

<dLife show opener, introductions from hosts>

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 one.

J. Anthony Brown: Type two.

Mother Love: Type two.

Jim Turner: Type one.

J. Anthony Brown: And I'm here to talk about my--

Jim Turner: My--

Mother Love: My--

Nicole Johnson Baker: My dLife.

<Montage of transportation images>

Mother Love: Today on dLife, we are talking about the challenges of traveling with diabetes.

<clips of Ron Santo and coach>

Mother Love: A visit with former Chicago Cubs star Ron Santo and much, much more!

<In studio, audience and hosts>

<applause>

Mother Love: Now please join me in welcoming your hosts, Nicole Johnson Baker, Jim Turner, J. Anthony Brown, and me, Mother Love.

<close-ups of each host as they speak>

Mother Love: Welcome to dLife, everyone. Today we're going to talk about how to plan for a successful trip with diabetes, whether you're simply commuting to work or globe trotting to some exotic foreign land. I know for me it's hard to travel because I don't know what they're gonna -- Especially on a plane -- I don't know what they're going to serve on a plane.

<Card: Mother Love, Author & TV personality>

Nicole Johnson Baker: I think exercise is the most difficult when traveling because you're sitting for such long periods of time. You've got to do something to keep your blood sugar and your activity level up.

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

<Card: Long plane flights and travel stress can cause spikes in blood sugar.>

Nicole Johnson Baker: So I often travel with tennis shoes in the airport so I can walk laps in the airports when I'm waiting in between flights, or I've been known to do lunges and take a jump rope in my suitcase.

Mother Love: So we watch you <laughs> lunging through the airport.

Nicole Johnson Baker: Yes. You know, pr- all pride is gone when-- You know, you've got to do what's necessary if your blood sugar's shooting up. And then-- So I'll just do whatever I can.

Mother Love: So what about you, Jim? Is it difficult when you travel?

Jim Turner: Uh.. yeah because what I do for exercise is play basketball and I-- You know, I don't feel like carrying around a bunch of equipment. Treadmills and weight sets that are in hotels are- I just hate 'em. Uhm.. so I- I just, you know-- When I- when I travel, I don't exercise much. I do a lot of walking.

<Card: Jim Turner, Actor, *Bewitched* & HBO's *Arliss*>

Mother Love: When- when you're on the road.

Jim Turner: Uhm.. yeah. But I- I miss that- that constant burn.

Mother Love: 'Cause it- it can be very difficult. And we have a story of the day that's go- Nicole's gonna tell us about. Who's it from?

<Nicole standing on stage>

Nicole Johnson Baker: We do. It's from Marilyn Garcia of Los Angeles, California. She writes, "My doctor warned me that if I had to buy insulin while vacationing in France--"

<Montage of airport and France shots>

Nicole Johnson Baker: "I'd get a different insulin concentration than we're used to here in the states."

<Card: Traveling across time zones may require insulin/medication adjustments.>

Nicole Johnson Baker: "And I'd need special syringes. So to avoid all that, I packed two sets of medical supplies."

<montage of family vacation photos>

Nicole Johnson Baker: “After sightseeing all day in Paris, it was finally time for a relaxing dinner. I reached into my purse and discovered that my insulin pack was missing.”

<Card: Consult a doctor several weeks before a long journey.>

J. Anthony Brown: No!

<Nicole standing in front of bulletin board>

Nicole Johnson Baker: “I frantically searched the hotel room for the backup insulin, but came up empty handed. My husband found a doctor who told me what comparable insulin I should buy and voila! I managed to find a pharmacy and a pharmacist who understood the different types of insulin I needed to get syringes.”

<Card: D-100 syringes overseas have different standards than in the U.S.>

Nicole Johnson Baker: “I guess the lesson is that, with diabetes, it really pays to be informed and prepared.” And this is Marilyn on one of her exotic trips. <holds up photo of Marilyn and family> Thank you so much for this letter.

<applause>

<shot of audience>

<Card: Overseas drug stores may not have the same supplies. Pack extra insulin, medication, and test strips.>

Mother Love: Just goes to show you how important it is to be resourceful when you have diabetes.

<close-ups of hosts>

Mother Love: Thank you for writing, Marilyn.

