

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Play Show 192</p> <p>Show opener GFX</p>	
	<p>Nicole Johnson, in studio</p>	<p>Nicole Johnson</p> <p>Today on dLife, he's an author, farmer, businessman, and star of TLC's hit reality show "Little People, Big World." His name is Matt Roloff, and now diabetes is his reality.</p>
	<p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p>	
	<p>Michel Nischan, in kitchen</p>	<p>Michel Nischan</p> <p>Nearly everyone loves cheesecake, but not everyone can have it. Today, I have a cheesecake recipe that's easy to make, has no added sugar.</p>
	<p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p>	
	<p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>dLife's diabetes educator Donna Rice answers the questions many are afraid to ask.</p>
	<p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p>	
	<p>Nicole Johnson</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. Matt Roloff's family is the star of his hit reality series, Little People, Big World.</p>
	<p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>The show presents all the challenges of a busy life on a farm, including Matt's latest challenge: living</p>

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		with type 2 diabetes. dLife founder Howard Steinberg visited with Matt.
	GFX Center dLife FOR YOUR DIABETES LIFE!	
	Montage, view of snowy landscape from moving car Opening graphic for Little People, Big World Montage, Roloff family	Voice Over - Howard Steinberg I decided to make the journey from Connecticut to Portland, Oregon, to meet with Matt Roloff for two reasons. One: my daughter. She's a huge fan of Matt's TV show, "Little People, Big World," which is now in its fourth season. The other reason? On one of the episodes, Matt announced to his family that he had Diabetes.
		Matt Roloff Type 2.
		Voice Over - Howard Steinberg So it seemed only natural that we would want to talk with him.
	Matt Roloff and Howard Steinberg in 4WD vehicle, looking Roloff's property	Matt Roloff: If you want to learn about me, I'll show you the tree house, because the tree house is very, very cool. Howard Steinberg: Is this kind of about uh.. an extended childhood? Matt Roloff: Yep, uh.. basically the childhood maybe. But when I bought this property I said, "I'm gonna build the ultimate stuff," you know, that was in my head. Just stuff that was in my head.
		Voice Over - Howard Steinberg What really impressed me was Matt's ingenuity, the world that he created here.
	Matt Roloff driving with Howard Steinberg	Howard Steinberg: So when were you diagnosed with diabetes? Matt Roloff: Uh.. I was diagnosed last year, which would have been 2007, I think, right? 2007.

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	<p>Howard Steinberg, interviews Roloff</p> <p>Lower Third:</p> <p>HOWARD STEINBERG dLife Founder & CEO</p>	<p>Howard Steinberg</p> <p>I saw the episode and wondering if what you've been through as a kid and all the medical issues you had played a part in how you accepted uh.. the diagnosis of diabetes.</p>
	<p>Matt Roloff - Interview</p> <p>Lower Third:</p> <p>MATT ROLOFF Diabetes Since 2007</p>	<p>Matt Roloff</p> <p>Well, it certainly didn't. Uh.. it- uh.. it uh.. I would say it takes a lot to shake me.</p>
	<p>Matt Roloff - Interviewed by Howard Steinberg</p>	<p>Matt Roloff</p> <p>And so uhm.. I got told I had diabetes and I'm like <chuckles>, you know, okay. You know, like I am gonna ignore it it'll go away.</p>
		<p>Howard Steinberg</p> <p>Yeah.</p>
		<p>Matt Roloff</p> <p>You know? Or I don't really have it. I was in denial, frankly, I think, for quite a while with it. And I kept asking my doctor, I don't think I really have diabetes, you know, I kept saying to her. And she goes, "No, you have diabetes. You need to, you know, take these steps."</p>
	<p>Matt checks pricks finger at his desk</p>	<p>Matt Roloff</p> <p>Agh! <chuckles> One eleven. I'm getting better all the time.</p>
	<p>Matt Roloff with medicines on table, Amy in background</p> <p>Matt Roloff - Interview</p>	<p>Matt Roloff</p> <p>A lot of uh.. friends of mine and people that were more familiar with diabetes were like, "Hey dude, you know, you need to take this serious."</p>
	<p>Matt and Amy Roloff at table looking through medications</p>	<p>Amy Roloff: You got a lot of homework.</p> <p>Matt Roloff: I'm gonna hire somebody.</p> <p>Amy Roloff: <laughs> Oh, God.</p>
		<p>Matt Roloff</p> <p>It's very controllable, and you can do all the right</p>

