

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

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

**Jim Turner:** Hi, I'm Jim Turner.

**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 9<sup>th</sup>, 1970.

**Nicole Johnson Baker:** November 27<sup>th</sup>, 1993.

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

**Jim Turner:** My--

**Mother Love:** My--

**J. Anthony Brown:** My--

**Jim Turner:** My--

**Mother Love:** My--

**Nicole Johnson Baker:** My dLife.

**Mother Love:** Today on dLife diabetes author Dr. Francine Kaufman. Diabetes Health Magazine editor Scott King, some canine guests you will not want to miss. Dogs that can help manage your diabetes. And now please welcome your host Nicole Johnson Baker, Jim Turner, J. Anthony Brown and me the even more fabulous Mother Love. Ok, babies first things first. Today's story of the day was sent to us from Joe Turley.

**Jim Turner:** I grew up in the kitchen. I remember being five years old and cooking eggs like my great Aunt Roxie, looking down at a pair of yolks swimming and sizzling bacon fat. When I learned to bake it was just like Roxie with a lot of sugar. She was a big woman who had diabetes. Diabetes took a couple of Roxie's toes and then it took her life. I was 22 when I opened my first restaurant Turley's and served the same kind of food, Roxie's food. Big portions that tasted great. Everybody went home with a full belly and a bag of leftovers. Then I was diagnosed with diabetes. I've been refusing to deal with it for a long time. I was angry a lot. I got divorced. I gained 70 pounds. Finally my dying grandmother made me promise that I would take care of myself. I studied food. I learned the truth about white bread and pasta. I learned that many of my customers also had diabetes and I vowed to make a change. My eating and my cooking was transformed. Turley's was reborn as a diabetes restaurant and a bakery called Deliciously Diabetic. My life is better. My family is happier. And my kids even like the desserts.

**Mother Love:** Ladies and gentlemen Joe Turley is in the audience and he came all the way from my home state Ohio. Thank you, thank you thank you, Joe Turley.

**Nicole Johnson Baker:** And food is the hardest part of this condition. I mean it is so hard. People tend to think that oh, you have diabetes you can't have any sweets. And now I love sweets.

**Mother Love:** The sweet junkies over here.

**Nicole Johnson Baker:** I mean you have people that like want to take them away from you.

**Mother Love:** I know how to make a sugar free peach cobbler make you want to slap somebody. You will sit-- you could sit up in front of little kids and they say let me have a piece of that peach cobbler-- get away from me, you not eating anything. But-- so there's a way that you know, we can learn to eat sweet things and--

**Jim Turner:** You just have to know exactly what you're doing every time because you know, we don't want to say oh, yeah, you can just have candy. 'Cause you've really got to understand, just way cut back and be smart about it.

**Mother Love:** And that's really true because and what works for you and Jim and Jay and me might not work for everybody else. So whenever you're thinking about going off plan or adding to your plan make sure you talk to your healthcare provider and that they know what's going on with you. Don't just arbitrarily go, hmm.. I can crank up my pump and eat a whole piece of chocolate cake. You cannot do that. Now that we've gotten into the whole food issue and I'm now hungry again, let's start our show with our first guest. Our guest is Professor-- a doctor, the head of the Center for Diabetes Endocrinology and Metabolism at the Children's Hospital in Los Angeles, the former president of the American Diabetes Association. And because that wasn't enough now she's an author. Please welcome Dr. Francine Kaufman.

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**Dr. Francine Kaufman:** Hello.

**J. Anthony Brown:** How you doing there?

**Jim Turner:** How are you?

**Nicole Johnson Baker:** Hello Dr. Kaufman, nice to see you.

**Mother Love:** Now Nicole and I both read your book Diabesity. For those people who have not read it, will you explain to our viewers and our audience what diabesity?

**Dr. Francine Kaufman:** Well diabesity is the connection between obesity and diabetes and trying to put them together now in what we're calling these dual epidemics of the increasing number of adults and children in this country who have overweight or obesity and the increasing number of people getting type 2 diabetes including children.

