

<Card: Nicole Johnson Baker>

Nicole Johnson Baker: Hello. I'm Nicole Johnson Baker.

<Card: J. Anthony Brown>

J. Anthony Brown: Hi, I'm J. Anthony Brown.

<Card: Jim Turner>

Jim Turner: Hi. I'm Jim Turner.

<Card: Mother Love>

Mother Love: Hello, babies. I'm the even more fabulous Mother Love.

Nicole Johnson Baker: Type 1.

J. Anthony Brown: Type 2.

Mother Love: Type 2.

Jim Turner: Type 1.

Mother Love: Diagnosed in April of 1990.

Jim Turner: February 9th, 1970.

Nicole Johnson Baker: November 27th, 1993.

J. Anthony Brown: February 1990 and I'm here to talk about my..

Jim Turner: My..

Mother Love: My..

Nicole Johnson Baker: My dLife.

<Card: dLife; For Your Diabetes Life>

<Various shots of upcoming guests>

Mother Love Voice Over: Today on dLife, former heavyweight boxing champion of the world, Joe Frazier, blues legend, B.B. King, MC hip hop icon Phife, dLife fitness contributor Gary Hall, Jr. And now please welcome your hosts, Nicole Johnson Baker, Jim Turner, J. Anthony Brown, and me, the even more fabulous Mother Love.

<Card: Mother Love, Author & TV Personality>

Mother Love: How is everybody doing? Well, we've got a fabulous show today so just let's get to it. Nicole has our story of the day from Ken Dahlgren of Cheektowaga County, New York.

<Card: Nicole Johnson Baker, Author and Miss America 1999>

<Various shots of Ken Dahlgren>

Nicole Johnson Baker: I sure do. Here it goes. I watched diabetes kill my father. Two months after he died, I was diagnosed. He was type 2, I am type 1. He suffered for twenty years, lost both legs, and soon after his third surgery he passed away. That is not going to happen to me. I am determined to live an active, vital life. Sometimes I forget that I have diabetes and make stupid mistakes. I nearly died in Thailand when I made a mistake of programming my insulin pump before climbing a cliff. I went low and I started to pass out. I couldn't stand, but managed to feebly communicate to some Thai guys. They figured out that I need sugar quickly so they tied me on a motorcycle between two of them for a twenty-mile ride to the nearest store to find some sugar. I won't make that mistake again, but I won't stop living my life.

Mother Love: That is wonderful. Ladies and gentleman, Mr. Dahlgren from Cheektowaga County, New York.

<Shot of Ken Dahlgren in audience>

<Card: Ken Dahlgren, Type 1 Diabetes>

Nicole Johnson Baker: Yeah!

Mother Love: Such a beautiful story.

<Card: Have a Story Of the Day? Submit it to dLife.com>

Nicole Johnson Baker: I love that line; he won't stop living his life. I love that.

Mother Love: You can't. You mustn't. You mustn't stop and that's what, you know, a lot of people, they figure, "Oh, I've got diabetes," when they get diagnosed. "Oh, my life is over. Oh, I can't eat. Oh, I can't have this. Oh, woe is me," and fall out and then they don't want to do anything. And you can't do it. This is one disease that we together can manage.

<Card: Make your mistakes stepping stones, not stumbling blocks. No one is perfect.>

Nicole Johnson Baker: You know, and the important thing is we all make mistakes. I mean not a day goes by that I don't mismanage, you know, some element of the day, that I don't give exactly the right amount of insulin or I give a little bit too much, but we just have to be able to say, "But I'm gonna handle it."

<Card: Mother Love, Type 2 Diabetes>

Mother Love: And you have to. Meeting the challenges of diabetes management can be a heavyweight responsibility, so who better to talk to than former heavyweight champion of the world. He's one of the greatest boxers of all time, known for a vicious left hook, and for beating Mohammed Ali twice. Ladies and gentlemen, please join me in welcoming Smokin' Joe Frazier!

<Joe Frazier enters and greets hosts>

J. Anthony Brown: How are you doing, sir?

Joe Frazier: Not bad for an old guy. The Lord's been good to me.