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	Matt Roloff - Interviewed by Howard Steinberg	things, but you can't ignore it. You know, that's the one thing you can't do.
		Howard Steinberg Well, and your- your uncle died from complications of diabetes.
		Matt Roloff Yeah, my uncle died, had recently died from complications. And that was the first thing, he lost a foot, got cut off. And uh.. I think he kind of went almost blind. And- and I mean, so when I started, you know, putting all those pieces together, uhm...
		Howard Steinberg This weigh on you, in the back of your mind?
	Matt Roloff - Interviewed by Howard Steinberg	Matt Roloff Well, you know, the part that weighs on me is, you know, the dying part is all, you know, is like a, you know, one of these-- everybody, you know, dies in part-- but living blind or living without a foot, you know, uh.. that's, you know, not so much. That's the-- I- if I live, I want to have quality of life.
	Matt outside with man in orange coat	Matt Roloff: Okay. M1: Go right now? Matt Roloff: Go-- no, uh.. no. I- I have to do that later. I got a meeting up there. So do you need that delivered right this minute? M1: No. I just need it set up for tomorrow, so I make sure we can get it.
	Matt Roloff - Interview with Howard Steinberg	Howard Steinberg Diabetes is unique, you have to manage it yourself. You have to do a lot of things and change behavior. And you mentioned you're changing some of your eating patterns.
		Matt Roloff Yeah. I've- I've changed some of my eating habits. And it's been surprisingly easy to make some of the

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		changes. And I'm pretty convinced it's done wonders for me. Just the cutting down on the carbs and the- and the sugar, uh.. the orange juice.
	Howard Steinberg Interviews Jeremy Roloff	Howard Steinberg Do you guys stay on your dad about his diabetes regimen?
	Montage of Roloff family eating Jeremy Roloff - Interview	Jeremy Roloff Yeah. Uh.. occasionally, like if we notice him eating something, all the kids and I, myself will be like "Oh, you know, dad, are you sure you're supposed to be doing this?"
	Zach Roloff at table	Zach Roloff Dad. I walked in today and you were eating an ice cream.
	Matt Roloff and Amy in kitchen	Matt Roloff Ice cream's not fast food. That was to tide me over from dinner.
	Jeremy Roloff - Interview Lower Third: JEREMY ROLOFF Matt's Son	Jeremy Roloff Of course, Matt were all, "Oh yeah, don't worry about, it's totally fine. And I-- my scores are perfect."
	Matt Roloff - Interviewed with Howard Steinberg	Matt Roloff I got to tell you, whenever I pickup a piece of bread, I have a little guilt run through my body, okay? You know, a little tinge of--
		Howard Steinberg It's healthy. It's healthy guilt.
		Matt Roloff A healthy guilt. And so instead of having two or three, four pieces of bread, I- I might have a half, or none.
		Howard Steinberg Mm-hm.
	Roloff family playing a game	Molly: Play you out. Zach: Dad's in some trouble, Dad's in some trouble.