Jim Turner: I do that, too. I always carry-- When I travel I carry with- uh.. uhm.. the kit that I always carry, and then I always have a backup kit that I carry with me on the plane and just I- I have to.

J. Anthony Brown: Right.

Mother Love: I couldn't believe it when I first, you know, was diagnosed and had to start traveling with my equipment and what have you, I got searched. Because the guy said, "Well, I don't know what this is." And I go, "Well, it's my uh.. testing equipment. I have diabetes." I mean, they literally s- went through everything and they go-- They had to call somebody else in to explain to him that, "Well, she has diabetes and these are her testing supplies, and this is her testing meter. And she needs to have this on the plane." Then he goes, "Well, can't you pack that in your stowaway luggage?"

<Card: Keep supplies with you at all times. You can put an insulated back-up set in checked luggage.>

Mother Love: I'm like, "No, I need this on the plane with me."

<hosts on stage with audience in foreground>

Nicole Johnson Baker: I don't think so!

J. Anthony Brown: No, no. You've got have it with you.

Mother Love: Uh-huh.

<close-ups of hosts>

Nicole Johnson Baker: It's important for everybody to know what their rights are during traveling too, because we do have rights as people with diabetes and, you know, the TSA has all kinds of recommendations. And if we know what they are, then we're armed and ready.

Mother Love: We're-- And we're--

<Card: The TSA allows most diabetes supplies on-board. Visit dLife.com for more info.>

Jim Turner: I was- I was told by a stewardess that I couldn't take a shot at my seat once.

Nicole Johnson Baker: Really?

Jim Turner: And I was giving myself a shot in my stomach and -- She said, "No, you have to go to the bathroom. You have to go to the ba- restroom to do that." And the guy I was sitting next to was also a diabetic, and he said, "It- it doesn't offend me. That's okay." And she said, "No, because you have a loaded syringe that you could jump up and stab me--" And I said, "Alright, you know, just to get practical, I'm sitting down. Wouldn't you rather have me sitting down? Or do you want me to go in the bathroom and load up a syringe full of something and be standing and be able to-- And we had a little argument, and uhm--"

J. Anthony Brown: Did you stab her? No, you didn't.

<laughter>

Mother Love: Thank goodness for that!

Jim Turner: I did not stab her, but it was very weird because I'd never been-- I've never once had my- my kit pulled out of a thing saying, "What are these? Why do you have these?" Never!

Mother Love: No matter where our travels take us, diabetes always comes along. So this is the time when we at dLife test our blood sugars. So everybody in the audience and at home, take out your meters and let's all follow the advice of New York Mets Manager Willie Randolph.

<Willie Randolph in stadium>

Willie Randolph: Test, don't guess, everybody.

<Card: Test! Don't guess>

<hosts on stage>

Mother Love: Up next, travel tips you need to know. Stay tuned.

<fades on shots of audience members testing blood sugar>

<applause>

<hosts on stage>

J. Anthony Brown: Welcome back, everyone. Diabetes is with you all the time no matter where you travel or how you travel.

<Card: J. Anthony Brown, Comedian & Co-Host, *The Tom Joyner Morning Show*>

J. Anthony Brown: Like me, our next guest is always on the road. She travels the country with her Laugh Off program, an inspiring, humorous look at living well with diabetes. Y'all put your hands together for Ms. Joy Pape.

<applause>

<close-up of guest>

<Card: Joy Pape, RN, CDE, Diabetes Expert>

J. Anthony Brown: Where are you coming from this time, Joy?

<J. Anthony Brown and Joy Pape on stage>

Joy Pape: Recently, I was at a conference in D.C.

J. Anthony Brown: Mm-hm. Now, what do you do differently? Like for me, I'm always making sure that I have my medicine on me. I have it in my uh.. briefcase. And I have--

Whoever travels with me, which is usually my nephew, he always has extra medicine. Is that a good way to start off?

Joy Pape: That's great. What you're doing is what you really need to do, is plan and prepare.

J. Anthony Brown: Planning the trip, right?

Joy Pape: Yeah.

J. Anthony Brown: That's starting from the top.

Joy Pape: Planning and-- It starts with planning and preparing, and also not depending on others. I mean, do ask someone to help you, but depending on yourself, knowing what you need. And think about how the trip's gonna go.

