

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Show opener GFX</p>	<p>Nicole Johnson</p> <p>Today on dLife, if you have diabetes, going to the big game or watching it at the local sports bar presents its own challenges. Don't worry, we can help.</p>
	<p>Montage of upcoming segments</p>	<p>Voice Over - Nicole Johnson</p> <p>We'll meet a major player in the government's effort to control diabetes. She has known the disease intimately for decades.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Michel Nischan in dLife kitchen</p>	<p>Michel Nischan</p> <p>And I'll be in the dLife kitchen to make a delicious chicken dish. The best part? You only need one pot.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Montage of upcoming segments</p>	<p>Voice Over - Nicole Johnson</p> <p>Plus, we'll introduce you to a modern-day poet who doesn't let diabetes get in the way of a performance.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson</p> <p>Lower Third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. You're headed to</p>

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	Diabetes Since 1993, Miss America 1999	the big game and the concession stands are filled with snack food, much of which you definitely should not eat. But there are ways to navigate past the nachos and cotton candy and score with winning snacks that work for diabetes.
	Football game and concession food clip	W1 It's coming!
		Voice Over - Nicole Johnson Last year, of the \$195 billion spent on pro football, baseball, hockey and basketball, \$11 billion was spent on food at the concession stands alone. On Major League Baseball's opening day, ballparks will sell over 400,000 hotdogs and more than 40,000 gallons of soda. And while this fan food is tasty and fun, it's not always the best thing for people living with diabetes. Lynn Prowitt-Smith, dLife food and nutrition editor, can help navigate the choices at the concession stand.
	Lynn Prowitt-Smith Lower Third: Lynn Prowitt-Smith Food and Nutrition Editor for dLife Lower Third: Ketchup can have 3g of carbs and 110mg sodium per packet.	Lynn Prowitt-Smith Nachos, French fries, those big soft pretzels, all high-carb health nightmares even if you don't have diabetes. Even condiments present problems. Did you know ketchup and relish contain added high-fructose corn syrup? That adds carbs and sodium. Sometimes it's obvious. Sometimes it's not so obvious. Cracker Jacks, for example, you think peanuts, popcorn, a little sugar coating. It's actually 80g of carbs in that box. And if you have a couple of beers at the game, you might be more likely to say, "Oh, what the heck" and scrap your healthy eating plan, not to mention what alcohol does to your blood sugar.
	Concession Stand food clips	Voice Over - Nicole Johnson Sports arenas and stadiums have improved over the years with healthier menu offerings from salads to sushi. So if you have tickets to the big game, how can you and your team both leave as winners?
	Lynn Prowitt-Smith at concession stand	Lynn Prowitt-Smith

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		<p>First, go to your computer and check out the ballpark's website. Often ballparks will have detailed menus for their concessions. Second, eat before you go. Fill up on healthy food so that when you get to the ballpark, you're not ravenous and end up caving into your cravings. Next, many stadiums will let you bring in your own food, so pack some raw veggies, some berries, some string cheese, yogurt, beef jerky. Many ballparks have jumped on the healthy food bandwagon. Dodger Stadium has a spinach and strawberry salad and hummus with veggie dippers. If you do go for the traditional fare, popcorn and peanuts are really the best snacks. And with hot dogs and burgers, just go bunless.</p>
	<p>Jim Turner and friends at bar</p>	<p>Voice Over - Nicole Johnson</p> <p>When you can't get to the ballpark, hit a neighborhood sports bar. dLife contributor Jim Turner, met up with a couple of his buddies at the ESPN Zone in Los Angeles.</p>
	<p>Jim Turner at sports bar</p>	<p>Jim Turner</p> <p>When you go to a sports bar, there's gonna be a lot of excitement. There's gonna be a lot of bedlam. It's very chaotic. You're gonna be grabbing stuff and just eating it without even thinking. If you're gonna be drinking, and you probably are, drink a low carb beer.</p>
	<p>Beer clips</p> <p>Lower Third:</p> <p>A pint of regular beer contains 16g of carbs.</p> <p>Light beer has about 8g of carbs per pint, while low-carb beer has 4g.</p>	<p>Voice Over - Lynn Prowitt-Smith</p> <p>Alcohol is a tricky substance for people with diabetes. Alcohol itself makes your blood sugar drop. But the carbs that usually accompany alcohol raise your blood sugar, which can cause a pretty confusing and sometimes dangerous situation.</p>
	<p>Jim Turner orders food at sports bar</p>	<p>M1</p> <p>You guys ready to order?</p>
		<p>Jim Turner</p> <p>Yeah, can we get some uh.. sliders?</p>

