

TIMECODE	VISUALS	AUDIO
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p> <p><b>Play 190 DVD</b></p> <p><b>Show opener GFX</b></p>	
	<p><b>Nicole Johnson holding dog</b></p>	<p>Nicole Johnson</p> <p>Today on dLife, dogs and cats get diabetes, too. We'll meet a few.</p>
	<p><b>Chef Michel Nischan showing unusual vegetable</b></p>	<p>Chef Michel Nischan</p> <p>Do you recognize this vegetable? It's healthy, it's low carb, and oh, so flavorful. More later in the dLife kitchen.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
		<p>Jim Turner</p> <p>And I get an honest look at a guy with diabetes-- myself.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson holding dog</b></p> <p><b>Lower third:</b></p> <p><b>Nicole Johnson</b>  <b>Diabetes Since 1993,</b>  <b>Miss America 1999</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson; this is Chi-Chi. A recent study by American veterinarians found that 53 percent of dogs and 72 percent of cats are considered overweight or obese. And that puts them at risk for diabetes.</p>
	<p><b>Dog walking in vet's office</b></p>	<p>Veterinarian</p> <p>Come on, Maggie.</p>
	<p><b>Maggie sits on scale</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Three-year-old Maggie has been a part of Charlie</p>

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		Allen's family since she was a puppy. So when he noticed that she was losing weight and had no energy, he knew something was wrong.
	<b>Lower third:</b>  <b>Ann Hohenhaus, DVM Animal Medical Center, New York City</b>	Veterinarian  Maggie's a laborador retriever, uhm.. and she developed diabetes about six months ago.
	<b>Dr. Hohenhaus examining Maggie</b>	Charlie Allen  We brought her into the hospital and they asked if I wanted to run some extra tests just to make sure, rule a few things out. And uh.. they ran them and they started to figure out that she was diabetic. I didn't know dogs could be diabetic.
	<b>Montage of pets in veterinarian's office</b>	Voice Over - Ann Hohenhaus  Some owners know that there's something not right with their pet. They have to refill the water bowl more often. If the urine dries a little bit, they'll notice that the urine is very sticky on the floor where the pet has had an accident. You might also see uhm.. a pet who's losing weight, despite eating very well.
	<b>Dr. Hohenhaus examining Maggie</b>	Voice Over - Nichole Johnson  Since her diagnosis, Maggie has been through a lot, including frequent trips to the emergency room.
	<b>Lower third:</b>  <b>Charlie Allen Maggie's Owner</b>	Charlie Allen  She has uh.. sort of episodes where she is-- we'll be walking her and she will lose energy and stop moving and stop and she looks disoriented. And so you- we carry uh.. glucose gel to inject into her mouth and put on her gums. And that brings her back most of the time. But the other thing we had was she actually had a- a very big seizure a couple weeks ago and my wife was with her and it was very hard for my wife, because it's-- you know, you're looking at your dog thinking, "My dog is dying."
	<b>Demonstration of giving insulin</b>	Voice Over - Nicole Johnson  After some close calls, Maggie now receives insulin

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	<b>shots to Maggie</b>	shots twice a day. With her diabetes under control, Maggie is back to her old self.
	<b>Testing Maggie for blood sugar level</b>	<p>Charlie Allen</p> <p>In our case, a typical day is you- you get up in the morning. We test her first thing in the morning when we wake up to see what her blood sugar level is. We feed her and then walk her to work where we can test her urine on the way to work. If she's very high, we'll give her her shot and start the day that way. It's a lot to manage, but it's just-- we wouldn't consider not having her. It just wasn't one of the options.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
	<b>Nicole, Dr. Hohenhaus and others with dogs and cats</b>	<p>Nicole Johnson</p> <p>Joining me to talk about treating our pets as- if they do develop the disease is Dr. Ann Hohenhaus from the Animal Medical Center in New York City.</p>
		<p>Dr. Hohenhaus</p> <p>Hi, Nichole. How are you?</p>
		<p>Nichole Johnson</p> <p>Uh.. I am doing great. Now what are the signs and symptoms for our pets when they do develop the disease?</p>
	<p><b>Lower third:</b></p> <p><b>Ann Hohenhaus, DVM</b></p> <p><b>Animal Medical Center</b></p> <p><b>New York City</b></p>	<p>Dr. Hohenhaus</p> <p>Well, Ralph here, who's diabetic, has one of the signs of diabetes. And you can see he's kind of thin and boney over the back. So weight loss is a sign of diabetes in both dogs and cats. One sign that's unique to the cat is sometimes you'll see them walking on this part of their foot here. Uhm.. they'll be down in their back leg, like this. He's just being squirmy. And if your cat's walking down in its back leg, that's another unique cat sign of diabetes. Dogs and cats also will drink a lot of water and urinate a lot.</p>