J. Anthony Brown: Okay.

<Card: Plan & Prepare, 1. Research vacation logistics. 2. Consult health care provider before trip., 3. Make booking agents aware of your diabetes. 4. Request a hotel room with a refrigerator.>

Joy Pape: So decide where you're gonna go, how you're gonna get there. Decide how you're going to take care of your diabetes. Don't be afraid to tell people you've got diabetes.

J. Anthony Brown: I have diabetes! <inaudible> <laughs>

Joy Pape: That's right. Tell 'em! And uh.. also, do talk to your health care provider to get some preparation — a letter, prescriptions, things like that. Uhm--

J. Anthony Brown: So you have that on you?

Joy Pape: We call that hotel. You can ask them for a refrigerator.

J. Anthony Brown: Oh, okay.

Joy Pape: And they-- If you tell them you have diabetes, they should not charge you for that.

J. Anthony Brown: Oh, great. Okay. What about-- Is there a special way to pack?

Joy Pape: Well, you want to make sure that you have your supplies with you. And uh.. what you want to do different, you want to make sure you have that letter.

<Card: Packing Checklist, 1. Diabetes supplies & Medical ID 2. Doctor's letter 3. Labeled medications 4. Extra prescription forms 5. Batteries, ice & cold pack 6. Food & water 7. Comfortable footwear>

Joy Pape: You want to have prescriptions for your medications. It's good to have them labeled, and supplies. Also take batteries, extra batteries for your meter, extra batteries for your pump.

J. Anthony Brown: Oh, that's good. Yeah.

Joy Pape: You never know if there's gonna be food, water, so always take something with you that's easy to pack. A lot of times, some of that string cheese or nuts that don't cause your blood glucose to go high.

J. Anthony Brown: Okay. Now, what about if you're gonna drive? Because a lot of times when you drive, there's certain things you have to do. What about driving?

<Card: Car Trips, 1. Test! Don't guess. 2. Pull over to test. 3. Keep fast-acting glucose handy. 4. Don't drive with blood glucose under 100 mg/dL.> J

Joy Pape: Main thing with driving is, especially if you're taking insulin, make sure your blood glucose is 100 or above and test frequently.

J. Anthony Brown: Pull over.

Joy Pape: About every half hour, every hour. But pull-- You're right.

J. Anthony Brown: Pull over.

Joy Pape: Pull over to the side. Don't test while driving.

J. Anthony Brown: Okay. Alright. That's good. Uh.. say you're gonna take a train or a plane. Anything different you do?

Joy Pape: Well, main thing, at check in tell them you have diabetes. I heard about that earlier.

J. Anthony Brown: <laughs>

Joy Pape: So it makes a lot-- It makes it a lot easier to get through security and everything if they know you've got diabetes.

J. Anthony Brown: 'Cause a lot of times the people doing security, they don't know- security doesn't know uh.. diabetes testing equipment, so you have to let everybody know when you get there. Right?

<Card: Plane or Train, 1. Book ticket early & reserve aisle seat. 2. Get up and stretch. 3. Test! Don't guess. 4. Bring snacks. 5. Drink lots of water.>

Joy Pape: That's right. And if you tell them when you check in, it makes it a lot easier to get through.

J. Anthony Brown: And is there anywhere special you should sit uh.. if you're gonna get on a plane?

Joy Pape: Sitting on the aisle makes it a lot easier. If you need to get up to go to the bathroom, it's important to stretch and move and it's easier to do it that way.

J. Anthony Brown: Okay. Say you're gonna be on a boat. That's a big thing. A lot of people taking cruises now.

<Card: Boat Trips, 1. Make early reservations. 2. Be prepared for motion sickness. 3. Check-in with medical staff. 4. Avoid the buffet! Control portions.>

Joy Pape: Well, going on a boat, think about making early reservations, finding out where you're going, checking with insurance 'cause you may need to cancel or something like that. But the other thing to think about is motion sickness.

J. Anthony Brown: Oh, yeah!

Joy Pape: You may not-- You may never have had it before, but you never know when it's gonna hit and that can really affect your diabetes. So bring something to help with motion sickness, just in case.