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		<p>Voice Over - Nicole Johnson</p> <p>And there are hidden dangers in bar food as well.</p>
		<p>W2</p> <p>All right, enjoy.</p>
	<p>Lower Third:</p> <p>Jim Turner Diabetes Since 1970</p>	<p>Jim Turner</p> <p>Oh yes! Okay, the cheese fries, the first thing I do with a cheese fry is- is I put them as far away from me as possible. All right, I'm just gonna swap these over here.</p>
		<p>M2</p> <p>I'm so sorry to hear that.</p>
		<p>Jim Turner</p> <p>I like the- the artichoke dip, really good. But I try to stay away from the chips. Mm.. that's good dip. And we got an added bonus here on the- on the buffalo wings. They gave us some celery sticks. That's great. Celery sticks have almost no carbs. It's really good. Here's what I do with the sliders. I just throw away the bun. You don't need the bun. And look at here, that's my bun there and that's great.</p>
	<p>Lynn Prowitt-Smith in front of baseball photographs</p>	<p>Lynn Prowitt-Smith</p> <p>Jim's making good choices at the bar, staying on alert for carbs. Buffalo wings can be a great choice. There's virtually no carbs in the chicken, the hot sauce, the blue cheese or the celery. Of course, if they're breaded, breading will add carbs. Other varieties of chicken wings can have sweet, high carb sauces like teriyaki and barbeque. Another pitfall at bars are those bar snack mixes. Talk about addicting. If you're the type that can pick out the peanuts, fine. If you're not, just push the bar snacks away. If popcorn's available, go for it. It'll be salty like the rest of the bar food but it is a whole food and it's only five grams of carbs in a cup.</p>
	<p>Jim Turner hosts game party</p>	<p>Jim Turner</p> <p>So if you host something like this, just have plenty of options for people, have a lot of different, good</p>

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		things to eat.
		M3 Have you tried the quiche?
		M2 I'm impressed with the quiche, yeah.
		Jim Turner If you go to somebody else's house, take some of this stuff. Take a bag of nuts. Take some peanuts. They take time to open. It slows you down a little bit. And during the commercial breaks, get up and just walk around, actually, go stretch. Uh.. you don't have to necessarily go back to the food table every time there's a commercial break.
	Healthy game party food clips	Voice Over - Lynn Prowitt-Smith Instead of salty chips, good alternatives are things like olives, cheese cubes, pepperoni and salami slices and even raw veggies, which are good for everyone. And there are plenty of other recipes for game day. Party favorites, like potato salad, subbing cauliflower for the potatoes or a super low carb four-alarm chili that will spice up any party.
	Montage of stadiums, bars and living rooms	Voice Over - Nicole Johnson So whether you are getting ready for a Sunday tailgate party, resting comfortably in box seats or enjoying the game with friends at a bar or at home, there are plenty of ways for you to be a winner and eat diabetes healthy.
	GFX Center dLife For Your Diabetes Life!	
	Lower Third: www.dLife.com/fanfood Clip for upcoming segment	Nicole Johnson So here's to victory for your favorite team. And remember, dLife has great snack ideas and recipes for your next sports get-together. Go to dLife.com/fanfood. Up next: you won't wanna miss our visit with Dr. Ann Albright from the U.S. Centers

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		for Disease Control.
	GFX Center dLife For Your Diabetes Life!	
	Center: dLife Did You Know? “High-carb foods that are also high in fat, like pizza and Ice cream, can cause a delayed blood glucose spike up to eight hours after a meal.”	
	Lower Third: Nicole Johnson	Nicole Johnson Welcome back to dLife. I’m Nicole Johnson. Dr. Ann Albright runs an office at the Centers for Disease Control in Atlanta that funds diabetes prevention and control programs nationwide. And she has a unique perspective on her job. Dr. Albright has lived with diabetes personally for more than 40 years.
	GFX Center dLife For Your Diabetes Life!	
	Interview with Dr. Ann Albright Lower Third: Ann Albright, MD Diabetes Since 1967	Dr. Ann Albright When I think about the time of my diagnosis and what it was like to be diagnosed, it’s almost like as if the lights were turned off and, you know, we were handed a match and we were trying to find our way with the little bit of light from that match.
	Photograph of Dr. Ann Albright as child	Voice Over Nicole Johnson Ann Albright knows as well as anyone how far diabetes treatment has come because she still remembers the world of diabetes four decades ago when she was 9 years old.
	Interview with Dr. Ann Albright	Dr. Ann Albright There were no blood glucose meters, no insulin pumps, no multiple injection therapy. We were testing our urine. It was just on the horizon of uh.. disposable syringes so the needles were at least somewhat tolerable.