J. Anthony Brown: Yeah. How- how are you managing your diabetes?

Joe Frazier: Well, ah.. number one, I try to ah.. stay on ah.. my prescription that the doctor writes for me.

Nicole Johnson Baker: Do you take insulin for your diabetes or do you take pills?

Joe Frazier: I take pills.

Nicole Johnson Baker: Pills.

J. Anthony Brown: Now, is there a history of diabetes in your family?

Joe Frazier: Ah.. dad and mom, yeah. Dad and mom. Ah.. they..

J. Anthony Brown: What about your kids?

Joe Frazier: Ah.. no.

J. Anthony Brown: None of 'em?

Joe Frazier: None of them.

J. Anthony Brown: That's a blessing. That's great.

Nicole Johnson Baker: Thank goodness. Yeah.

<Card: Joe Frazier, Heavyweight Boxing Champion>

Joe Frazier: Yeah, they're good and ah..

J. Anthony Brown: So now here's the thing. How-- in what ways since you've been diagnosed with diabetes, in what way has it changed your life in terms of, you know, working out and- and ah.. you know? <Laughs>. I never know if you're gonna hit me, man. <Laughs>.

<Everybody laughs>

Nicole Johnson Baker: What do you want me to ask him? <Laughs>.

Joe Frazier: I haven't changed my life. When I found out I had uhm.. a diabet- dia-diabetes, I deal with it, you know? The doctor, they go to school for their job.

J. Anthony Brown: Oh, yeah, they do, right.

<Card: Joe Frazier, Type 2 Diabetes>

Joe Frazier: So they know what they're talking about. I live on their word, you know what I mean? But it don't stop me from running, jumping, playing, and having a good time with life.

J. Anthony Brown: You said playing a lot. You do a lot of playing?

<Card: Type 2 diabetes occurs when the body can't properly use the insulin the pancreas makes.>

Joe Frazier: Yeah, well the playing, like ah.. go where I want to go, ah.. drive where I want to drive, public appearances. I have the need and not the greed, you know, around the world wherever I've been invited.

<Card: Nicole Johnson Baker, Type 1 Diabetes>

Nicole Johnson Baker: Well, Joe, I want to bring out someone who's got a lot in common with you.

Joe Frazier: Okay.

Nicole Johnson Baker: Uhm.. I'll bet that many people don't remember that you won an Olympic gold medal in when was it? 1964? Please say hello to the fastest man in the water, as we like to call him. He's our fitness contributor here to dLife, Gary Hall, Jr., Olympic gold medallist. Come on out here.

<Gary Hall enters and greets hosts>

Gary Hall: This is great. What a treat it is for me to be here.

Nicole Johnson Baker: Yeah, and especially we got two gold medallists on the same couch.

Mother Love: How about that?

<Card: Joe Frazier, Gary Hall, Gold Medal Winners with diabetes>

Gary Hall: Yeah. Joe, I got to ask you because I get asked all the time. They say, "What do you do with your gold medal?" And I assume that you've still got yours.

Joe Frazier: No, I took mine and cut it up and gave it to all my kids.

Gary Hall: Is that right?

Mother Love: Oh, wow.

Nicole Johnson Baker: Did you really?

Joe Frazier: Six- six boys and- and five girls.

Nicole Johnson Baker: Oh, my goodness.

Gary Hall: That's a big family.

Joe Frazier: A big family.

Nicole Johnson Baker: All right, we've got to give these nice people here in the audience a chance to ask you a question.

Joe Frazier: All right.

<Shot of J. Anthony Brown in the audience>

J. Anthony Brown: Who has a question for Gary? Stand up.

<Card: When exercising, be prepared for swings or dramatic changes in blood sugar levels.>

Audience Member: Ah.. Gary, I read in a magazine article ah.. that you ah.. have tremendous swings when ah.. you are swimming in the pool. Do you still have those large swings or have you found some kind of a remedy to kind of even it out?