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	Matt Roloff -- interviewed with Howard Steinberg	<p>Matt Roloff</p> <p>You know, and we don't make a big deal about health issues. That's not something we dwell on. We're too busy living life, you know. Not to say that we ignore it and we take it too lightly or flippant, but we uh.. aren't the type of people that would dwell.</p>
		<p>Howard Steinberg</p> <p>Yeah. With diabetes, it's a fine line. Because you don't want it to run your life, you don't want it to take over. But on the other hand, you do have to pay attention to it.</p>
	Amy and doctor help Matt check his sugar	<p>Matt Roloff</p> <p>It's a fine line, like you were saying, between, you know, letting it control you and you controlling it. And certainly, I'm-- uh.. can't say I'm perfect at that, but I'm always trying to find that right balance, you know.</p>
		<p>Doctor</p> <p>Now you're getting a number.</p>
	Matt Roloff - being interviewed by Howard Steinberg	<p>Matt Roloff</p> <p>I can be as uh.. healthy as possible, but at the same time uh... not let it, you know, a particular illness or diagnosis uh.... you know, sl-- get in my way and be an obstruction to my pursuit of happiness.</p>
		<p>Howard Steinberg</p> <p>Well, accepting it and also um.. you know, you're-- you're a popular personality, and coming on our show and- and telling people that you met the challenge, you accepted it and you're doing great is uh.. is really beneficial. And we really thank you for doing it, Matt.</p>
	Matt's truck driving on his property	<p>Matt Roloff</p> <p>Well thank you. Thank you for having us. Thank you for letting me share my story.</p>
	GFX Center	
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	<p>Nicole Johnson, in studio</p>	<p>Nicole Johnson</p> <p>When we come back, diabetes educator Donna Rice joins us to answer the questions you were afraid to ask.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p><card, center></p> <p>The following interview contains mature subject matter. Parental discretion is advised.</p>	
	<p>GFX Center</p> <p>dLife DID YOU KNOW?</p> <p>“Some diabetes medications can cause gastrointestinal side effects. Often, slowly increasing the dose (i.e., titrating) can help ease discomfort. Ask your doctor what’s right for you.”</p>	
	<p>Nicole Johnson, at table in studio</p> <p>Lower Third:</p> <p>NICOLE JOHNSON</p>	<p>Nicole Johnson</p> <p>When it comes to diabetes management, some questions are easier to ask than others. Talking about blood sugar numbers is one thing, but how do you ask your doctor about potentially embarrassing topics, like sexual issues?</p>
	<p>Nicole Johnson with Donna Rice in studio</p>	<p>Nicole Johnson</p> <p>Well here with us is our own Donna Rice. She’s the past president of the American Association of Diabetes Educators, and currently president of a new diabetes initiative at Baylor Healthcare. She’s also the co-author of the book <i>Sex and Diabetes: For Him and Her</i>. Well Donna, let’s jump right in. Does diabetes cause bad breath?</p>
	<p>Donna Rice with Nicole Johnson in studio</p> <p>Lower Third:</p> <p>DONNA RICE, MBA, RN, CDE Baylor Health Care System</p>	<p>Donna Rice</p> <p>Diabetes can cause bad breath. Oftentimes, people with diabetes have gingivitis or gum disease, which can create odor.</p>

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	Dental patient checks teeth in mirror	Donna Rice I think it's really important that people with diabetes brush and floss, and really visit their dentist.
	Nicole Johnson with Donna Rice in studio	Nicole Johnson High blood sugars often cause a different type of odor.
	Donna Rice -- Interview	Donna Rice Right. Sometimes your mouth is really dry. If your blood sugar is really high, you might have kind of like a fruity taste, or whatever. So I think that these are just some things that individuals learn as they go along. And they start, you know, just kind of like really processing diabetes and how it affects their life.
	Nicole Johnson with Donna Rice in Studio	Nicole Johnson Okay, now here's one that gets a little bit uncomfortable. What about incontinence?
	Donna Rice -- Interview	Donna Rice Incontinence is another problem too. And it can be related to many, many different things. It could be something from as simple as a urinary tract infection or some kidney problems all the way up to maybe even some nerve damage to the bladder.
	Lower Third: Bladder problems caused by nerve damage are called "neurogenic bladder."	Donna Rice Remember, all of our body functions are regulated through our nervous system. And often times with diabetes, it can affect the nerves. And that's something that we know we need to be aware of. Uhm.. good control can prevent that.
	Donna Rice – Interview Lower Third: Symptoms include frequent urination; leakage; and sudden urges to urinate.	Donna Rice But if you're uhm.. experiencing any kind of incontinence, open communication with that healthcare provider will really be, I think, essential to really get down to the nitty gritty, to see why this is occurring.
	Nicole Johnson with Donna Rice in studio	Nicole Johnson Why do people with diabetes get so many yeast infections?

