

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Show opener GFX</p>	<p>Nicole Johnson</p> <p>He's one of America's most trusted newsmen and political voices and now CBS' Bob Schieffer is telling us the way it is about his diabetes.</p>
	<p>Chef Michel Nischan</p>	<p>Chef Nischan</p> <p>I'll prepare a modern, healthy take on an Italian classic: chicken saltimbocca.</p>
	<p>Nicole Johnson</p> <p>Lower Third:</p> <p>Nicole Johnson Diabetes Since 1993, Miss America 1999</p>	<p>Nicole Johnson</p> <p>And Triabetes: how this special event spawned a new competition and a documentary.</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Each Sunday, CBS Newsman Bob Schieffer brings the nation's political elite to <i>Face The Nation</i>. Eight years ago, Bob came face to face with an unwanted guest: diabetes. Here's his story.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Montage of CBS news clips</p>	<p>Announcer</p> <p><i>Face The Nation</i> with CBS News Chief Washington Correspondent Bob Schieffer.</p>
	<p>Montage of clips of Bob Schieffer</p>	<p>Voice Over – Nicole Johnson</p> <p>Throughout his 40-year career as a network news anchor and reporter, Bob Schieffer has seen it all. He's covered the Vietnam War in the '60s, the Reagan years of the '80s, and the current housing and economic crisis. Diabetes was the furthest thing from his mind.</p>
	<p>Lower third:</p> <p>Bob Schieffer Host, CBS News' "Face The</p>	<p>Bob Schieffer</p> <p>When I was growing up we had what was— we now</p>

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	Nation”	call Type I. We called it juvenile diabetes in those days and you never— it never dawned on you that if you didn’t have it as a juvenile that uh.. you might actually get a form of diabetes as- as you grew older. And so, I was. I was very shocked to learn that. I knew nothing about the disease. And uhm.. so uh.. you know uh.. when I found out I had it uh.. I was obviously not very happy about that.
	Montage of news shows	Voice Over - Nicole Johnson For six years, Schieffer took medication to control his diabetes, but two years ago his doctor told him it was time for insulin. That was news he didn’t want to hear.
		Bob Schieffer He said, “I think it’s time to start thinking about insulin.” And I’d always resisted that, mainly because I was just scared of needles I guess. And uh.. so I agreed to do it and it really had a dramatic impact. At that point, my uh.. uh.. blood sugar was running uh.. you know getting close to 200, 180, something like that. It immediately uh.. went down to uh.. under 100 and that’s- that’s sort of been my goal. It now runs uh.. 80 to 90, sometimes on a good day in the 70s, but it did have an amazing uh.. impact. Now I still take several drugs to go along with that but, you know, I think I was so fearful of just the needles and what I came to understand was that uh.. you don’t feel the needles anymore.
	Montage of news clips	Voice Over – Nicole Johnson Schieffer knows how critical it is to accept and take control of your condition.
		Bob Schieffer There’s nothing to be afraid of and there’s certainly nothing to be ashamed of. I think a lot of times uh.. as someone who’s had bladder cancer, for example, uh.. we’re embarrassed to talk about our illnesses, but it’s just important uh.. when you have a disease, find out as much about it as you can. Uh.. take control of it. Nobody is as interested in your disease as you are and you have to understand that uh.. from the get-go.