<Card: Gary Hall, Jr., Type 1 Diabetes>

<Card: Type 1 diabetes occurs when the pancreas no longer makes enough insulin.>

Gary Hall: Well, I try to ah.. keep my swings to a minimum. Ah.. nothing like the left hook of Joe here. But ah.. you know, these swings do happen to all of us that have diabetes and ah.. I try to avoid the- ah.. the hypoglycemia by keeping some juice in my swim bag by the side of the pool. And sometimes it requires me to swim over to the side of the pool and get that. But uhm.. after ah.. you know, a short break, I'm back in the water swimming again.

J. Anthony Brown: Do we have another question? Yes, come on up. And who is your question for?

Child in Audience: Gary. How long have you had diabetes?

Gary Hall: I have had diabetes now since ah.. March of 1999, so coming up on ah.. six years, just about six years. How long have you had diabetes?

<Card: 1 in 400 to 500 children has type 1 diabetes.>

Child in Audience: Three and a half.

Gary Hall: Three and a half. And how old are you?

Child in Audience: Six.

Nicole Johnson Baker: Wow.

Gary Hall: A long time.

J. Anthony Brown: Type 1 or type 2?

Child in Audience: Type 1.

Nicole Johnson Baker: Brave little girl.

J. Anthony Brown: Brave little girl. Thank you.

<Everyone applauds>

Nicole Johnson Baker: You're a strong girl.

Mother Love: Thanks to Gary Hall, Jr. and Smokin' Joe Frazier. Next up, dLife goes on the road with guitar legend, B.B. King.

<Shot of audience applauding>

<Shot of Nicole Johnson Baker pinning letter on board>

<Shot of audience applauding>

<Card: Mother Love, Type 2 Diabetes>

Mother Love: B.B. King isn't about to let diabetes slow him down or age him. We caught up with him in the Bay City. Check it out.

<Various shots of B.B. King>

<Card: B.B. King, Type 2 Diabetes>

<Card: About 73% of adults with diabetes have high blood pressure.>

<Card: You can live a long, healthy and happy life with diabetes.>

B.B. King: When I was first diagnosed with the diabetes, I was just- just seemed like I was living ah.. and not living, just- I'm just there, good for nothing. When I get to my doctor, she checked my blood sugar and say, "You're going to the hospital." There they said my sugar was six hundred and fifty. I'm a type 2 diabetic and of course I have hypertension like a lot of black people do. My oldest sister, she died. I always tell everybody check your blood sugar. Do most of the things your doctor <laughs> tell you to do. <Laughs>. I've been living on the road for fifty-seven years and I've got routines. One of the things is well I don't eat unless I'm hungry. Generally, your body speaks to you. Push your plate back. And I have lost-- my doctor was smiling when I saw him last week, I've lost about thirteen pounds ah. If I can live until the 16th of September, that will be the big eight-oh. But if I had a chance, St. Peter call me and I see a pretty girl, I'm gonna try to get- get me a few more minutes. <Laughs>.

<Shot of audience applauding>

<Card: Who's Who With Diabetes? Find out at dLife.com>

<Various shots of Phife Dawg>

Mother Love: There's a lot of famous people with diabetes like the even more fabulous Mother Love. Check out the dLife list at dLife.com. All right, babies, from a blues king to an MC from Queens, our next guest has an amazing story. He was a founding member of the rap group, one I actually like, A Tribe Called Quest. Please join me in welcoming Phife Dawg!

<Phife Dawg enters and greets hosts>

Mother Love: See, I know some of you probably aren't you know, like Phife Dawg? See, I'm- I'm hip to A Tribe Called Quest. I know what's up. I know about your talent. Now, Phife, you have an amazing story. And you have never told anybody about this. And I first of all thank you so much for wanting to come and share your story.

Phife Dawg: Right.

Mother Love: What made you want to do it now?

<Card: Phife, Founding Member, "A Tribe Called Quest">

<Card: Phife, Type 1 Diabetes>

Phife Dawg: I thought about it for a week or so and I said to myself well, if I could help somebody sharing my experience, then it seemed kind of cool, so I decided to come on the show. Came here today and I saw Mother Love. Wow. You're amazing, amazing.

Mother Love: Well, I'm feeling all special and everything. <Laughs>. Now how long ago were you diagnosed with diabetes?

Phife Dawg: May of 1990.

Mother Love: And so what hap-- what was going on in your life when you were diagnosed?