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	Dr. Ann Albright on phone, CDC sign and scientist clips	<p>Voice Over - Nicole Johnson</p> <p>So much has changed since then and Albright's mission now is to push improvements in diabetes care forward even faster. Since 2007, Albright has been in charge of the CDC's Division of Diabetes Translation, which transforms advances in diabetes research into practical and direct improvements in people's lives. Her own life with diabetes is a big reason the job matters to her so much.</p>
	Interview with Dr. Ann Albright	<p>Dr. Ann Albright</p> <p>I've come to work every day with an immense sense of urgency to get things accomplished and an immense sense of delivering tangibly on what we're asked to do. Uhm.. this is not a nine-to-five job for me. Uhm.. and in that way, yes, my personal experience impacts it.</p>
	Dr. Ann Albright sits at conference table	<p>Voice Over - Nicole Johnson</p> <p>Some of the trends she's seeing are disappointing.</p>
	Interview with Dr. Ann Albright	<p>Dr. Ann Albright</p> <p>More and more people are developing this disease and they're developing it younger and younger. And we have got to do some things that are gonna prevent that from happening. That's not the legacy we wanna leave our kids.</p>
	Scientist performing test	<p>Voice Over - Nicole Johnson</p> <p>At the same time, she's enthusiastic about advances in diabetes science, including more knowledge than ever about complications.</p>
	Interview with Dr. Ann Albright	<p>Dr. Ann Albright</p> <p>We now know that there's a connection between diabetes and some forms of cancer, including cervical cancer and others. There's a connection between diabetes and some forms of dementia. We're learning now that that dementia is not the same as- as what we see in Alzheimer's which is a different kind of pathology, these amyloid deposits in the brain and diabetes. It seems to be more of a</p>

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		vascular abnormality. And so, I'm keeping a close eye on those kinds of things.
	Scientists perform tests	Voice Over - Nicole Johnson It's too soon to know how this latest research will translate into improved treatment of diabetes. But clearly, past successes have made a difference in people's lives.
	Interview with Dr. Ann Albright	Dr. Ann Albright Take the example of eye exams, you know, that if you get those and- and you follow up on what's found, you continue to monitor that, those are gonna result in a 50 to 60 percent reduction in blindness. I mean that's huge. Boy, as a researcher, I'd take those odds to the bank any day. Uhm.. in the area of foot exams, we know that if you get your feet examined, you take-- and you act upon those results and they-- you take action, that it's anywhere from a 45 to 85 percent reduction in- in losing a limb.
	Dr. Ann Albright holds conference	Voice Over - Nicole Johnson Albright's CDC team is doing all it can to educate Americans about how they can help themselves because many people with diabetes just don't know all they should.
	Linda Ernst Lower Third: Kris Ernst, BSN, RN, CDE Diabetes Primary Prevention Initiative	Kris Ernst I think it's important to recognize that only about 40 percent of all people ever get to see a diabetes educator or have formal diabetes education. So the National Diabetes Education Program uh.. really does a wonderful service for people with diabetes.
	Kris Ernst talks with others	Voice Over - Nicole Johnson Kris Ernst heads the department's Diabetes Primary Prevention Initiative. She's a diabetes educator and a registered nurse and has lived with diabetes since 1959.
	Interview with Kris Ernst	Kris Ernst Having diabetes gives me a lot of insight that I can

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		inform people a- about, you know. And I understand what it's like to live with diabetes.
	Kris Ernst in a conference	Voice Over - Nicole Johnson In fact, go around the conference room and that sort of personal insight is everywhere. You don't have to have diabetes to do effective work in this agency, but a number of the staffers do.
	Interview with Kris Ernst	Kris Ernst We gravitate towards diabetes because we have an interest in diabetes. And I think we're all committed to improving the lives of people with diabetes.
	Kris Ernst talks at conference	Voice Over - Nicole Johnson And they're grateful that the person at the top shares this journey with them.
	Interview with Wayne Millington Lower Third: Wayne Millington Diabetes State Consultation Team	Wayne Millington You feel that someone understands. You can relate to that person. The other thing about it is that she's speaking from experience. This is not second-hand information. This is information coming from the source. And to see the example that she- she could uh.. really put out as far as living with diabetes and looking normal, I mean if she didn't tell you, you wouldn't know.
	Dr. Ann Albright in conference	Voice Over - Nicole Johnson Ann Albright's goal for herself and for the millions with diabetes whose lives she takes so personally is a rich life and something else that many could not achieve in the past: a long one.
	Interview with Dr. Ann Albright	Dr. Ann Albright It's getting more common that you can have 50, 60, 70 years of living successfully with diabetes. Uhm.. I think we still don't have, you know, certainly millions of people who have experienced that but we're on our way there.
	Dr. Ann Albright holds testing kit	Voice Over - Nicole Johnson Every time she tests her own blood glucose, she