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	Montage of Bob Schieffer clips	<p>Voice Over – Nicole Johnson</p> <p>Schieffer did take control by focusing on the basics of diabetes management: diet, exercise, and the right medication.</p>
		<p>Bob Schieffer</p> <p>I have kind of an unusual thing. It's not all that scientific. Uh.. you know I kind of avoid white things. I try to stay with the low carb stuff as much as possible. I don't use any sugar uh.. at all uh.. but that's worked for me and it's kept the weight off uh.. with— combined with exercise and then uh.. by taking the insulin and several other drugs uh.. that's—that's kept the blood count to where my doctor wants it to be.</p>
	Clock counting down and news clips	<p>Voice Over – Bob Schieffer</p> <p>I have to follow a- a routine uh.. and I- I find that the more I stay on my routine uh.. the better my diabetes does. I mean if I don't get enough sleep especially, I can just watch it climb.</p>
	Montage of news clips	<p>Voice Over – Nicole Johnson</p> <p>But for a newsman, a routine can be hard, especially during this year's presidential inauguration.</p>
		<p>Bob Schieffer</p> <p>My blood sugar count went up and—but I- I just try to remember that that's going to happen every once in a while and- and so I don't try to obsess about it. I just try to get back on my routine uh.. as quickly as I can and when I do it seems to get it back under control. But uh.. there's no question that that does— that does have an impact.</p>
	Montage of news clips	<p>Voice Over – Nicole Johnson</p> <p>Diabetes has actually had a positive impact on Schieffer.</p>
	Montage of news clips	<p>Voice Over – Bob Schieffer</p> <p>I'm probably healthier and I eat healthier.</p> <p>On Camera – Bob Schieffer</p> <p>I follow a- a healthier lifestyle than I would uh.. had I not had it. Uhm.. I stopped drinking a long, long time ago just because I wanted to lose some weight which was probably the single best decision I ever</p>

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		made in my life except for stopping smoking, which is far and away the most important thing I ever did. I stopped both of those things a long, long time ago and I think had I not done that I think I'd probably be dead.
	Montage of news clips	Announcer And that's our broadcast. We'll be back right here next--
	Montage of news clips	Voice Over – Nicole Johnson Schieffer, who is also a cancer survivor, says he feels great and at 72 years old he has no plans of having any disease slow him down.
		Bob Schieffer I make no secret of it. I mean I- I try to talk about it uh.. when asked and- and when appropriate, but I'm also a cancer survivor, so I talk about that, but basically what I talk about is- is the necessity of going to the doctor on a regular basis. You just need to go every year. And then when your doctor tells you about these things, you act accordingly. Voice Over – Bob Schieffer There's nothing to be afraid of and there's certainly nothing to be ashamed of, but I think you have to be willing to talk about it, and be open about it, and to help people understand uh.. that there's nothing to be ashamed of if you have a disease.
	GFX Center dLife For Your Diabetes Life!	Nicole Johnson What other television personalities are living with diabetes? Visit dLife.com/fame to find out. Up next, what happens when you combine diabetes and a team of triathletes? A movie to see.
	GFX Center dLife For Your Diabetes Life!	Did you know? "An estimated 73% of adults with diabetes have high blood pressure."
	Jim Turner in studio Jim Turner Diabetes Since 1970	Jim Turner Welcome back to dLife. I'm Jim Turner. A mother, deeply involved in the diabetes world since her son was diagnosed at the age of three, combined diabetes with the grueling Iron Man competition to form Triabetes. Michelle Alswager

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		joins me now. Welcome to the show, Michelle.
		Michelle Alswager Thanks for having me.
	Jim Turner interviewing Michelle Alswager in studio	Jim Turner Was making the documentary always part of the plan?
	Michelle Alswager Exec. Producer, Triabetes Documentary Montage of athletes	Michelle Alswager It was the initial only plan actually but it's all we planned to do for triabetes and it just turned into this colossal uh.. bigger- bigger machine than we had ever expected. I mean, we thought 12 athletes with Type I diabetes was a lot to take on uhm.. but we figure by the end of 2009 there will be about 1,000 people, part of the Triabetes team, with diabetes doing triathlons across the world.
	Jim Turner interviewing Michelle Alswager	Jim Turner An Iron Man race is a 2.4 mile swim, 112 mile bike ride, and then a 26.2 mile run after that. But you didn't compete. Why was that?
		Michelle Alswager Yeah that was— that was the hardest decision throughout the whole process. I was really contemplating whether or not I should race or be on the ground trying to keep the film crews moving. I mean, we were covering 140.6 miles and 12 athletes trying to find out where they were at all times, getting the crews where they needed to be, so I really needed to be on the ground and making sure they all came safely across the finish line.
	Jim Turner interviewing Michelle Alswager	Jim Turner And describe to me the training process that someone goes through with diabetes and how different it is from someone who doesn't have diabetes.
		Michelle Alswager Well a lot of it is the same. Uhm.. I- I did train myself with other people with Type I diabetes and I

