we're brothers. [to child] Play on the horsey?</p>
		<p>Shane Henninger</p> <p>My brother is good with me as far as family. And he treats his family good. And that's what's most important to me out of anybody. I- I guess I've never really seen a wild side to him.</p>
		<p>David Henninger</p> <p>[to child] Is it a good day to swing?</p>
	<p>Lower third:</p>	<p>Shane Henninger</p>

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	<p>Shane Henninger (Age 43) Diabetes Since 1974</p>	<p>He's dependable. If he tells you he's gonna do somethin', he'll do it. Uhm.. I don't know what else to say.</p>
	<p>Lower third:</p> <p>David Henninger (Age 33) Diabetes Since 1996</p>	<p>David Henninger</p> <p>I think the way I would describe Shane is uh.. kind of the wild flower out there. Sometimes he'll have a little bit of a- abrasive of opinion or- or somethin' like that, you know.</p>
		<p>Shane Henninger</p> <p>How's this? My brother's a <bleep> hole, how's that huh? I hope you got one of them good pay-per-view channels.</p>
		<p>David Henninger</p> <p>Ready, Shane?</p>
		<p>Shane Henninger</p> <p>I was born ready.</p>
		<p>David Henninger</p> <p>I'm sure what similarities we would have other than the grand picture of we are both type 1 diabetics. You know, we've- we've both had to take shots and check blood sugars and things like that.</p>
		<p>Shane Henninger</p> <p>Well, the- the big difference there comes in to me is that I've had this since I was 9 or 10 years old. So I've had it a lot longer than him. And I went through my- my teenage years with diabetes where you're not thinking about the outcome. You're looking at oh, wow, you know, you don't-- you just don't think about it when you're that age.</p>
		<p>David Henninger</p> <p>I've never had a stage of denial. I- I guess for me it was just somethin' I- I knew I had. It was something I had to deal with. Uh.. there's no getting out of it. Denial isn't gonna fix it. So I- I guess I never had that. I think Shane's attitude towards his diabetes uh.. might be summed as just kind of laid back. Uhm.. and I think maybe that's to do with the fact that, you know, 25 years of- of doing shots and checking your fingers and things like that, probably- probably starts weighing on you and maybe makin'</p>

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		you tired of being a diabetic after a while.
		Shane Henninger I feel that it is a burden. And sometimes you just get the feeling like I'm-- it's not worth it.
		David Henninger I- I don't feel a sense of responsibility to look out for him. He's a big boy. He can handle himself. And uh.. the- the same with how he takes care of himself. If he takes great care or doesn't, whatever, that's- that's up to him. With whether or not, he could do better with the diabetes, I just would like to go on another 50 or 60 yearly uh.. fishing trips or whatever, you know, even though half the time he's driving me nuts and we're yelling at each other. [in different shot, to Shane] You wanna grab a dock or somethin' there?
		Shane Henninger Where you want me to grab onto? Why don't you push me up so I can reach the thing? [unclear]
		David Henninger That's my main thing, just make it a- a good, long life on it.
		Shane Henninger You can't get any better than the family. They're people you can always count and always- always know they're behind you. That's important.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: www.dLife.com/forum	Nicole Johnson Living with diabetes is a constant struggle. It's okay to seek out help if you or a loved one needs support. Visit the dLife community forum at dLife.com/forum. We'll be right back.
	GFX Center dLife For Your Diabetes Life!	

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	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Nicole Johnson Diabetes Since 1993</p>	<p>Nicole Johnson</p> <p>Want some straight talk on living the d Life, here's correspondent, Jim Turner.</p>
	<p>Lower third:</p> <p>Jim Turner dLife Correspondent, Diabetes Since 1970</p>	<p>Jim Turner</p> <p>One of my favorite diabetes stories from the last year was the story of Dmitri Young, a professional baseball player. It starts with a good guy at a bad place in his life. Dmitri was battling alcoholism and depression and got caught from the Detroit Tigers just before they went to the World Series.</p>
	<p>Baseball clips, newspaper clippings</p>	<p>Jim Turner</p> <p>And then as a topper, he was diagnosed with diabetes. But then, the story turned. Dmitri worked hard, got his diabetes under control, got himself back into shape and was invited to try out for the Washington Nationals. He made the team.</p>
	<p>Baseball clips</p>	<p>Announcer</p> <p>That ball is hit hard by Dmitri. Right field and it is gone off the top of the wall!</p>
		<p>Jim Turner</p> <p>He made the All-Star team. He was voted the National League Comeback Player of the Year. A happy ending. A diabetes success story. Now when someone who lives in the public spotlight and lives with diabetes succeeds, a part of me succeeds. It makes me feel like someone out there is fighting the good fight and winning. But this story is about what happens next.</p>
	<p>Dmitri Young sitting in his home</p>	<p>Jim Turner</p> <p>This last year, Dmitri showed up to spring training weighing almost 300 pounds. He lost his starting job. Now, I don't know the details but it sure seemed like his diabetes was out of control. As he said to dLife, "Diabetes is not easy." Diabetes is hard. Diabetes is relentless. And the minute you think you got it licked and go into your home run trot, it will knock you down.</p>

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	Jim Turner	<p>Jim Turner</p> <p>Now, this last year, I battled prostate cancer. And at first, my diabetes control was really good. After all, I've been living with this disease for 38 years. But then my teenage son started to rebel and act out and my control went completely out of whack. And the combination of the prostate cancer and a smart willful, stubborn teenager just threw everything completely out of whack. I had blood sugars veering sky high and then crashing to dangerous lows. My diabetes control was as bad as it's ever been. Diabetes is relentless. And the minute you take it for granted, it will make you pay.</p>
	Baseball clips	<p>Jim Turner</p> <p>And Dmitri's saga continues. He recovered enough to regain his starting position and then was put on the disabled list yet again to get control of his diabetes. As his general manager said, "We've got to get him back into first class physical shape, the same shape that he was in last year when he was the Comeback Player of the Year. Indeed, diabetes is not easy. Even for an athlete performing at the highest levels. And so the story goes. Dmitri, we're rootin' for you.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Watch dLifeTV on CNBC every Sunday evening</p>	<p>Nicole Johnson</p> <p>That's all the time we have. We'll be back again next week with another addition of <i>dLifeTV</i>, to inform, inspire and connect for a healthy diabetes life.</p>
	<p>Center:</p> <p>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</p>	
	Credits roll	
	Nicole Johnson (inset)	<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</p>

		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 Center dLife	