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		keeps that firmly in mind.
	<p>Interview with Dr. Ann Albright</p> <p>Dr. Ann Albright talks at conference</p>	<p>Dr. Ann Albright</p> <p>Yes, it is about testing your blood sugar and it's about getting those results. But really and truly, it's about what is this gonna allow me to do for the long term. So, you know, sometimes I think about when I'm tired of testing or this is-- you know, this is getting kind of old that it's really the-- what I remind myself of is what are the things I love to do in life. And it's important for everybody, I think, to think about, that-- think about the things you love to do. And by taking good care of yourself and by doing all that you can to get on top of your diabetes, it's gonna let you have the greatest opportunity to do those things that you love for the greatest period of time.</p>
	<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, Chef Michel Nischan with a family-friendly chicken recipe that's easy to make.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>GFX Center</p> <p>dLife The dLife Kitchen</p>	
	<p>Lower third:</p> <p>Michel Nischan dLife Chef</p>	<p>Michel Nischan</p> <p>Hi, I'm Chef Michel Nischan and welcome to the dLife Kitchen. If you like to keep your pot and pan cleaning to a minimum, this one-pot chicken and mushrooms is for you. It's a tasty diabetes friendly dish that's heavy on protein and healthy nutrients but light on carbs, all in a flavorful tomato sauce. We all know how chicken and tomatoes love each other, so let's get started.</p>

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	<p>Michel Nischan working with chicken broth</p>	<p>Michel Nischan</p> <p>What I'm gonna do first is pre-prepare the sauce. I have some really nice low sodium chicken broth. I like to make my own. But if you want to buy some, plenty of it in the store these days, really good quality uhm.. ingredients out there. Low sodium is the way to go. Here we have some tomato paste. Love using tomato paste. Anytime I can add a little bit of cooked tomato to a dish, it's really important.</p>
	<p>Michel Nischan prepares tomato sauce</p>	<p>Michel Nischan</p> <p>Anyway, you can see that the tomato paste is finally beginning to break up. If we did this in the pan, we'd probably have some little tomato dumplings in there. We don't want that. Now, we're gonna add a little bit of freshly chopped garlic, some fresh oregano. We all know that tomato, garlic and oregano love each other. So we know that this is gonna be a great flavor combination.</p>
	<p>Michel Nischan working with chicken and bread crumbs</p>	<p>Michel Nischan</p> <p>Now, for the next step, I'm gonna bread four chicken breasts with just three tablespoons of whole grain bread crumbs. Now, what we're gonna do is add a little bit of oil to the pan, have a nice hot pan. We're gonna swirl it around so that we get it evenly coated and then we're gonna add the chicken breasts. Now, I'm gonna cook the chicken breasts until they're just browned on this one side. And then we're gonna turn 'em over and add this uh.. kind of broth tomato paste mixture and we're gonna let it cook in there and let all that chickeny goodness come out, get the chicken just cooked. Probably about 25 minutes, our total cooking time here.</p>
	<p>Shot of chicken frying in pan</p>	<p>Michel Nischan</p> <p>All right, so here we go. Just after a couple of minutes, look how nice and brown and crispy breasts are. They're perfect. This is awesome. So we turn 'em over. Now, we're gonna make a little bit of room in the middle of the pan. And now, we're gonna add our mixture. I'm gonna just give it another quick whisk so that we don't have any</p>