<Card: Cheryl Taylor, Phife's Mom>

<Card: Diabetes Warning Signs: Frequent Urination, Extreme Thirst, Unusual Weight Loss, Excessive Hunger, Blurred Vision.>

Phife Dawg: Well, my mom was diabetic, so I grew up watching her take her medicine. Not really watching her, but knowing that she had to take it. And, you know, it was always, "Malik, I need some privacy. Could you leave the room?" And so I knew what was going on. I started having symptoms like using the bathroom frequently like almost every half hour on the dot. And uhm.. I was real thirsty, mouth dry, you know, all of that. So I came home one day from a show. We had a show in Connecticut, so we drove. So I kept asking the driver to pull over and stuff like that. So it was weird 'cause it came out of nowhere. So when I got home after the show, I called my mom and asked her what were the symptoms. Meanwhile, my grandmother was a nurse so she said, "Well, wait till your grandmother comes home from work. She'll test you and we'll see if it's true." Of course, she came home, tested me, and it was true. So and, you know, my mom busted out crying and all kind of stuff. Now that- when I was diagnosed it was May of '90 and our first album had came out April of '90.

Mother Love: So this is like right when everything is jumping off for you.

Phife Dawg: Everything is jumping off. So I thought it was over. I thought it was finished because like I said, I didn't know everything that I would have to go through, the rights and the wrongs, the dos and the don'ts, so I just automatically thought I was done rapping, no more career, this, that, and the other. I didn't know what I was gonna do.

Mother Love: So you started right then to take control of your diabetes?

<Card: Tight blood glucose control can help lower the risk of diabetic kidney disease.>

Phife Dawg: The first word that you have to learn with diabetes is acceptance. I didn't accept it. I still thought I was everybody else, Twinkies, Suzie Qs, potato chips.

Mother Love: So you just went into denial with it?

Phife Dawg: Just junk food anonymous. And then..

Mother Love: Wait a minute. This is after they tell you, ah.. "Sir, you have diabetes and you have to alter your lifestyle?"

Phife Dawg: Yeah.

Mother Love: You just went to Twinkie he- just..

Phife Dawg: I wasn't trying to hear it. I heard it, but I didn't accept it.

Mother Love: Well, you were feeling that.

Phife Dawg: Because see the first couple of months, or year at least, I wasn't affected by it. I didn't feel like anything was different. And then by '92, uhm.. we had to do David Letterman and uhm.. for whatever reason, everything was just comatose, slow motion.

Mother Love: It was starting to affect your metabolism by then.

Phife Dawg: Right.

Mother Love: So when did you start saying, "Okay, this is starting to affect me?" Was it on the Letterman show and what happened?

Phife Dawg: Oh, well after the Letterman show, we had to go right to Dennis Miller.

Mother Love: Okay.

Phife Dawg: Dennis Miller was when everything hit the fan. I couldn't even do the show. I had to uhm.. get hospitalized.

Mother Love: What happened?

Phife Dawg: My sugar was just..

J. Anthony Brown: Do you know- do you remember what it was?

Phife Dawg: Almost in the thousands.

<Card: The normal blood sugar level for someone with diabetes is 80-120 mg/dl.>

Nicole Johnson Baker: Oh, wow.

Phife Dawg: It was ridiculous.

Jim Turner: Now were you taking shots at this time?

Phife Dawg: Yeah, I was insulin-dependent.

Jim Turner: And you were just not..?

Phife Dawg: I would take my medicine and sometimes I wouldn't, but I just- even if I did, I was still having my sugar fix.

Mother Love: Eating Twinkies, eating junk. So then what- what happened that made you say, "You know, I'm gonna really have to get myself under control, or..?"

Phife Dawg: Well, it- it still took a while. I mean I'd get on a diet, wouldn't stick to the diet, get back on the diet, wouldn't stick to the diet. And it just got to the point where I had to be put on dialysis.

<Card: Over 300,000 Americans are on dialysis.>

J. Anthony Brown: Man.

Phife Dawg: Yeah.

Mother Love: You are too young.

Phife Dawg: Yeah, you're right.

Mother Love: You- so once you-- you're on dialysis now?