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		had to kind of take a step back because I did notice I was like overdoing my carb loads and, you know, doing things I didn't need to do. But, you know, they're doing a lot more management. I mean they're testing their blood sugar, you know, at least every 30 minutes on the bike and even if they're wearing a continuous glucose monitor you- you still see them testing and taking better care and managing on the course.
	Jim Turner interviewing Michelle Alswager	Jim Turner What was the best part of the whole process?
		Michelle Alswager Uh.. you know as sad as I was giving up my race number and not racing I- I was really sad to not be on the course.
	Montage of racers Peter Nerothin 8 years on insulin Brian Foster 28 years on insulin Steve Parker 11 months on insulin Larry Smith 47 years on insulin	Voice Over – Michelle Alswager To watch every single one of them cross the finish line—and I did get to see every single one—it was incredible to watch. I mean some of these people hadn't done any kind of exercise whatsoever before training for Iron Man.
	Jim Turner	Jim Turner Really?
	Montage of athletes Dave Shack 29 years on insulin Michelle Alswager in studio	Michelle Alswager Dave Shack, we call him the couch potato (he doesn't mind us calling him that) uhm.. he hadn't tested his blood sugar for five years and he had been diagnosed with diabetes at- at 2 years old and he's 30 years old and this changed his life completely. So to watch Dave Shack go from couch potato to an Iron Man athlete was incredibly inspiring to a lot of people and I guess that's probably the most pivotal thing for me.
	Jim Turner in studio	Jim Turner Well, thank you Michelle.
		Michelle Alswager Thank you.

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		<p>these chicken rolls on both sides, about, you know, two to three minutes on each side just until nicely golden brown. Then we're going to add a little bit of chicken stock and cook it in the oven. And we're going to cover this and then transfer it to a preheated 350 degree oven and cook it for about 12 to 15 minutes or until just cooked through. I can't wait.</p> <p>Now here we go. I believe these should just be perfectly cooked. You take them out of the pan. You remove the toothpicks.</p>
	<p>Chicken Saltimbocca</p> <p>Serving size: 1 breast & ½ cup squash</p> <p>Per serving – Calories: 214 Carbs: 12g Fiber: 3g Sodium: 269mg Saturated fat: 1g</p> <p>A half-cup of spaghetti squash contains just 5g of carbs.</p> <p>www.dLife.com/recipebox</p>	<p>Chef Michel Nischan</p> <p>And then we're just going to gingerly slice it. And I'm slicing on just a little bit of an angle because it really kind of shows the beauty of the mix between the herbs and the ham. And now to plate, we have the most important part of the base of the dish: spaghetti squash. You just cut it in half, roast it on a cookie tray for about 20 to 30 minutes until it's just soft all the way through. You take the seeds out first and then when you take it out of the oven you just take a fork and you flake it and you get this spaghetti-like inside, hence the name spaghetti squash.</p> <p>So we're going to take this wonderful spaghetti squash, which we've seasoned with just a little bit of salt and pepper, and then we're going to take our saltimbocca and then we have some really wonderful fresh tomato sauce and then I just kind of do a couple of little splashes of sauce across because you don't want to over cover the chicken. And I think if I'm not mistaken we have just a little bit of leftover herbs here and we're going to just sprinkle that on the top. These are chives. I love them for the oniony flavor. There you have it, our take on chicken saltimbocca. It's delicious. It's low carb. It's really, really good for you. Now for this recipe and other great tips on how to manage your diabetes visit us at the website at dLife.com/recipebox. I'm Michel Nischan. Thanks for joining me in the dLife kitchen.</p>
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	Nicole Johnson – Type I Diabetes	Nicole Johnson Looking to travel? It gets more and more difficult but dLife met Julie Buckley, a member of the American Airlines flight crew, who knows just what to do when it comes to traveling with diabetes.
	GFX Center dLife For Your Diabetes Life!	
	Julie Buckley clip	Voice Over - Nicole Johnson Julie Buckley has been a flight attendant for 22 years and she absolutely loves what she does.
	Julie Buckley	Julie Buckley I can't imagine doing anything else.
		Voice Over – Nicole Johnson So when Julie learned she had diabetes in the fall of 2007 at age 43, the diagnosis was more frightening than it would have been for most people because she feared she would never do this job again.
	Julie Buckley clip on airplane Julie Buckley Diabetes Since 2007	Julie Buckley I realized, you know, when I first started flying if you became diabetic, Type I, you were grounded permanently.
		Voice Over – Nicole Johnson After all, what airline wants a flight attendant who might suffer low blood sugar and pass out in flight? But Julie learned that times have changed for the better.
	Julie Buckley	Julie Buckley I made a couple calls, first to my union to find out from the health department what they said, and they said uhm.. that now you can fly as Type I if you can prove that you have good control and have been properly educated.
		Voice Over – Nicole Johnson But unlike most jobs, good control really meant exceptional control.