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	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Okay.
		Dr. Hohenhaus Which owners might recognize as accidents in the house or a very wet litter box compared to normal.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Huh. Well then how is diabetes diagnosed in the animals?
		Dr. Hohenhaus Well, we do a blood test in our dog and cat patients to determine if their blood sugar is high. And we also can test their blood or their urine for ketones, just like a human diabetic would.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Well, how do these owners, when they have a pet that's diagnosed with diabetes, how do they treat the condition?
		Dr. Hohenhaus Some cats will respond to the oral anti-hyperglycemic agents, like glipizide. Uhm.. and so the cat can take a pill.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Uh-huh.
		Dr. Hohenhaus Uhm.. sometimes you can correct diabetes in a cat if you get it to lose weight, just like type 2 diabetes in adults. In dogs, if you have a female dog, she might develop diabetes when she's in heat.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Oh.
		Dr. Hohenhaus And so spaying her might help it. But the vast majority of dogs and cats ultimately need to be

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		managed with insulin treatments, insulin injections just like people with diabetes get, too.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson So how do owners test their blood sugar and then give them their medications?
		Dr. Hohenhaus Dogs and cats don't live nearly as long as people do and they don't develop the kidney and eye problems and the foot problems that our human diabetic patients do.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Uh-huh.
		Dr. Hohenhaus So we don't worry about as tight glucose control in our dogs and cats as you do in people with diabetes.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Okay.
		Dr. Hohenhaus So we do a very crude method of controlling their blood sugar. If the cats or dog is not drinking excessively and urinating excessively, and that's a good sign for us and we can monitor the glucose in their urine by urine dip sticks and that gives us a rough estimate of what the glucose is. And that's good enough for them.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson What is the normal range of blood glucose for these animals?
	<b>Lower third:  You can also test pets with a home blood glucose meter calibrated for animals.</b>	Dr. Hohenhaus The normal range of blood glucose is going to be about the same for people, somewhere around 70 to 120. But we don't try and keep it that low, because a little bit lower in an animal and then

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		they're having a hypoglycemic problem. And so it's better for our patients to be a little hyperglycemic becau-- rather than having a hypoglycemic attack, because they can't tell us--
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Right.
		Dr. Hohenhaus --that they're not feeling well and their blood sugar's low.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson Now how to people give their animals insulin injections?
	<b>Picture of insulin and syringe and demonstration of giving dog an insulin injection</b>	Dr. Hohenhaus We use the same syringes that human diabetics use. I tell my clients to put their hand on the back of their animal and that's the area where you want to give an insulin injection.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson That's got to be so difficult.
	<b>Lower third: For best results, give insulin injections at roughly the same time each day.</b>	Dr. Hohenhaus It's not. I had a diabetic cat for years. And I would put his breakfast down and when he was busy eating, I would sneak up, give him his insulin and move on to my next task of the day.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson What other advice do you have for owners?
		Dr. Hohenhaus When you have a diabetic pet, you have to be prepared to manage your life around the pet's needs a lot more than in- than a traditional or- or a healthy pet. So you have to be available to give that insulin injection twice a day at approximately 12 hour intervals and- and that puts a little bit of a restriction on your life. But that's what you need to

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		do to manage one of these pets.
	<b>Nicole Johnson interviewing Dr. Hohenhaus in studio</b>	Nicole Johnson And, of course, we all love our pets so much that that's not an imposition at all. Thank you so much, Dr. Hohenhaus.
		Dr. Hohenhaus You're welcome.
		Nichole Johnson And thank you for the folks from Bideawee for bringing these wonderful pets to join us here on the set.
	<b>Picture of laptop computer with <a href="http://www.dLife.com/pets">www.dLife.com/pets</a> on screen</b>	Voice Over - Nicole Johnson For more information and tips on diabetes and pets, visit <a href="http://dLife.com/pets">dLife.com/pets</a> .
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Man driving with simulation of effects of diabetes</b>	Voice Over - Nicole Johnson When we come back: driving with diabetes and the risks that are involved.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Lower third:</b>  <b>Nicole Johnson</b>	Nicole Johnson Welcome back to dLife. I'm Nicole Johnson. Getting in a car and driving to work is something most people do without thinking about it. But when you have diabetes, it's different. Usual precautions like buckling your seatbelt are not enough and it could mean the difference between life and death.
	<b>GFX Center</b>	