**Nicole Johnson Baker:** There are some details though in how diabetes works in the body. You were inspired by this whole pre-diabetes notion and this 41 million Americans who are in that category. And we're only seeing it grow. Can you explain some of the details of how that works and what to be looking out for?

**Dr. Francine Kaufman:** You know we've been around about 40 thousand years, maybe 100 thousand years. As human beings and the genes we have which evolved over those preceding two to three million years were really to enable us to live as Paleolithic human beings. With very little food, a lot of physical activity, all day long, no trans fats, no sweetened sodas. I mean you know what that environment must have been, you know, running around mainly naked. And then we as a collective species made progress. And now that progress is going to kill us.

**Mother Love:** What-- how do we get into the-- get into these kids heads that the soda and all these sugar coded drinks and all this super size stuff is just creating super size people with failing kidneys and eye sight?

**Dr. Francine Kaufman:** Well I think its two fold. I mean I think it's a lot of what we need to do as individuals for ourselves, for our children, for our families. That's really important and I think you know that. I mean it's about getting physical activity and eating well and taking care of our bodies. But the really big part of my book is what do we do collectively as citizens of this country. And when I send and I look at my patients in school and they have soda machines out there all day long. They don't have physical activity anymore and they're given a national school lunch program that's got maybe to much fat. There's a vending machine or a uh.. lunch line which they can buy candy bars. It's about what we have to advocate for in our environment. I look at the families I know. The people go to work. There's no opportunity for them to eat well at work, there's just vending machines. They don't have time. And there is no opportunity for physical activity. So I think we-- the big part of my book, I-- I-- and I call it a call to action for all of us is we've got to start working together from a uh.. What we can do when our organizations and our communities. What we can do with our legislature. And get to a healthy opportunity environment for all of us.

**Mother Love:** Amen.

<Clapping>

**Nicole Johnson Baker:** Does-- does anybody have any questions?

**Kathy:** My name is Kathy. I've had type 1 diabetes for over 30 years and I just find it interesting, I'm also a diabetes educator. And I just find it interesting that now that everyone is looking to be slim and they're counting carbs and we have attention to Adkins and South Beach carbs are now at the forefront. And I'm kind of angry about that because where was the fast food industry telling us how many carbs there were years ago when there were still a lot of people with diabetes. And I'm wondering what you think about the influence of that carb environment for dieters in general? How that it influences the people with diabetes that do the carb counting.

**Dr. Francine Kaufman:** Well, you know I think it's really important obviously to understand what you're eating and to account for what you're eating particularly with type 1 so that you can do whatever you need to do to adjust your insulin regime. But I think it's important for-- you know, for everybody. Uhm.. and I try to live that way myself is to eat you know, fruits and vegetables. To eat uhm.. you know good non-totally processed food. And then I think the most important thing I think that's happened for people with diabetes is food labeling. I mean I-- I can't begin to tell you. And I think we need to push-- that's another part of-- of the agenda in my book. We need to push for restaurants to tell you what you're eating and those portions. It doesn't have to be everything. We need to know what is a portion. I mean when you go to some restaurants you know your looking at four portions in front of you. And people go oh.. you know, and particularly children. That's what I'm suppose to eat, I'll eat it. Uhm.. you should start with you know, a doggy bag for the beginning. Take half of it or more away and just-- take it home.

**Mother Love:** Well Dr. Kaufman I so-- and I'm sure everybody here-- so appreciates you coming to the show, sharing your story. To learn more about diabetes and what you can do in your community go to dLife.com. We'll be right back.

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**Nicole Johnson Baker:** Wahoo!

**Jim Turner:** Welcome back to dLife. I'd like to bring out one of the most important voices in the diabetes community, type 1 for 30 years and editor of Diabetes Health magazine, Scott King.

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**Nicole Johnson Baker:** Mr. Diabetes, Mr. Diabetes Health magazine.