J. Anthony Brown: Okay. So, what is some of the general advice you would give in terms of taking a trip?

<Card: Don't Forget... 1. Eat Healthy. 2. Test! Don't guess. 3. Always carry food and supplies. 4. Expect delays. 5. Good control = more fun.>

Joy Pape: Eat healthy. Yeah, we love to travel, we love to eat, but you'll feel better if you make healthier choices. Not that you can't have anything, but eat healthy. Check numbers often. Things are upside down on a trip, and also the stress of traveling. So check often so that you can have better control, so that you can have a better trip.

J. Anthony Brown: Oh, great.

Joy Pape: Always carry something with you. Expect delays. Don't depend on others. And have a good time!

J. Anthony Brown: Alright. Party hardy! <laughs> Alright, thank you, Joy. Y'all give her a round of applause.

<applause>

J. Anthony Brown: For a complete checklist of travel tips, go to dLife.com.

<Card: For more travel tips, visit dLife.com>

<shot of twins>

J. Anthony Brown: Now, when dLife returns after this short break, you'll be seeing double with the inspirational Gordon twins. Y'all don't go away right now. Alright.

<applause and shots of audience>

<close-up of host and guests>

Nicole Johnson Baker: Well hello again, everyone. With us today are the Gordon twins, Erin and Caty.

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

<Card: Caty & Erin Gordon, Twin sisters with type 1 diabetes>

Nicole Johnson Baker: And they are well-known in the diabetes community for their commercial for dLife sponsor, Roche Diagnostics. They've lived with diabetes for 15 years.

<shots of twins as toddlers>

Nicole Johnson Baker: So both of you have diabetes. Who was diagnosed first?

Erin Gordon: I was diagnosed first. I was 21 months.

Nicole Johnson Baker: Okay.

Caty Gordon: And I was diagnosed eight months after.

Nicole Johnson Baker: Who's the oldest?

Erin Gordon: I am.

Nicole Johnson Baker: You're-- So, the oldest was diagnosed first.

Caty Gordon: By a minute. <laughs>

<Card: 3 million Americans have type 1 diabetes>

Nicole Johnson Baker: Oh, that's by only a minute. Okay.

Caty Gordon: She reminds me every day.

Erin Gordon: But the minute still counts.

Nicole Johnson Baker: <laughs> Now uh.. I-- What's it like being twins with diabetes? I mean, that's not an- a common thing, is it?

Caty Gordon: Right. We've heard it's pretty rare, but I'm- I would rather it that way 'cause--

<Card: When one twin develops type 1, the other gets diabetes less than 50% of the time.>

Erin Gordon: Totally, because we have our own support system together.

Caty Gordon: Exactly. Like if I'm shaky or something, I- I can feel comfortable telling Erin. Like I don't feel like, you know, embarrassed or anything, so-- And then she'll take care of me, you know, get me my juice.

Nicole Johnson Baker: So-- But you guys aren't the only ones in your family that have diabetes.

Erin Gordon: Yeah. Our father has it, too. So uhm--

<Card: Type 1 is generally diagnosed in childhood, but can develop at any age.>

Caty Gordon: It's--

Erin Gordon: He's nice to have around too because we can tell him what we're feeling and--

Caty Gordon: He tells us what he's feeling.

Erin Gordon: <laughs>

Caty Gordon: <laughs>

Nicole Johnson Baker: Now, how long has your dad had diabetes then?

Erin Gordon: Since about '93, I believe.

Caty Gordon: Yeah.

Nicole Johnson Baker: Okay.

Caty Gordon: So, a little more experienced. Yeah, that's us.

Nicole Johnson Baker: And dad's-- He-- Dad's right here.

Erin Gordon: Yeah.

Nicole Johnson Baker: Watching, keeping an eye on everything.

<shot of Dave Gordon in audience>

<Card: Dave Gordon, Father of twins with Type 1>

Nicole Johnson Baker: Keeping an eye on everything.

<applause>

<Host and guests onstage>

Nicole Johnson Baker: He's very supportive of you guys.

Caty Gordon: Yes, he is.

Erin Gordon: Yes.

Nicole Johnson Baker: And that-- When you were first diagnosed, I mean you were so young you can probably hardly remember that, two years old.

Caty Gordon: Right.

<shots of twins as kids>

Nicole Johnson Baker: But growing up in a house where you had an older mentor, uh.. what- what was that like?

<Card: Strong family support improves control in people with diabetes.>

Erin Gordon: It was helpful because even when we didn't- when we didn't know he had diabetes, he was still there for us. Our mom was there for us.