<Card: More than 60,000 people in the U.S. are on the kidney transplant waiting list.>

Phife Dawg: Um hmm. Right now I'm on a list to get the ah.. the pancreas slash kidney transplant.

Mother Love: You getting your body ready?

Phife Dawg: Yes.

Mother Love: You getting yourself put together, getting your spirit together? So many young people out there who are diagnosed with diabetes are were in the- are in the same position that you were in when you were diagnosed. "Well, I'm just not gonna deal with it and if I just act like I don't have it, it'll go away." What would you say to these young people? Because you know they're gonna listen to you.

Phife Dawg: Well, for one, they should know that experience is the best teacher. And being that I've experienced it, I'm telling them and they need to listen. Uhm.. it's not a game. You can lose your life because of this, a life and death situation, and you need to love yourself, love your life. You know what I'm saying? And..

J. Anthony Brown: But why- why do you think it took all of those steps for you to go through for you to get serious about it? I mean..

Phife Dawg: Mm, I was just an idiot. You know what I mean?

Mother Love: See, like you know that's why you have to love this young guy, 'cause he's just being real, you know? 'Cause people just- you know? You have to- we have to _____also. We do.

Nicole Johnson Baker: A lot of people have been there though. A lot of people have been there and that's the most important thing to point out that, you know, we all kind of..

<Card: Managing diabetes is about doing your best.>

Mother Love: Got stuck on stupid, paused on ignorance.

J. Anthony Brown: And go back to stupid every now and then.

Mother Love: And I go back to it every now and then. Well, you're gonna want to hang around for our next guest, Dr. Giacomo Basadonna, a leader in the field of kidney and pancreatic transplants. You're gonna stay right here, right?

J. Anthony Brown: Oh, you know he gonna stay.

Mother Love: We're gonna be right back. You hold tight.

<Shot of Phife Dawg performing>

<Shot of audience applauding>

<Card: Nicole Johnson Baker, Type 1 Diabetes>

Nicole Johnson Baker: Hey, J. and I have learned a lot already from Phife. He's inspirational and we're gonna learn a lot from our next guest. He can tell us all the new treatments on the horizon. Please welcome the Professor of Surgery and the Director of Transplantation at U. Mass Memorial Hospital, Doctor Giacomo Basadonna.

<Shot of Dr. Giacomo Basadonna greeting hosts>

Nicole Johnson Baker: Well, doctor, we are- we are so glad to have you with us. Now I know that you are funded by the JDRF, the Juvenile Diabetes Research Foundation to do some exciting transplant-type work. You want to tell us a little bit about that?

<Card: Dr. Giacomo Basadonna, U. Mass Memorial>

<Card: The Juvenile Diabetes Research Foundation supports research to cure diabetes and its complications.>

<Card: Insulin producing cell clusters are called islets.>

Dr. Giacomo Basadonna: Sure. JDRF ah.. funds ah.. probably the most important ah.. research for diabetes in this country. Ah.. they are devoted ah.. very strongly to find a cure. And transplantation probably is not the final answer. Hopefully, we'll come up with something better than that and they can stop the disease in small children. And ah.. one of the things ah.. that we have been doing in the laboratory for a long time is to try to transplant only the cells that make insulin rather than using the whole pancreas which is redundant and patients don't really need the whole pancreas. And ah.. right now is- it has become a clinical reality. We do transplant with patients with just the cells. It is becoming more and more successful ah.. and ah.. and I think hopefully that's the future and that's what we're gonna do instead of pancreas transplantation which is more cumbersome. But for the time being, we can offer both, which I think is a lot of hope at least for it.

Nicole Johnson Baker: Well, doctor, I have to ask you. Are pancreas/kidney transplants a last resort?

Dr. Giacomo Basadonna: Yes, of course they are. Ah.. well, the recommendation to anybody who has diabetes is to manage diabetes ah.. with insulin, appropriate diet and exercise. And ah.. and that is the beginning. Ah..

Mother Love: So now by hearing all of this and listening to the doctor, how are you feeling now?

Phife Dawg: Just ready to get on with my life, you know what I mean, and just make it happen.