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	<p>Donna Rice -- Interview</p> <p>Lower Third:</p> <p>Men with diabetes can also experience yeast infections.</p>	<p>Donna Rice</p> <p>Uh.. women with diabetes oftentimes experience yeast infections. When blood sugars are high, it really can occur. So having diabetes well controlled can really help eliminate that problem.</p>
	<p>Donna Rice -- Interview</p>	<p>Donna Rice</p> <p>Uhm.. some of the symptoms are burning and itching. And it- it does occur, and it's really important that you open up the communication to your doctor and really talk about that.</p>
	<p>Nicole Johnson with Donna Rice in studio</p>	<p>Nicole Johnson</p> <p>Chronically high blood sugars often lead to those yeast infections, it's so tough.</p>
		<p>Donna Rice</p> <p>Right.</p>
		<p>Nicole Johnson</p> <p>All right. Now to the topic of sex.</p>
		<p>Donna Rice</p> <p>Okay.</p>
		<p>Nicole Johnson</p> <p><laughs> How do people deal with diabetes during sex?</p>
	<p>Donna Rice with Nicole Johnson in studio</p>	<p>Donna Rice</p> <p>Okay. It's a good question, a question that always comes my way. And I think first of all, it's open communication. I mean, you know, it's- it's you're in a relationship, and I think you need to talk about it. Diabetes does interfere with some things. When blood sugars are high or blood sugars are low, you might not feel in the mood.</p>
	<p>Donna Rice with Nicole Johnson in studio</p>	<p>Donna Rice</p> <p>Oftentimes, you're tired. I mean, even for anybody, with or without diabetes, if you're tired, sometimes you just don't feel like doing it, or you don't have the energy. Or it also can disrupt your concentration, And in order to really climax and- and to enjoy it, you have to be able to really concentrate on it. And oftentimes, high blood sugars and low blood sugars</p>

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		definitely can interfere with that.
	Couple sitting at kitchen table	Nicole Johnson And you have to be with a person who understands diabetes. So it's definitely a partner--
		Donna Rice Right.
		Nicole Johnson ...issue as well.
	Couple walking in park	Donna Rice Diabetes is a family problem. Diabetes is a relationship uhm.. you know, si- situation. And you need to be open and honest and- and talk about it and- and plan for it.
	Nicole Johnson with Donna Rice in studio	Nicole Johnson Mm-hm. And now there are some sexual dysfunction issues with diabetes.
	Donna Rice - Interview	Donna Rice Sexual dysfunction is very, very common in men and women who've lived with diabetes for a really long time. Oftentimes, men have a very difficult time obtaining an erection or maintaining an erection. And also, with women, they have a hard time with lubrication and also with orgasm.
		Donna Rice Remember, diabetes can affect nerves and it can affect blood vessels. And over time, this can really have an effect on sexuality. So it's really important that diabetes is kept well controlled and that you make those efforts to really maintain those blood sugars.
	Nicole Johnson with Donna Rice in studio	Nicole Johnson So we all need to be making sure that we're talking to our healthcare providers about anything. And it doesn't matter if it's embarrassing or not, they're there to help us.
		Donna Rice Absolutely.

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	<p>Nicole Johnson with Donna Rice in studio</p>	<p>Nicole Johnson</p> <p>Thank you so much, Donna. Well, remember, it's your diabetes life. And your doctor, your healthcare team, they work for you.</p>
	<p>GFX Center</p> <p>dLife www.dLife.com/shy</p>	<p>Voice Over - Nicole Johnson</p> <p>Viewers can visit dLife.com/shy for more information on these and other sensitive diabetes issues.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Michel Nischan making cheesecake</p> <p>Finished cheesecake on counter</p>	<p>Voice Over - Nicole Johnson</p> <p>Up next: delicious cheesecake you don't have to feel guilty about.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Web Browser exploring dLife.com</p> <p><superimposed, words appear in sequence></p> <p>Food Insulin Money Exercise Pumps Weights</p>	<p>Voice Over - Nicole Johnson</p> <p>Do you have a diabetes related question? Get expert advice in just a few simple steps.</p>
	<p>Web Browser exploring dLife.com</p> <p>Lower Third: www.dlife.com</p>	<p>Voice Over - Nicole Johnson</p> <p>Visit dLife.com, click on the Expert Q&A section, and submit your question.</p>
	<p>Web Browser exploring dLife.com's Q&A pages</p> <p>Center: Free!</p> <p>Lower Third: www.dLife.com</p>	<p>Voice Over - Nicole Johnson</p> <p>You'll receive responses from certified experts and other dLife community members. It's really that easy. And best of all, it's free!</p>
	<p>GFX Center</p> <p>The dLife Kitchen</p>	