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	<b>dLife            For Your Diabetes Life!</b>	
	<b>Gregg Laskoski driving down the road</b>	Voice Over - Nichole Johnson  Gregg Laskoski drives 400 miles each week just commuting to and from his job at the AAA office in Tampa. On a sunny Florida afternoon in 2006, he almost didn't make it because of a severe low blood sugar episode he suffered on the Florida Suncoast Parkway.
	<b>Lower third:             Gregg Laskoski            Diabetes Since 1993</b>	Gregg Laskoski  A little more than halfway home, I became very disoriented. My- my blood sugar obviously had plummeted. Uh.. I was seeing double.
	<b>Simulation of Gregg driving down the highway</b>	Voice Over - Nichole Johnson  He only knows what happened next from what other people have told him, because he doesn't remember. His last memory is calling his wife, Maria, on his cell phone to tell her he was losing it.
	<b>Lower third:             Maria Laskoski            Gregg's wife</b>	Maria Laskoski  I realized that his blood sugar was low. So I kept talking to him to implore him to stop the car or try to look for something in the car that was sweet. But he really wasn't responding to that.
	<b>Simulation of Gregg exiting from the highway</b>	Voice Over - Nicole Johnson  While Maria was calling 9-1-1, Gregg was getting off the highway at an unfamiliar exit. Somehow he navigated through rush hour traffic.
	<b>Maria Laskoski speaking</b>	Maria Laskoski  My daughter stayed on the phone with him to try to keep him from going completely unconscious, kept talking, kept yelling.
	<b>Photo of Gregg Laskoski and his daughter, Lauren</b>	Voice Over - Nicole Johnson  That frightening conversation is news to Gregg.

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	<b>Gregg Laskoski speaking</b>	<p>Gregg Laskoski</p> <p>I have no recollection of- of talking to Lauren on the phone. Somehow I was able to get the car to come to a s- a halt. I remember the emergency uh.. response unit the- the medical folks giving me the- the tubes of- of glucose and- and taking that.</p>
	<p><b>Gregg Laskoski walking to his car</b></p> <p><b>Donna Koym playing with her dog</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Amazingly, Gregg survived the scare unhurt. Donna Koym was not so lucky. On a March day in 2000, she was busy running lunch hour errands in Katy, Texas, near Houston. Though she hadn't tested her blood glucose for at least four hours since before breakfast, she didn't test again.</p>
	<b>Donna Koym speaking</b>	<p>Donna Koym</p> <p>I thought I was still okay because I didn't have any symptoms.</p>
	<b>Simulation of Donna driving down the road</b>	<p>Voice Over - Nicole Johnson</p> <p>So she didn't even stop to eat. She just bought a sandwich and fries and kept on driving toward her next destination.</p>
		<p>Voice Over - Donna Koym</p> <p>I probably ate, you know, maybe half of it. But while I was driving, so I did not pull over and eat the lunch like I should have and waited for the blood sugars to come up.</p>
	<p><b>Lower third:</b></p> <p><b>Donna Koym</b></p> <p><b>Diabetes Since 1966</b></p>	<p>Donna Koym</p> <p>The road h- kind of has a curve and then a second curve. And I got the first one down pat, but the second one, my car didn't have auto pilot and it went straight and the cro- it went- the curve went to the left.</p>
	<b>Shot of cement culvert</b>	<p>Voice Over - Nicole Johnson</p> <p>She smashed into a cement culvert just like this one.</p>
	<b>Fire truck with sirens driving down</b>	<p>Donna Koym</p>