Mother Love: You will have a great life. It's gonna happen.

Nicole Johnson Baker: Absolutely.

Phife Dawg: Thank you.

<Everybody applauds>

Nicole Johnson Baker: Well, thank you to you both for being her with us and sharing so much. We've learned a lot, but we've got two folks in the audience that deserve an award for years of living successfully with diabetes. We're gonna meet them in just a few

minutes. They're Joslin medallists and they're gonna tell us about their management and what it takes to have a successful life and longevity with diabetes.

<Shot of audience applauding>

Announcer: dLife is proud to partner with Abbott Diabetes Care.

<Card: Nicole Johnson Baker, Type 1 Diabetes>

Nicole Johnson Baker: The Joslin Diabetes Center is internationally recognized for cutting-edge clinical research in diabetes patient care programs. Since 1970, Joslin has awarded certificates, medals, and victory awards to patients reaching milestones of twenty-five, fifty, and seventy-five years, can you believe that, seventy-five years of diabetes management. And we have two of those special people with us here today. Sandy Asherman has had diabetes for fifty-two years. So you have to tell us about some of the changes in diabetes management over the years. There have been a lot.

<Card: Sandy Asherman, 52-year Joslin Medallist>

<Card: The first blood glucose monitor was patented in 1971.>

Sandy Asherman: The thing I- that keeps coming back to me though was instead of testing blood sugar seventy-five times a day, you have- had to take this test tube and take five drops of urine and ten drops of water and stick the little pill in it. And it fizzed up and fizzed up. And my favorite color now is blue because it became the most beautiful blue if you didn't have any- any sugar in your urine and it turned this ugly brown-orange if it- if you did.

Nicole Johnson Baker: If you did. Well, Lynn Wickwire was diagnosed at 4. Is that right?

Lynn Wickwire: That's correct.

Nicole Johnson Baker: Oh, and has a very special relationship with Joslin. So welcome. Thank you for being with us.

Lynn Wickwire: Thank you.

Nicole Johnson Baker: Now I want to hear about that special relationship that you have.

<Card: C. Lynn Wickwire, 50-year Joslin Medallist.>

Lynn Wickwire: Well, I'm on the board of overseers, began as a patient in 1948, went to the camp, learned about tight control and good management, and that was the only way to go.

<Various shots of campers>

<Card: More than 1,000 children attend the Elliott P. Joslin camps each year.>

Nicole Johnson Baker: And those camps perform such a wonderful service to just hundreds upon hundreds upon hundreds of children all throughout the country because it's the one place that they can be a kid and not be the odd one.

Lynn Wickwire: It was a great experience.

Nicole Johnson Baker: Well, I believe you have ah..

Lynn Wickwire: Oh, yes. Let me just..

Nicole Johnson Baker: A special.

Lynn Wickwire: We have a special award for one of your co-hosts.

Nicole Johnson Baker: Oh, dear.

Lynn Wickwire: Jim. I'm pleased to present you with a certificate of achievement for twenty-five years.

<Everyone applauds>

<Shot of Lynn Wickwire presenting Jim with certificate>

Nicole Johnson Baker: So what do you have to say about that?

<Card: Joslin grants 25, 50, and 75 year awards.>

Jim Turner: Well, it's been- it's been thirty-five uhm... gosh darn years and ah.. wow, this is a ah.. this is an honor. Thank you.

<Shot of audience applauding>

Nicole Johnson Baker: Well, that's it for today. Thanks to our guests, Joe Frazier, Gary Hall, Jr., B.B. King, Phife, and our Joslin medallists including our own Jim Turner, the newest medallist of all. Thank you also to our studio audience and of course to you, our viewers. As always, it's your dLife. You're responsible for your diabetes life. We'll see you next week.

Announcer: To be part of our studio audience, call 1-866-dLife now.

<Card: dLifeTV is produced by LifeMed Marketing and does not represent the views or opinions of CNBC, Inc.

<Closing credits>

<Card: Nicole Johnson Baker, Co-Host, dLife~TV>

Nicole Johnson Baker: Remember, we're not role models. We're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different. And you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it.

<Card: Life Med Marketing>

End of 103