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	<p>Michel Nischan in kitchen</p> <p>Lower third:</p> <p>Michel Nischan dLife Chef</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.</p>
	<p>Michel Nischan in kitchen</p> <p>Lower third:</p> <p>One slice contains 8 grams of carbs.</p>	<p>Michel Nischan</p> <p>Because no sugar, very, very low on carbs, and delicious. So this is great, whether you're living with diabetes or not.</p>
	<p>Michel Nischan combines prepared bowls of ingredients in mixer</p> <p>Michel Nischan beats egg whites in mixer</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>Michel Nischan transfers eggs to glass bowl</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.</p>
	<p>Michel Nischan adds Splenda and egg yolks to mixer</p> <p>Michel Nischan works with mixer</p>	<p>Michel Nischan</p> <p>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.</p>
	<p>Michel Nischan adds lemon juice and cheese to mixer</p> <p>Lower Third:</p> <p>You can use cream cheese or ricotta cheese</p>	<p>Michel Nischan</p> <p>So we're gonna thin it with just a little bit of the lemon juice first, and then we're going to add a little bit of this cheese, just a bit at a time. You want to beat it until it's nearly smooth before you add more cheese. There we go.</p>
	<p>Michel Nischan works with ingredients in mixer</p>	<p>Michel Nischan</p> <p>And now, we can actually turn the speed of the mixer up and then beat it until it's nice, smooth, and</p>

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		fluffy. And that is where we need to be.
	Michel Nischan mixes ingredients in bowl	Michel Nischan 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.
	Michel Nischan oils pan Michel Nischan transfers batter to pan Michel Nischan places cheesecake in oven	Michel Nischan Now here, I have a springform pan, and I'm just gonna line it lightly with a little bit of grapeseed 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.
	Michel Nischan stands near oven	Michel Nischan 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.
	Michel Nischan works with finished cheesecake	Michel Nischan 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.
	Michel Nischan mixes topping ingredients	Michel Nischan 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 till it's nice and smooth, and we're ready to go.
	Michel Nischan applies topping to cheesecake	Michel Nischan And I'm just gonna scoop some on top, just like this.

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	<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.</p>
	<p>Michel Nischan holds up completed cheesecake</p>	<p>Michel Nischan</p> <p>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>Michel Nischan with cheesecake</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.</p>
	<p>Michel Nischan in kitchen</p>	<p>Michel Nischan</p> <p>I'm Michel Nischan, thanks for joining us in the dLife Kitchen.</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>"I would move heaven and earth to help him." That's what Tammy McGrath told us after she found out her four-year-old son was diagnosed with type 1 diabetes. She was stunned, yet in the back of her mind, she knew that one day, it might happen to one of her kids.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Tammy McGrath gives Aiden insulin shot</p>	<p>Tammy McGrath: One, two, three, going in.</p> <p>Aiden McGrath: One, two, three, four, five, six, seven, eight.</p>

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		Tammy McGrath: Very good counter
	Tammy kisses Aiden, helps him off kitchen counter	Voice Over - Nicole Johnson For a young boy who was diagnosed just a few months ago, Aiden McGrath is handling his diabetes very well.
		Tammy McGrath Good boy. You're so brave.
	Aiden runs out of kitchen Tammy in Kitchen cleans up from shot	Voice Over - Nicole Johnson His mom, Tammy, has done a great job caring for Aiden. A lot of this is new to her, like the math skills she suddenly needs.
	Tammy McGrath calculating carbs with Aiden in kitchen	Tammy McGrath How many carbs? 9.2 times 4 equals 36.6, divided by the carb ratio for breakfast is 31.226. And you were low before breakfast, so you only get 1, 1 unit. One.
	McGrath children eating at counter	Voice Over - Nicole Johnson Preparing meals is also a different experience for Tammy and for her husband, Bill.
	Bill and Tammy McGrath in kitchen	Bill McGrath: Some chips for you? Tammy McGrath: And how many chips did you give him? Bill McGrath: I gave him eight chips, so eight carbs.
	Bill McGrath holds Aiden in kitchen, Tammy rubs Aiden's back	Voice Over - Nicole Johnson But in other ways, this new routine is hauntingly familiar.
	Tammy and Bill McGrath - Interview Lower Third: TAMMY & WILLIAM McGRATH Parents of Aiden, Type 1	Tammy McGrath I watched, you know, what this disease can do to a human being and someone you love.
	Tammy McGrath looks at father's picture	Voice Over - Nicole Johnson These days, Tammy can only look at her father's face in photographs.
		Tammy McGrath