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		<p>Julie Buckley</p> <p>My job has a few things that most other jobs don't. If I get sick at work that would be at 40,000 feet and it's not like, oh, I'll just go home from work.</p>
	Julie Buckley clip	<p>Voice Over – Nicole Johnson</p> <p>Julie surprised herself and everyone else. Not only did she work hard and earn her wings back, but it took her only four months to do it.</p>
		<p>Julie Buckley</p> <p>I will freely admit I was stressed out about whether or not I was going to be able to make it back to work.</p>
	Clip of Julie Buckley	<p>Voice Over – Nicole Johnson</p> <p>When we met Julie, she was about to begin three strenuous days preparing food, maintaining safety onboard and keeping passengers happy. She would work seven flights from her home base in Baltimore to Puerto Rico, to Miami, around the Caribbean, and back home again. Her strict diabetes routine begins the day before, as it does for every trip. At the local supermarket she buys the right foods in just the right portion sizes.</p>
		<p>Julie Buckley</p> <p>I try to find apples that are just smaller than the length of my fingers. I have really long fingers because normally that will be a carb count of about 15 to 16 which is exactly where I want it.</p>
	Julie in supermarket	<p>Voice Over – Nicole Johnson</p> <p>Then she goes back home to sort and pack.</p>
	Julie Buckley at home	<p>Julie Buckley</p> <p>I'm going to be packing enough for the entire three days of three meals each day. I'm also going to be packing food in case we get stuck out due to weather or whatever. I'm going to be packing rescue foods and a treat and maybe a snack.</p>
	Julie Buckley at home	<p>Voice Over – Nicole Johnson</p> <p>All that flying also creates special insulin needs. In her travel bag, she carries vital supplies in duplicate, even triplicate.</p>
	Julie Buckley with supplies	<p>Julie Buckley</p> <p>I refill it before every trip.</p>

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		<p>Voice Over – Nicole Johnson And on the empty plane more than an hour before takeoff, Julie adjusts her pump.</p>
	<p>Julie Buckley with diabetes pump</p>	<p>Julie Buckley I'm reducing my insulin rate down to about 30 percent of what I normally get so that I don't go low with all the physical activity involved. Not only am I on my feet all day, but I have periods of what amounts to high intensity aerobics, running back and forth.</p>
	<p>Julie on airplane</p>	<p>Voice Over – Nicole Johnson After food service for her first class passengers is done, she goes to the galley and takes some precious time for herself. She pulls out one of her premeasured meals and makes sure to eat every bit of it. It's all part of making sure she keeps doing her job at a high level. While in-flight, to have a margin of safety she never lets her blood sugar get below 70, and she has glucose tablets at the ready if she starts to get close.</p>
	<p>Julie Buckley on airplane</p>	<p>Julie Buckley I have a little tube of glucose tablets.</p>
		<p>Voice Over – Nicole Johnson Since she's been back, low blood sugar has not impaired her performance even once. If it did, a plane full of passengers and ultimately her supervisors would surely know.</p>
	<p>Julie at home</p>	<p>Julie Buckley It is, I would think, likely that I would be grounded. Uhm.. I don't know if I would get another chance. I didn't ask the question mostly because I don't want to know.</p>
	<p>Airline on runway</p>	<p>Voice Over – Nicole Johnson American Airlines said she probably would be able to return but only after showing the cause of the impairment has been addressed and she's stable again, a process that could take longer than her original reinstatement did. But that's not an issue today, and when she gets off the plane it's a beautiful day in Puerto Rico. This sunny warm place and the diabetes control she's worked so hard</p>