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	<b>the street</b>	The actual accident I don't remember. I remember waking up because there was a- a stranger in my car. And uh.. I asked him, you know, "Who are you?" And he said that he was a- a paramedic and they were working on getting me out of the vehicle.
	<b>Lower third:</b>  <b>Darren Koym Donna's Husband</b>	Darrin Koym  Well, the whole front end on the outside of the car was- was totally collapsed and pushed in. The uh.. the- the underneath the dash where your knees were were- was caved in from where her knees had made contact.
	<b>Donna playing with her dog</b>  <b>Pictures of Gregg and Donna</b>  <b>Donna testing her blood</b>	Voice Over - Nicole Johnson  Donna has recovered remarkably from devastating injuries, including a fractured left femur, the long bone in her upper leg, and her right hip that luckily she only cracked. So have Donna Koym and Gregg Laskowski learned from their experiences? You bet! They now know to test, test, test. Like the day we visited Donna when she discovered she was too low to drive.
	<b>Donna Koym speaking</b>	Donna Koym  I will not be the one driving 41. The keys would- would go to Darren.
	<b>Donna and her husband walking</b>  <b>Left Half:</b>  <b>Some other important tips for driving.</b>  <b>Always keep glucose tabs or another fast-acting carb on hand.</b>  <b>Manage meals properly with insulin and meds.</b>  <b>HIGH blood sugar is also a danger.</b>  <b>Test again.</b>	Voice Over - Nicole Johnson  Tight control will naturally help you avoid dangerous highs and lows while driving. Other important tips. Always keep glucose tabs or another fast-acting carbohydrate on hand for treating lows. Make sure to coordinate your meals, your insulin, and your medications. You don't want to take insulin or other meds before driving and then assume you'll eat on the way in the car. Remember, high blood sugar is also a danger while driving. And if you're driving for a long time or if your senses start to feel impaired along the way, pull over and test again.

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	<p><b>Donna testing her blood sugar</b></p>	<p>Donna Koym</p> <p>Since the accident, I now test before I get into a vehicle and before I basically leave the house, carry a- a monitor and test strips with me a hundred percent of the time. If I know I'm going to be gone for a while, if I don't think I have enough test strips, I carry an extra vial of the test strips. I basically test anywhere from 12 to 20 times a day.</p>
	<p><b>Michel Nischan cooking</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Up next Chef Michel Nischan's in the dLife kitchen and he's cooking up something good.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>GFX Center</b></p> <p><b>The dLife Kitchen</b></p>	
	<p><b>Lower third:</b></p> <p><b>Michel Nischan</b>  <b>dLife Chef</b></p>	<p>Chef Michel Nischan</p> <p>Hi, I'm Chef Michel Nischan and today in the dLife kitchen we're going to show you how to make those healthy greens taste great. Now greens like kale are high in antioxidants, help fight inflammation, may even have anti-cancer properties, making them a perfect food for anybody with diabetes. But they can be tough and a little bit bitter. That's why today's recipe serves up kale and leeks together, braised in vegetable stock and tossed with a creamy mustard sauce.</p>
	<p><b>Lower third:</b></p> <p><b>To braise, sear food first then finish cooking in a small amount of liquid.</b></p>	<p>Chef Michel Nischan</p> <p>Let's get started. Now, the braising process is really something that you s- use just a little bit of liquid. Usually you can start by either searing or pre-roasting something that you're going to braise. Here we're going to use a little bit of olive oil and we're going to add the leeks first.</p>
	<p><b>Chef Michel Nischan stirring the leeks and simmering the kale</b></p>	<p>Chef Michel Nischan</p> <p>Give them a quick stir. Very fragrant. And the leeks</p>

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		<p>are really going to help the kale, because the kale can be a little bit on the bitter side. Leeks are nice and sweet. This smells really good. And then we're going to add the kale. Now we're going to pre-sauté just to get the wilt started. And then we're going to add just enough liquid to not even cover the kale.</p>
	<p><b>Chef Nischan cooking</b></p>	<p>Chef Michel Nischan</p> <p>So here you can see, if you look at the bottom of the pan, just looking at the bottom of the pan, the leeks are starting to caramelize just a little bit on the bottom of the pan. All the kale is nice and bright green, starting to wilt a little bit on its own. Now it's time to add the liquid. Here, check it out. So just a little bit of water and then a little bit of vegetable stock.</p>
	<p><b>Chef Nischan grinding pepper into the greens</b></p>	<p>Chef Michel Nischan</p> <p>And then we're just going to see in a- a couple of grinds of freshly milled pepper. Now I love using freshly milled pepper. If you have a pepper mill, do it that way, because you really get the flavor of the pepper instead of just the heat and it's really, really beautiful. It does good things. So we're going to give that a stir. Make sure it's evenly distributed. And we're going to cover it and cook it for just about five minutes and then it's going to be almost done.</p>
	<p><b>Chef Nischan uncovers the sauté pan</b></p>	<p>Chef Michel Nischan</p> <p>This really is a good braise right here. You can see that there's still liquid left in the bottom. And you can see that the kale is still nice and bright green. It's got life left in it. What we're going to do, though, is we're going to trade off a little bit of this liquid and we're going to want to just kind of get rid of some of it but not all of it. So I'd say I'm probably draining off about two-thirds or so.</p>
	<p><b>Chef Nischan adds sour cream to the greens</b></p>	<p>Chef Michel Nischan</p> <p>We're gong to return it to the heat here and now we're going to add some sour cream. And this is the thing that really takes the kale and the leeks over the edge. A little bit of sour cream, just like</p>