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		He's handsome.
	Photograph of Tammy's father	Voice Over - Nicole Johnson Richard Sherman lived with diabetes and died from its complications at age 46 in 1989.
	Tammy McGrath - Interview	Tammy McGrath It was absolutely horrible. I mean, he had gone blind at the age of 42, uh.. water had got behind his eyes and detached his retinas. He had his big toe on his right foot amputated due to infection, which, you know, ultimately affected the way he walked. And he was on dialysis three times a week.
	Photo of Tammy's father	Voice Over - Nicole Johnson Richard could no longer control his diabetes, and toward the end, he stopped trying.
	Tammy McGrath - Interview Photo of Tammy's father Tammy McGrath - Interview	Tammy McGrath He wanted to live his life the way he wanted to live it. And if he couldn't, uhm.. I feel like in a way, he felt like that he didn't need to be around. Instead of a glass of apple cider, he wanted two quarts. Or instead of a single scoop of ice cream, you know, he'd want--
		Bill McGrath Half a gallon.
		Tammy McGrath Yeah, half a gallon of ice cream.
	Photo of McGrath children and Tammy	Voice Over - Nicole Johnson When Aiden, his sister, Paige, and brother, Liam, were very small, Tammy worried that one of them might inherit this disease.
	Tammy McGrath - Interview	Tammy McGrath It was really all I ever feared. So. Having a child with diabetes, I wasn't afraid of anything else.
	Tammy McGrath works with Aiden	Voice Over - Nicole Johnson With time, she started to relax.
		Tammy McGrath But in the same sense, no. You know, we're

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	Tammy McGrath - Interview	healthy, we're young, there's no way. And now I had to face it. You know, it was right here in my face.
	Bill McGrath plays with Aiden	Bill McGrath She was a wreck. She uh..
	Tammy McGrath - Interview	Tammy McGrath Devastated.
	Tammy McGrath - Interview	Bill McGrath She was completely devastated.
	Tammy hugs and talks with Aiden	Voice Over - Nicole Johnson From the start, Tammy knew what priority number one needed to be.
	Tammy McGrath - Interview	Tammy McGrath I will not let it take my son. We're trying to do everything we can to raise him to want to take care of himself.
	Tammy with Aiden in kitchen Lower Third: AIDEN McGRATH Diagnosed in 2008 at Age 4	Voice Over - Nicole Johnson It means instilling good habits, starting right now.
		Tammy McGrath So how many carbs? How many carbs? Gonna help Mama?
	Bill McGrath - Interview	Bill McGrath We try to make it fun.
		Tammy McGrath Right.
		Bill McGrath Uhm.. we don't want to try and make it seems like it's a huge chore, uhm.. because then he'll kind of shy away from it.
	Tammy McGrath in kitchen with Aiden	Tammy McGrath We have to write your number down. Do you remember the number?
	Tammy and Bill McGrath - Interview	Tammy McGrath He's reading numbers and he's reading carbs on-