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		to achieve have Julie feeling great.
	Julie on beach	Julie Buckley The longer I'm back the more confident I am. When I first came back, while I felt confident in how I— how I was overall, there was still the fear, well, what's it going to be like when I go on a trip? Now I've got so many months behind me, I have the confidence and I feel better all the time.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: www.dLife.com/travel	Nicole Johnson Thanks, Julie. Get the information you need to travel. Visit dLife.com/travel. Up next, what really scares Jim Turner about diabetes?
	GFX Center dLife For Your Diabetes Life!	
	Nicole Johnson Diabetes Since 1993	Nicole Johnson Fear is a common emotion when you live with diabetes. Our intrepid Jim Turner has more.
	Jim Jim Turner Diabetes Since 1970 Jim Diagnosed – age 17 type 1 diabetes	Jim Turner Hi, I'm Jim Turner and uh.. I'm here in Los Angeles with dLife and we're just talking to a bunch of people about what scares us about diabetes.
	Erica diagnosed age 12, type 1 diabetes	Erica I guess I have a bunch of nightmare like fear-type things. Uhm.. I've like suffered already some complications of diabetes uh.. in my eyesight, so that's like a really, really big fear of mine uhm.. because I have like a pretty difficult, really hard-to-manage diabetes. Uhm.. sometimes I can't sleep because I'm afraid like if I close my eyes that'll be the last time I can see or something. Uhm.. so that's a big fear that I have.

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	<p>John diagnosed - 2 months ago type 2 diabetes</p>	<p>John My grandmother had uh.. had diabetes and essentially she died from it. She had amputations and heart problems but she ended up losing one leg and then the other leg and spent the last five, six years of her life essentially immobilized and uh.. that is my big fear. That's what I left the doctor's office with uh.. that day.</p>
		<p>Jim Turner A fear of mine is not- not recognizing low blood sugars and uhm.. for years, you know, I recognized them. I would feel them and I'd feel them coming on. I would sweat and now I don't have that and it's that loss of control. That's really that's very scary for me.</p>
	<p>Trish – mother 4 year old daughter diagnosed type 1 diabetes 2 months ago</p>	<p>Trish It may be way too extreme. My husband— I haven't read too much about the lows but that uhm.. that she will go low in the middle of the night maybe and then by the time we find her in the morning it'll be too late. At first she sort of accepted it for the first couple weeks, but this past weekend it got really hard to give the shots, to give the pricks. Uhm.. she'd go into rages that I didn't think a four-and-a-half year old could go into, slamming the doors, yelling "Shut up" and she doesn't even know what "shut up" means. She had to ask me later what it means. So it's really hard. My main fear besides the lows is I want her to be able to accept what she has and I know that's going to take a while because she's young.</p>
	<p>Yoni diagnosed - age 18 type I diabetes</p>	<p>Yoni Post my diagnosis I found that like I've gone through sort of cycles where I was very, very healthy, sort of binge healthy, binge unhealthy, binge healthy, binge unhealthy. I'm like living a binge. That's the one thing that I am absolutely terrified of because there's so much in this world I want to do and there's so much in the world I think I'm going to do and if diabetes has anything to say about it that would be my worst fear.</p>

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	<p>Evie diagnosed – 2 weeks ago type 2 diabetes</p>	<p>Evie I'm a single mom and I have two little ones, a 7-year-old and a 9-year-old so it really scared me because I need to be alive for them. One time uhm.. my daughter just looked at me and goes, "Mom, why are you so mean at night? In the morning you're so loving and you're so beautiful, you're so nice." And I will feel so guilty about yelling at them or- or being angry at them.</p>
		<p>Jim Turner When you get your blood sugars under control I can guarantee you, you will still yell at your kids.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>www.dLife.com/community Watch dLifeTV on CNBC every Sunday evening.</p>	<p>Nicole Johnson Yes, diabetes can be scary but talking with others helps. Visit dLife.com/community to connect with others just like you. That's all for this edition of dLife. We'll be back again next week to inform, inspire, and connect for a healthy diabetes life. Thanks for watching.</p>
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