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		that. And then some nice, grainy Dijon mustard, really nice. But anyway, I'm going to kind of stir the mustard and the cream together there in the center. And then I'm just going to kind of do this and then move it around.
	<b>Left half:</b>  <b>Braised Kale</b>  <b>Makes 4 Servings</b>  <b>Per Serving--</b> <b>Calories: 134</b> <b>Carbs: 12g</b> <b>Fiber: 2g</b> <b>Saturated Fat: 4g</b> <b>Sodium: 121mg</b>	<b>Chef Michel Nischan</b>  And now, the most important step is getting this beautiful batch of kale, creamy kale into a nice serving bowl. Now take- take a look at this how nice and creamy that is. Now serve this braised kale dish to your family and you might even find that your kids will eat this veggie. I know three of my five kids do.
	<b>Lower third:</b>  <a href="http://www.dLife.com/recipebox">www.dLife.com/recipebox</a>	<b>Chef Michel Nischan</b>  For this recipe and more great tips on managing your diabetes, visit us at the website, <a href="http://dLife.com/recipebox">dLife.com/recipebox</a> and try out our very easy-to-use recipe finder for more than 8,500 great recipes that come complete with instructions and nutritional breakdowns. I'm Chef Michel Nischan. Thanks for joining me in the dLife kitchen.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>EMT coming to a home</b>	<b>Voice Over - Jim Turner</b>  Up next: a real story from a dLife viewer who just might show up to save your life.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Lower third:</b>  <b>Nicole Johnson</b> <b>Type 1 Diabetes</b>	<b>Nicole Johnson</b>  We travel across the USA to tell you about everyday people living with diabetes. In Rochester, New York, Mike Byrne is an EMS responder who knows personally what a 9-1-1 call is like for someone with diabetes.

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	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
	<p><b>Shots of Mike Byrne with the ambulance</b></p>	<p>Voice Over - Mike Byrne</p> <p>Uh.. my name is Mike Byrne and I'm uh.. 51 years old. I'm an EMT volunteer at the Grace Volunteer Ambulance, which is located in uhm.. a suburb of Rochester, New York.</p>
	<p><b>Lower third:</b></p> <p><b>Mike Byrne</b></p> <p><b>EMT Basic, Diabetes Since 1967</b></p>	<p>Mike Byrne</p> <p>And I've had type 1 diabetes for approximately 40 years. The average day on the job for an EMT varies. Normally we have uhm.. probably two to three calls in a- in an eight-hour shift per ambulance. But I would say it's- it's probably one in ten, one in twenty, has some diabetes related problem.</p>
	<p><b>Mike driving the ambulance, responding to an emergency</b></p>	<p>Mike Byrne</p> <p>&lt;on two-way radio&gt; TVA 2739 en route.        &lt;speaking&gt; I definitely uh.. feel that I have a- more of a connection or more in common with patients that have diabetes, just because, you know, I'm in the same boat so I understand some of the difficulties that people are faced with.</p>
	<p><b>Mike with stretcher in the hospital</b></p>	<p>Mike Byrne</p> <p>There have been occasions where wh-when I see a patient and I know that they're in- in- not feeling good about themselves is- with diabetes, then I'll explain to them that I have diabetes. I understand what's happened to them. I've been there, you know, and- and I try to give them some emotional support.</p>
	<p><b>Mike with his insulin pump</b></p>	<p>Mike Byrne</p> <p>I sometimes will show them my insulin pump and ask them if they've ever seen one and give them a little bit of information about that. But I'm an EMT, and so there's certain state rules that cover what I can practice.</p>