TIMECODE	VISUALS	AUDIO
		on containers of food. And, you know, I just try to-- I think that's gonna help with the ownership of this- of this diagnosis.
	Tammy and Bill McGrath in kitchen, Bill carries sandwich	Voice Over - Nicole Johnson So with the support of Aiden's entire family, Tammy is determined about that.
	Tammy McGrath - Interview	Tammy McGrath I'm not gonna give, you know, one of you a cookie and then the other one has to have uh.. you know, a vegetable. I mean, that's just, you know, common sense. It's-- to us, it's, you know, the family does it together.
	McGrath children eating, Tammy and Bill serving	Tammy McGrath: What do you want? Bill McGrath: Come on Buddy, eat up. Tammy McGrath: Paige, you want the grape drink? Aiden's special drink?
		Tammy McGrath: And I think that's a good way to do it, to not make him feel different.
	Tammy and Bill McGrath help Aiden check blood sugar	Voice Over - Nicole Johnson What Tammy wants most for Aiden is a cure for diabetes. But if that's not to be, she wants him feeling so well when he's 46 that the choice her dad made will be unthinkable. That thought can hit hardest when she looks her son in the eye.
	Tammy McGrath - Interview	Tammy McGrath You know, my dad had a certain color, a certain tint to him when he was sick. And I see that in Aiden sometimes, and it scares me to death. I know in my heart that he has it because my father had it. Uhm.. so yes, I do see, you know, my father looking back at me through my son. And I know that my dad is looking over us. And he knows that I'm going to do the right thing and I am going to take care of my son.
	GFX Center dLife For Your Diabetes Life!	

TIMECODE	VISUALS	AUDIO
	<p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>When we come back, dLife answers your diabetes questions.</p>
	<p>GFX Center</p> <p>Q&A Diabetes Questions & Answers</p>	
	<p>Lower third:</p> <p>NICOLE JOHNSON Diabetes since 1993</p>	<p>Nicole Johnson</p> <p>Here's what's in the dLife mailbag this week.</p>
	<p>GFX Center</p> <p>Q&A Diabetes Questions & Answers</p>	
	<p>Center of screen:</p> <p>Q&A Diabetes Questions & Answers</p> <p>"What do I eat when eating at a fast food restaurant or any restaurant?" --Ann M.</p>	<p>Voice Over - Nicole Johnson</p> <p>dLife member Ann M., asks, "What do I eat when eating at a fast food restaurant or any restaurant?"</p>
	<p>Lynn Prowitt-Smith</p> <p>Lower Third:</p> <p>LYNN PROWITT-SMITH Food and Nutrition Editor for dLife</p>	<p>Lynn Prowitt-Smith</p> <p>Hi. I'm Lynn Prowitt-Smith, food and nutrition editor for dLife.</p>
	<p>Various breaded, fried foods</p>	<p>Lynn Prowitt-Smith</p> <p>First, let me tell you what you shouldn't eat. When you eat out, the danger really lurks in what we call hidden carbs. Foods that are breaded or cooked in batter are almost always high in empty carbs. A good tip is to watch for the word "crispy." It's pretty much code language for "unhealthy."</p>
	<p>Lynn Prowitt-Smith</p> <p>Salad dressings and sauces on table</p> <p>Catsup on plate</p> <p>Bowl of green soup</p>	<p>Lynn Prowitt-Smith</p> <p>Next, watch your condiments. Salad dressings and sauces can contain a lot of hidden sugar, and salt too. Did you know, a tiny packet of catsup has three grams of carbs and 110 milligrams of sodium? A lot of soups too, have flour or cornstarch added to them.</p>
	<p>Lynn Prowitt-Smith</p>	<p>Lynn Prowitt-Smith</p>

TIMECODE	VISUALS	AUDIO
	Hamburgers and bagels	Okay, and here's the obvious one. Get the bread off the table. Skip the hamburger bun. A bun can have 35 to 40 grams of carbs. And those nice, big deli bagels, 60 grams.
	Left side of screen: Q&A Diabetes Questions & Answers What should you order: Items that are grilled or broiled. Sauces on the side. Vegetables and salads with dressings on the side. Side salad or veggie instead of rice, fries, or potato.	Lynn Prowitt-Smith So what should you order in restaurants? The standard safe choices are things that are grilled or broiled. Sauce always on the side, vegetables and salad, dressings on the side. And when they ask you if you want rice, fries, or baked potato, get a side salad or a vegetable instead.
	Lynn Prowitt-Smith	Lynn Prowitt-Smith Even a small portion of pasta might be a better option for you. And last, watch portion sizes. Restaurant portions are usually enormous. Push at least half of it aside and have it wrapped up to take home.
	Lynn Prowitt-Smith Lower Third: www.dLife.com/foodfinder	Lynn Prowitt-Smith For carb counts and other nutrition information for over 25,000 foods, go to dLife.com/foodfinder .
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Watch dLifeTV on CNBC every Sunday evening.	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. Thank you for watching.
	Center: dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.	
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