**Jim Turner:** It's uh.. it's a great magazine because it's very uh.. its really comes from you. I mean it's really personal which is something new to us in the diabetes community. It's nice to see something really just-- alright, here is what I think is going on here. And you say stuff that's really outrageous, which is great. Uhm.. how do you-- how did you come up with this?

**Scott King:** I got diabetes when I was 17. I was in high school and I always wanted a cure. And I didn't want to have to take shots. And it was a huge adjustment. So it put me on a quest to find a cure. Uh.. I ended up getting a degree in mathmatics uh.. 'cause I can't spell. And-- eventually I did a radio show, a radio show about diabetes. And I found the experts I'd interview were so fascinating and that the information wasn't getting out to the general public.

**Nicole Johnson Baker:** We need to know what's going on. And you bring it to us so thank you for doing that.

**Mother Love:** Thank you and in a timely fashion.

<Clapping>

**Jim Turner:** Uh.. and you're also not afraid to just say things uh.. and you-- you've got a cover about-- you've got a cover about the biggest busts in diabetes?

**Scott King:** Yes, we asked our readership what are some of the duds in diabetes and they wrote to us, uh.. three of them concerned testing your blood sugar. 'Cause everybody doesn't want to have to lance your finger and get a drop of blood and so over the years company's have come out to uh.. one was called the Dream Beam and you would just lay your finger over this and they went around the country-- and they-- they raised money and they had clinical trials and unfortunately they were cooking the results from the clinical trials to raise money and the FCC eventually closed them down. So that's a dud.

**J. Anthony Brown:** Yeah that is a dud.

**Scott King:** And then BioControl had this big box uhm.. and they would actually-- it was the same kind of meter. They would actually go to doctors and get their mailing list and get people like Nicole and I to have a lot of hope. We wanted this meter and they would take their checks. And they raised \$136 million dollars. Never came out with a product, it never worked.

**Mother Love:** And you know they never gave the people back their money?

**Scott King:** No, oh no. but it recently is the Gluco Watch [ph?]. It was like a Dick Tracey watch. You wear it on your wrist and it would use electricity to get the body fluids out so it could test them. But unfortunately it hurts. A lot of people got blisters and I-- I have a friend Ray that uh.. he still has scars on his hand from the Gluco Watch. These companies had good intentions. Like there was the Jet Injector. It's like the size of a five pound banana. And you had to pump it up and it uh.. it didn't use a needle though. You could spray the insulin right through your pores. Unfortunately you could-- blood would come up and if you didn't have it at the right angle the insulin would spray out onto the sofa instead of inside.

**Jim Turner:** Well and it stung. It felt like several-- several needles in your hand going oh.. that feels better.

**J. Anthony Brown:** What's some of the new stuff that's out there on the market that you could introduce people to, that you know about?

**Scott King:** You know, there-- there are some great ideas. Mainly blood glucose monitoring has gotten better, smaller, five second test. Uhm.. that's the hallmark right now. Those are the biggest, most important things and they're keeping your motivation up. The people that live the longest have a good attitude. Now you can't sell that in the box.

**J. Anthony Brown:** No.

**Mother Love:** That's right.

**Nicole Johnson Baker:** They've got <inaudible>.

**Jim Turner:** You're a very dangerous man, uhm.. but you just keep calling them as you see them and God bless you.

<Clapping>

**Jim Turner:** Next up a field trip to the animal medical center, stay tuned.

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**Nicole Johnson Baker:** Now testing is easy enough for all of us. You just prick your finger. But what if you had paws instead? dLife took a trip to the Animal Medical Center to see what that's like.

**Dr. Greco:** Really a dog with diabetes can live a normal life span uhm.. and-- and really be very comfortable and happy pet for the rest of their life.

**Woman Purple blouse:** I was very surprised and I was very nervous and uh.. a little scared. I mean I had never given a syringe in my life. I didn't know how to do it.