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		tomato paste left on the bottom and looky there. Yeah, baby. That looks awesome.
	<p>Michel Nischan adds mushrooms to pan</p> <p>Lower Third:</p> <p>Mushrooms are high in selenium, which may fight cancer and heart disease.</p>	<p>Michel Nischan</p> <p>And here in this bowl, we have Cremini mushrooms. I love mushrooms. Mushrooms love tomato. Now, we're gonna pop a cover on here and cook this for about 20 minutes until the chicken is just cooked through and then we're gonna show you how to finish this awesome dish.</p>
	<p>Michel Nischan puts chicken on platter</p>	<p>Michel Nischan</p> <p>Wow! Look at this. Now, check this out. You can see that the chicken is nice and firm. We're just gonna transfer the chicken breasts over to this platter. Take a look at this. This is just beautiful. Nice and mushroomy and tomatoey. I can smell the oregano. I can smell the garlic. And here, look at this. Look at that. That's like yummy, deliciosa, savrosa, magnifique, really good, yeah, and beautiful. Now, to complete this meal, we just added some green salad. And for something a bit different, you could start with an appetizer of crudite with a sour cream and Dijon mustard dip like we did here.</p>
	<p>Left half of screen:</p> <p>One Pot Chicken & Mushrooms</p> <p>Makes 4 Servings</p> <p>Per Serving -- Calories: 188 Carbs: 7g Fiber: 1g Saturated Fat: 1g Sodium: 341mg</p>	<p>Michel Nischan</p> <p>Now, it's tasty yet low in carbs, designed not to spike your blood sugar.</p>
	<p>Michel Nischan in kitchen</p> <p>Lower Third:</p> <p>www.dLife.com/recipebox</p>	<p>Michel Nischan</p> <p>Now, you can find this recipe and other great information about diabetes and your health on our website, dLife.com/recipebox. And now, we have an easy-to-use recipe finder. It gives you access to over 8,500 recipes. That's right. Definitely worth checking out. I'm Chef Michel Nischan, thanks for joining me 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>Next on dLife, a slam poet who wrestles with diabetes.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower Third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Kalima Johnson is a slam poet who writes about her life experience in her poems. And that life experience includes living with diabetes.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Kalima Johnson performs</p>	<p>Kalima Johnson</p> <p>I am the murder capital turned motor capital, the Motown sound that sends you into some fantasy of when you were younger and much more beautiful.</p>
	<p>Kalima Johnson styles hair</p>	<p>Voice Over - Nicole Johnson</p> <p>Kalima Johnson was diagnosed with Type 2 when she was 31. Her struggle with the disease has been vocalized across the coffee shops of Detroit through poetry, slam poetry.</p>
	<p>Interview with Kalima Johnson</p> <p>Lower Third:</p> <p>Kalima Johnson Type 2 Diabetes Since 2000</p>	<p>Kalima Johnson</p> <p>What it is is competitive uh.. performing poetry where people get up, poets and- and writers alike get up and recite for three minutes and 10 seconds, uh.. something of their own creation. And then there are people in the audience, three to five folks who can give you a score.</p>
	<p>Announcer introduces Kalima</p>	<p>M4</p> <p>Give it up for Kalima Johnson here.</p>

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	Interview with Kalima Johnson	<p>Kalima Johnson</p> <p>You know, and you gotta really have, you know, your self-esteem together because you're gonna pour out your heart or pour out something that's really personal to you in a poem.</p>
		<p>Voice Over - Nicole Johnson</p> <p>Well before her diagnosis, diabetes had already played a serious role in her life.</p>
	Interview with Kalima Johnson	<p>Kalima Johnson</p> <p>My uhm.. grandmother uhm.. had congestive heart failure and uh.. she had some kidney issues. And she was buried as a double amputee. Uh.. and my mother was the-- in the same exact condition 30 years later.</p>
	Kalima styles hair	<p>Voice Over - Nicole Johnson</p> <p>Although she knew there was a genetic possibility that she'd develop the disease, Kalima was devastated when she was diagnosed.</p>
	Interview with Kalima Johnson	<p>Kalima Johnson</p> <p>I felt like I was given a death sentence. I felt cheated, you know, because I felt like it just wasn't gonna happen to me. I was in such denial about- about it in my family. I went home and I called my sisters. And they came over and we just cried. And was I scared? Yes, I was afraid. But I knew that there was something that had to change in my life.</p>
	Kalima Johnson performing	<p>Kalima Johnson</p> <p>Go ahead, I dare ya, write a rap about that. Writing poetry helps me uhm.. deal with my diagnosis of type 2 diabetes because it gives me an opportunity to express myself. Haven't you heard, I'm goin' back. I'm goin' back. I'm goin' back to me.</p>
	Kalima Johnson tests herself	<p>Kalima Johnson</p> <p>I have to make sure my numbers are straight before I go on stage because if I start expending all that energy, the next thing you know I'll- I'll crash.</p>
	Kalima performing	<p>Voice Over - Nicole Johnson</p> <p>A frightening incident on stage demonstrated to Kalima just how serious diabetes can be if not</p>