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	<p><b>Mike driving the ambulance in response to an emergency</b></p>	<p>Mike Byrne</p> <p>I would by lying to you if I didn't enjoy, you know, the adrenaline rush that you get going uh.. driving to a call with the red lights and siren and everything going on in it. That's always a part of it. But that's not the- you- that's not the biggest thing. The best part about it is in- in some cases, you can see huge changes in the patient's condition as a direct result of the team of EMS people that treat the patient. And it's an enjoyable experience and so this is what I do.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson speaking</b></p>	<p>Nicole Johnson</p> <p>Up next: Jim Turner isn't perfect and he's not ashamed to tell you.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
	<p><b>Lower third:</b></p> <p><b>Nicole Johnson</b></p> <p><b>Diabetes Since 1993</b></p>	<p>Nicole Johnson</p> <p>Does anyone handle diabetes perfectly? Not our Jim Turner.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p> <p><b>For Your Diabetes Life!</b></p>	
	<p><b>Jim Turner at computer watching video of himself running</b></p>	<p>Jim Turner</p> <p>Okay, what is this about me being busted on YouTube? Jim Turner busted. Who- who shot this stuff? Who shot this? Oh, man.</p>
	<p><b>Lower third:</b></p> <p><b>Jim Turner</b></p> <p><b>Diabetes Since 1970</b></p>	<p>Jim Turner</p> <p>Boy, it seems like these days you can't screw up at all. In a world of- of cell phone cameras and YouTube, you make one mistake, you know, you get out of your car with your pants down or you say something stupid and boom, the next day it's all</p>

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		over the Internet and a million people are making comments about what an idiot you are.
	<b>Jim watching video of himself running</b>	Jim Turner  Well, welcome to the world of diabetes, where every day you try really hard to- to be perfect. The other day I went out for a nice, healthy run. But then something happens.
	<b>Jim stops running to look at ice cream shop</b>	Jim Turner  No, keep running, Jim. Don't. Cause nobody's going to-- oh, see? I stopped. I stopped and <sigh>. Oh, geez.
	<b>Jim eating banana split</b>	Jim Turner  It was good. It wa- tasted good. And, you know, I love bananas. I love ice cream. I love nuts. And apparently- apparently I love hot fudge, too. This was-- oh, that was a big mistake. And it was right at the beginning of the run, you know. I just left my house and I didn't-- hmm. I paid for this for days, okay? And blood sugars through the roof.
	<b>Jim partying with friends</b>	<on video>  Jim: What's this?  Friend: Jim-Mo!  Jim: What is this?  Friend: Come on. Let me- let me- let me--  Jim: No, no, I--
		Friend: A little bit, man.  Jim: All right, a little bit.
	<b>Jim sitting at computer watching video of himself partying</b>	Jim Turner  This is my wife's birthday party. I'm- I'm- I must be drinking diet soda. That's what I'm doing. I'm drinking-- I drank too much. All right. But yeah, see? I didn't- I didn't know when to say when. Oh, boy. I paid for this one. I paid for this big time. I had a serious low that night. I don't need to be

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		drinking this much. Yeah, Jim, just cut off. Stop, stop. Oh, no. Get more. Oh, see. And- and now I'm flirting with this girl. But, you know, she was very cute, so uh.. you know. Uh.. which was okay. Uh.. my wife and I had an open-flirt relationship. No, no. Okay. And smoking. You can't ever smoke. Smoking's really bad.
	<b>Jim watching video on computer of himself cleaning up the kitchen and eating cake</b>	Jim Turner  But here we go. I'm- I'm cleaning up. That's good. Good job, Jim. Don't eat the cake. No reason to-- I'm just going to have one bite and then-- Don't. Don't ha-- okay. All right. All right. Well, that's embarrassing.
		<on video>  Female: Hi, Jim. Should I call you?  Jim: Call me, yeah.  Female: Okay.  Jim: All right. See you.  Female: Okay, bye.
		Jim Turner  Having diabetes is hard because you can't get away with anything. You're always accountable, accountable to your own body. Did you shoot this? Maybe I'll Google somebody else.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Lower third:</b> <b>Watch dLifeTV on CNBC every Sunday evening.</b>	Nicole Johnson  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.
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