**Dr. Greco:** Just like for human diabetes we want to try to control the blood sugar as well as we can during the day. She's really a type 1 diabetic so she will require insulin the rest of her life.

**Woman Purple blouse:** Not a peep out of her.

**Dr. Greco:** Nothing at all.

**Woman Purple blouse:** You know I'd do anything for my dog, so as long as she's healthy.

**Dr. Greco:** Uhm.. when you first brought Puddy Cat to me he was diabetic, right?

**Woman Black Printed T-shirt:** Oh, yes. Yes and he was drinking lots of water, lots of water and we started your miracle cure.

**Dr. Greco:** We call it the Catkin's diet its just a concept of looking for foods that are lower in carbohydrate and higher in protein and fat because that's more like what the cats normal diet would be. He was able to maintain himself without the insulin for the last four years. You need a diet that is right for your body and right for your-- your type of-- of genetics. You know, what you were designed to eat in the first place. Uhm.. then your not going to have the-- the problems with diabetes that you would if you don't.

**Announcer:** More from dLife after these messages.

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**Nicole Johnson Baker:** From cats that require their owners care to dogs that care for their owners. We've got an amazing story for you. Michelle Reinkemeyer is surrounded by diabetes. You have seven children; three of the seven have type 1 diabetes, so your life is a constant juggling of active kids with late night low blood sugars and daytime highs. It's crazy to say the least, right? And during the course of living through this whole process Michele realized she needed help with monitoring her kids all the time. Michele started Heaven Scent Paws. It's a company that trains dogs to detect high and low blood sugar. Can you believe that! And we are so delighted to have her here with us along with some of your family members, not all of them, but some. So please welcome.

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**Nicole Johnson Baker:** And we actually have your-- two of your dogs. There are more dogs in the family, right?

**Michele Reinkemeyer:** There are sixteen in our home being trained right now.

**Nicole Johnson Baker:** Sixteen being trained? Now how did you get the idea for this company?

**Michele Reinkemeyer:** It was uhm.. I read an article on the internet in the middle of the night uhm.. it was a lady who had a service dog for another disability, had learned to start

doing this naturally. I've heard of dogs that have the brains to do this on their own. Surely we could figure out a way to train them, so.

**Nicole Johnson Baker:** Well that-- it's absolutely amazing now there is something that occurred though in your family that really gave-- it pushed you towards getting the courage to start this business 'Cause that's not an easy thing to do?

**Michele Reinkemeyer:** No, and forgive me if I start crying, my son had his eleventh seizure and uhm.. we, after two glucagons and two instaglucoase [ph?] he was finally at 29 about an hour later.

**Nicole Johnson Baker:** An hour later at 29?

**Michele Reinkemeyer:** Yes ma'am, so.

**Nicole Johnson Baker:** And what did-- I understand that your son had some words to share with you after that experience that really pushed you over the edge and said, as a mother I'm going to do something about this.

**Michele Reinkemeyer:** Yes, he uhm.. it was directly afterwards. He said uhm.. any time he comes out of a seizure or use to he would say uhm.. I love you, I love you, I love you. And you couldn't understand it for the first little bit until he was completely coherent again. And I asked him why he said that and he said "because I just want to die. I'm tired of this and I just want to die." And he was seven. So we decided we were going to do something. And this was all the thing we could do.

**Nicole Johnson Baker:** And this is the young man that we're talking about right here next to you. Joseph, it's pretty amazing to have trained your two dogs here. Do you want to introduce them to us?

**Joseph:** This is Delta, she is my dog, my service dog. And this is Lance, Alice's service dog.

**Nicole Johnson Baker:** Uhm.. ok Michele, how does the process work? What-- what did you do to train these dogs? How did you uhm.. get them to help detect the highs and lows?

**Michele Reinkemeyer:** We took the clothing off the children after they've had a high-- or specifically a low actually, and we train the dog to that scent the same way you would uhm.. a drug dog or a dog for search and rescue. And uhm.. after that there is a breathing exercise they do for quite some time after the dog is in the home. And it allows them to alert on these lows and he is experiencing a low so we're kind of dealing with the behavior.