<host and twins onstage>

Erin Gordon: We always had people there for us, but when he was diagnosed it was kinda cool to talk about what we were all going through.

Nicole Johnson Baker: What are some of the issues that you've dealt with while you've been in middle school and high school? 'Cause you're 17 right now.

Caty Gordon: Yeah.

Erin Gordon: Yeah. Children like our age have always pretty been- you know, pretty much supportive, just there's always been those few times like in fourth grade.

Caty Gordon: Well, in-- Right. In fourth grade, we had uhm.. this one kid come in and he was suddenly diagnosed with diabetes. And I came in the next day and suddenly everyone was blaming me for this kid getting diabetes. So and they're like, you know, saying, "You- you gave it to him! It's contagious! Why didn't you let us know?" And I'm like- I'm-- You know, you're tying- trying to tell fourth graders and it's like, "No, it's not like that!" Even though you're a fourth-grader yourself, so they're not going to listen to you.

Erin Gordon: Yeah. You don't know anything.

Caty Gordon: Exactly.

Erin Gordon: You're my age.

Caty Gordon: So, and we tried to get--

Erin Gordon: Then the word got to my class.

Caty Gordon: Yeah, so--

Erin Gordon: Oh, gosh! Everyone's like, "Ooh, Erin."

Caty Gordon: We were trying to tell them to understand. And Erin had to fend for me because everyone was picking on me because he was in my class. And then once, you know, the teachers kind of settled them down, we had to watch this really lame movie like on diabetes and how to take care of it. We're like-- We were like, "It's not really like that," but at least they kinda get the point.

Nicole Johnson Baker: Well, it helped a little bit. It took a little bit of the stress and pressure off of you, right?

Caty Gordon: Exactly.

Erin Gordon: Because we didn't have to explain everything.

Caty Gordon: Right, and they knew that it wasn't contagious and that I didn't give it to him, so--

Erin Gordon: Yeah.

Nicole Johnson Baker: Now, when you do- when do you tell your friends and your colleagues, or boyfriends, about diabetes? How do you do that?

<Card: If you are comfortable with your diabetes, others will be comfortable.>

Erin Gordon: Well, a lot of the times if we meet people we haven't met before that's kinda how it starts, "Is that like a pager or an MP3 player?"

Caty Gordon: An MP3 player. And we're like no, it's actually our insulin pump.

Erin Gordon: I'm diabetic. This is what it's about. So--

Caty Gordon: Right. And usually people aren't- they don't get scared or anything. They just kinda understand. They're like, "Oh." Like--

Erin Gordon: Or they feel like stupid, like, "Ooh, did I just hurt her feelings for asking?"

Caty Gordon: Yeah. A lot of people feel like they've offended us. Like that just happened to us like a couple of days ago in our uhm.. TV production class. And, you know, the girl's like, "What's that, like a pager?" We're like, "No, it's our insulin pump." She's like, "Oh, my God! I'm so sorry. Like I didn't--" We're like, "Chill!"

Erin Gordon: I know. She was real nice about it.

Nicole Johnson Baker: It happens a lot, doesn't it?

Caty Gordon: It happens all the time and I'm not offended by it.

Erin Gordon: She was real nice about it. It was just like, "It's just an insulin pump."

Caty Gordon: Yeah, she was really-- She wanted to know things about it. She was like, "So, do you like have to take shots?" We're like, "Yeah, but it's not a big deal, you know."

Erin Gordon: Yeah. It was cool, though.

Caty Gordon: So, yeah.

Erin Gordon: I mean, we like explaining it to other people. It's not a problem.

Nicole Johnson Baker: What about some of the other, you know, issues about being teenagers? Dating has got to be something you're thinking about. And you're probably group dating mainly right now, right?

Caty Gordon: Yeah.

Erin Gordon: Yeah.

<Dad in audience>

Nicole Johnson Baker: Right, dad?

Paul Gordon: <shakes head yes>

<host and guests onstage>

Nicole Johnson Baker: <laughs>

Caty Gordon: I'm just hoping that like if something does happen like that, you know, like that the guy that I'm going with probably, number one, already knows that I have diabetes. Like I don't want it to be like this big reveal, like, "I have to tell you something," you know, things like that. And-- Or if he just- if he doesn't know, like he'll just notice the pump or I whip out my tester and start testing my insulin. And he's like, "What's going on?" I'm like, "Oh, I have diabetes. Just, you know, it's a part of our lifestyle." So--

Erin Gordon: Just go with the flow, man. _____ experience right now, at least we can kinda prepare for what's going to come.