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		monitored.
	Interview with Kalima Johnson	Kalima Johnson I was starting to feel dizzy, disoriented. I wasn't able to read what was on the paper in front of me. And I was just not really-- and losing where I was at. So I knew that something was happening. I was starting to tremble a little bit. And I just walked right up on stage and got me my mike and I said, "Someone needs to get my some orange juice or some sugary drink really fast."
	Kalima performing	Voice Over - Nicole Johnson Like so many people with diabetes, Kalima struggles to manage her condition. She uses her artistic expression to help. Someday, she'll write that piece that will tell us all about it.
	Interview with Kalima Johnson	Kalima Johnson It's an ongoing battle to deal with diabetes and to deal with Type 2 in particular for me. Uhm.. and I'm just willing to face it 'cause I don't want my future to- to be impacted by this disease. I wanna conquer it.
	GFX Center dLife For Your Diabetes Life!	
	Nicole Johnson in studio	Nicole Johnson When we come back, dLife answers your diabetes questions.
	GFX Center dLife For Your Diabetes Life!	
	GFX Center dLife Q&A Diabetes Questions & Answers	
	Lower Third: Nicole Johnson Diabetes Since 1993 Center: "I'm taking prednisone for a knee	Nicole Johnson Here's what's in the dLife mailbag this week. A dLife member asks, "I'm taking prednisone for a knee condition, and my blood sugar is out of control. Does it have something to do with the drugs?"

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	<p>condition, and my blood sugar is out of control. Does it have something to do with the drugs?"</p>	
	<p>Howard Steinberg</p> <p>Lower Third:</p> <p>Howard Steinberg Founder & CEO, dLife</p>	<p>Howard Steinberg</p> <p>Absolutely. I have personal experience with this. About 20 years ago, an orthopedist gave me a shot of cortisone for a bad ankle sprain. I had no idea that it can play with your blood sugars. And after four or five days, it was wreaking havoc with my blood sugars but I had no idea. I called my diabetologist and he asked me a few questions and the light bulb went off. Never again would I allow anyone to give me a shot of cortisone or any kind of steroid without asking a lot of questions.</p>
	<p>Center:</p> <p>Prednisone is a steroid</p> <p>Steroids raise blood sugars</p>	<p>Howard Steinberg</p> <p>Prednisone is an example of a steroid, an oral or injection. Steroids raise blood sugar. And they're applied for different conditions from arthritis to colitis to asthma.</p>
	<p>Center:</p> <p>Why steroids like prednisone raise blood sugars:</p> <p>Block insulin action</p> <p>Trigger liver to manufacture more glucose</p>	<p>Howard Steinberg</p> <p>Why do steroids like prednisone raise blood sugar to go up? They block insulin action and then trigger the liver to actually manufacture more glucose. So really important to be your own doctor.</p>
	<p>Center:</p> <p>Educate your orthopedist</p> <p>Educate your general practitioner</p> <p>Don't assume your doctor knows</p> <p>Talk about other treatments</p>	<p>Howard Steinberg</p> <p>You may need to educate an orthopedist if they wanna give you a shot or you may need to educate your general practitioner. Don't assume they know and talk to them about finding other treatments that can also impact your condition.</p>
	<p>Center:</p> <p>If you do take steroids:</p> <p>Keep a close watch on blood glucose levels</p> <p>Talk to your doctor about increasing levels of insulin or oral meds</p>	<p>Howard Steinberg</p> <p>But if you must take them, test the lot and keep a real close eye on your sugars. And it may be a good idea to talk to your doctor about increasing insulin levels or your oral medication levels.</p>

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	<p>Lower Third:</p> <p>www.dLife.com/bgdrugs</p>	<p>Howard Steinberg</p> <p>There's also many other over-the-counter or other prescription drugs that could impact blood glucose. So for an updated listed, go to dLife.com/bgdrugs.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	
	<p>Lower Third:</p> <p>www.dLife.com/answers</p> <p>Lower Third:</p> <p>Watch dLifeTV on CNBC every Sunday evening.</p>	<p>Nicole Johnson</p> <p>Don't forget to visit dLife.com/answers to submit your question to the dLife team. That's all for this edition of dLife. We'll be back next week to inform, inspire, and connect for a healthy diabetes life. Thanks for watching.</p>
	<p>Center:</p> <p>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</p>	
	<p>Credits roll</p>	