**Nicole Johnson Baker:** Is that what's happening right now?

**Michele Reinkemeyer:** So do-- you feel low Joseph?

**Joseph:** Uh.. yes ma'am.

**Nicole Johnson Baker:** Ok, and so Delta is sensing that. Now what is she trying to do?

**Michele Reinkemeyer:** She's trying to get in our laps and lick. And-- as you can see she was licking on his hand earlier and now she's licking on mine. Uhm.. she will literally climb up on us. She feels that we're ignoring the problem right now.

**Nicole Johnson Baker:** Now we've just treated Joseph with juice. So I just want everybody to know that. That he's not in a crisis situation right now. He and I just had our juice boxes together 'cause that was what was easily accessible at the moment. Uhm.. but this is-- this is phenomenal. So if Joseph can't respond to her prompting she comes and alerts you or your husband?

**Michele. Reinkemeyer:** Correct. Quite often uhm.. he will be engrossed in Nintendo or uh.. you know chess or whatever he's playing or he'll be asleep and he does not wake up easily. And so she'll come and get us at that point and tattle on him.

**Nicole Johnson Baker:** Uhm.. now when you say that you take the clothes off the children when they've experienced a high or experienced a low, is it a difference in a smell or the taste of the perspiration?

**Michele Reinkemeyer:** When he would have a-- a-- what I call a severe seizure they're all severe. But when he would have one of the wor-- the worst ones we would almost smell like formaldehyde that had been watered down. It's a really odd smell. And uh.. that is-- you know dogs are able to smell a lot better than we are, so..

**Nicole Johnson Baker:** Now in your home you are training how many other animals to do this right now?

**Michele Reinkemeyer:** They're all dogs but there are 16 of them.

**Nicole Johnson Baker:** 16, now there not all your dogs. They're for people across the country?

**Michele Reinkemeyer:** Yes ma'am.

**Nicole Johnson Baker:** Wow and there is a waiting list, right?

**Mrs. Reinkemeyer:** Right.

**Nicole Johnson Baker:** How long is that waiting list?

**Mrs. Reinkemeyer:** Uhm.. we have quite a number of people.

**Nicole Johnson Baker:** I think some people here in the audience from today too.

**Michele Reinkemeyer:** Some of them have already spoke to me. Uhm.. Right now we're trying to get dogs in the homes within sight of a nine to twelve month period. Typically it takes six to nine months.

**Nicole Johnson Baker:** Do they have to be a certain age?

**Michele Reinkemeyer:** No, in fact we get a lot out of shelters. Uhm.. I prefer starting with them as puppies because you don't have to deal with a lot of the problems but some of our best dogs have actually come out of shelters.

**Nicole Johnson Baker:** Really?

**Michele Reinkemeyer:** Yes ma'am.

**Nicole Johnson Baker:** That is incredible. Do you guys have anything you want to add?

**Alice Reinkemeyer:** I feel a lot safer now with him. It doesn't seem like diabetes is such a hassle now that he can tell me when I'm low and high.

**Nicole Johnson Baker:** Thank you Michele and the whole family for being here. Well, not exactly the whole family. I think we'd need another studio for that. But thanks so much. To learn more about Heaven Scent Paws and to see pictures of the dogs and get contact information go to dLife.com. We'll be right back.

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**Announcer:** dLife is proud to partner with Abbott Diabetes Care makers of Freestyle Flash.

**Mother Love:** Well I can't believe that's all the time we have today babies. We'd like to thank all of our guests. Dr. Francine Kaufman, Scott King, Dr. Debra Greco from the Animal Medical Center and the entire Reinkemeyer family from Heaven Scent Paws. Of course, thanks to all of you in our studio audience and to you at home for watching. And as always, it's your dLife. You're responsible for your diabetes life. We'll see you next week.

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

**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 is no substitute for getting control of it.

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