Caty Gordon: Right. And if he can't deal with me testing my blood sugar, taking insulin, then we can't hang out, you know, 'cause I have to.

Nicole Johnson Baker: Exactly. The- the perfect guy is the guy who cares as much about your diabetes as you do.

Caty Gordon: Exactly.

Erin Gordon: Of course. Definitely.

Nicole Johnson Baker: Well now, college and a lot of life changes are coming up here in the next year or so. How are you going to deal with the u- unpredictable schedules and a little more independence?

Caty Gordon: Stick together.

<Card: Each year 8,000 students enter college with type 1 diabetes.>

Nicole Johnson Baker: Sticking together?

Erin Gordon: So far. I mean, we were kinda at first gonna stick close to home, go to our community college and--

Caty Gordon: Right, for the like the first two years to number one kind of get a handle on our diabetes like on our own, you know. But-- And number two, to kinda understand like, you know, the college lifestyle, but take it one step at a time.

Erin Gordon: Yeah. Learn the college workload and then the college life, you know.

<Card: Parents and kids should communicate openly about drinking, drugs, and sexual health.>

Caty Gordon: Right. But we know that like once we do go to college, there's gonna be like peer pressure and things like that with like alcohol and drugs, and like we have to tell people that, you know, with diabetes you have to be so much more careful. So, you know, hopefully we can stick together. And we were thinking about maybe splitting up once we go to major colleges and everything. So--

Nicole Johnson Baker: Well, at least you have each other's support right now.

Caty Gordon: Yes, definitely.

Erin Gordon: That's so important.

Nicole Johnson Baker: As you continue to become these just outstanding young women that you already are.

Caty Gordon: Thank you.

Erin Gordon: Thank you.

Nicole Johnson Baker: There's so much that lies ahead of you, and- and your courage is just stunning. So I thank you for that, because I- I wish I could see more young people who were as forthcoming as you are and confident about having diabetes and about who you are and what you want to be. You know, I am curious about what you're thinking you wanna do with your lives at this point. I mean, has diabetes moved you in one direction or away from something?

Caty Gordon: It kinda has.

Erin Gordon: Uhm--

Caty Gordon: I mean, I'm-- I've always been kind of hoping to pursue acting like as a career. And I know it's sometimes an un- unreliable career, but uhm.. it's just something I've always loved to do. Like I have a real passion for it and everything.

Erin Gordon: Yeah, but the diabetes, with it being something you need to control and then with acting as an unreliable career, it's kinda like we wanna maybe major in something more predictable and pursue acting as something we just love to do.

Caty Gordon: Right.

Nicole Johnson Baker: Well, this is proof, isn't it, that you can do these crazy schedules.

Caty Gordon: And luckily the commercial up-schedules.

Nicole Johnson Baker: Yes! And you've already got your start in the show business. And uh.. I think we're going to hear a lot more from Erin and Caty. Thank you so much for being here with us. Thank you for sharing your insights and again, thank you for sticking up for each other and for other kids that have diabetes.

<Card: For more on Type 1, visit dLife.com>

Caty Gordon: Thank you so much.

<applause>

Nicole Johnson Baker: Stay right there. We'll be right back with more inspirational information and a visit with baseball legend, Ron Santo.

<shot of audience>

<shot of Ron Santo and baseball player on field>

<close-up of host>

Jim Turner: Welcome back, dLifers. Our next story is about a former baseball star who lost both his legs to diabetes complications. Ron Santo is still the radio announcer for his beloved Chicago Cubs, proving that you can still move on in spite of the severe challenges of diabetes. Let's check this out.

<Card: Jim Turner, Actor, *Bewitched* & HBO's *Arli\$\$*>

<montage of Ron Santo and stadium shots>

Ron Santo: I was given a God-gift. Uh.. baseball was easy for me. I mean, I loved it.

<Card: Ron Santo, Cub's third baseman, 1960-73>

<montage of shots of Ron Santo playing baseball and working>

<Card: Santo was a 9-time All-Star and won 5 Gold Gloves.>

Ron Santo: I could hit. I could I throw. I could field. I had already signed a professional contract, and then I went to my doctor, found out I was a diabetic.

<Card: Santo revealed his diabetes after several years in the big leagues.>

Ron Santo: And uh.. I-- First thing I asked him was, "Can I play baseball?" He says, "I have no idea." So I made my mind up then that I was gonna play.

<close-up of Ron Santo>

Ron Santo: And I got in the middle of uh.. the room – locker room – and I said, "Look it, guys." Uh.. I just announced to the organization, not to the papers, that I was a diabetic. And they all looked at me and said, "What?" And, you know, they all thought, "Well, do you eat too much candy? Or do you do this?"

<montage of news clippings and shots of Ron Santo playing baseball>

Ron Santo: They couldn't understand because I was no different than they were. I had already made the all-star team and I'd proven I was gonna be in the big leagues. It was in Chicago. We were playing the Los Angeles Dodgers. Bill Singer was the pitcher, threw about 96 miles an hour, good curve ball. And he's ahead, and we're already in the ninth inning.

<close-up of Ron Santo>

Ron Santo: About 20 after 3:00. Normally I would get a symptom of low blood sugar about quarter to four every day. I look at the scoreboard and I see three scoreboards and I go, "Oh, my gosh." I said, "I'm having a reac--" But it's one of my late reactions, that I don't have a lot of time. And I looked in the dugout and there's Rocher [ph?]. I'm hitting fourth on the team. <clears throat> The game's on the line. Billy-- We've got a man on first and second with two outs. I'm saying, "Billy, please, please either get a base hit or a home run." It was the bottom of the ninth Billy-- We've got a man on first and second with two outs. I'm saying, "Billy, please, please either get a base hit or a home run," it was the bottom of the ninth, "or strike out." And he ended up fouling the pitches off, walked. And when I walked to the plate, I made my mind up that I was gonna swing at every pitch and I picked the middle Singer.

<footage of game>

Ron Santo: And I hit that middle bar for a grand slam homerun.

<news clipping>

<Ron Santo in physical therapy>

Ron Santo: In 1958 when I was diagnosed I didn't have what we have today, a glucometer to check your sugars, a new insulin, two new insulins, you know, and laser.

<Card: The JDRF Ron Santo Walk to Cure Diabetes has raised over \$30 million to fund their research efforts.>

<close-up of Ron Santo>

Ron Santo: But now they can take care of these things and you can live more of a normal life. I would love to find a cure, and that's what I'm shooting for.

<shot of baseball team>

<applause>

<close-up of host>

Jim Turner: When I was kid growing up in Iowa, I used to listen to Chicago Cubs games on the radio. Ron Santo is one of the greatest players in the game and a nine-time all-star. And now as an adult, just trying to imagine how he did it all while trying to manage his diabetes is uh.. it's amazing.

<dLife graphic>

<close-up of John>

John: Hi, my name is John. I have diabetes, and I was wondering if you could give me any tips or tricks to make pricking my finger less painful.

<dLife graphic>

<Card: How can I make testing less painful?>

<close-up of Joy Pape>

Joy Pape: Here are some tricks to make testing less painful. First, get a meter that requires less blood.

<Card: Joy Pape, RN, CDE, Diabetes Expert>

<person washing hands>

Joy Pape: Wash with warm water to bring more blood to the fingertips. Keep your fingers soft and supple by rubbing your fingertips down with some warm, soapy water and a callous remover.

<close-up of Joy Pape>

Joy Pape: And here's a trick. You may try testing around the cuticle to get a smaller drop of blood and give the other fingers a day off.

<applause>

<shot of studio, then close-up of hosts>

Nicole Johnson Baker: Thanks to our guests, Joy Pape, the Gordon Twins, Ron Santo, and our audience here in New York, and to all of you watching at home. Remember, as always, it's your dLife. You are responsible for your diabetes life, and we're here to help you be successful. You're worth it. See you next week!

<Card: Hear more from today's guests and hosts with dLifeTV Backstage Podcasts at dLife.com/podcasts.>

<applause>

<Card: dLifeTV on CNBC: Sunday Nights 7PM ET, 4PM PT.>

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<closing credits>

End of DLEPS-18