

<show opener>

<Mother Love and hosts on set>

**Mother Love:** Today on dLife, diabetes makeover experts will show how diet and exercise have changed the life of a determined woman, plus understanding carb counting and eating for better control and a look at some of the new high- and low-tech tools for managing diabetes.

<applause>

**Mother Love:** Now please welcome your hosts, people living with diabetes just like you, Nicole Johnson Baker, J. Anthony Brown, Jim Turner and me, Mother Love.

<applause>

<card: Mother Love, Author and TV personality>

**Mother Love:** Welcome to dLife, everyone. Today, we're talking about the dramatic impact of small changes on our diabetes health and we're looking at how each of us can make positive changes in the way we handle our diabetes.

<card: Nicole Johnson Baker, Author, Miss America 1999>

**Nichole Johnson Baker:** Every year, I try to reassess how I'm treating and dealing with my diabetes and I usually try and make it coincide with the beginning of the year and cleaning out the medicine cabinet and looking at, do I-- you know, is this meter still working for me? Is this insulin still working for me? And what is my plan? And then being pregnant has really, really changed my whole concept of personal diabetes care because in, you know, just a short while, this baby's gonna be here and I'm gonna have to do a whole different kind of makeover. <laughter>

<card: An A1C of 6.5% or lower significantly reduces risk of complications>

**Nichole Johnson Baker:** But I, I'm committed to keeping the, the glucose levels and the A1C levels that I've seen through this pregnancy because it's taught me that I can be so much lower than I had ever been before.

**Mother Love:** Well, we have the story of the day from J. Anthony Brown. Tell us about it, J.

<card: J. Anthony Brown, comedian & co-host, The Tom Joyner Morning Show>

**J. Anthony Brown:** All right. Today, we have an amazing story from Priscilla, a beautiful 10-year-old girl who lives with her father in Harlem. She helps him manage his type 2 diabetes. She's an up and coming rapper, actress. Priscilla, P-Star as she likes to be known as, plays a major role in her father's life.

<Montage of Priscilla's story>

**Priscilla SanDiaz:** Hi, my name is Priscilla SanDiaz and I live with my sister, Soul Sky, and my dad, Jessie, in Harlem. The first time I heard-- I found out that my dad was diagnosed as diabetes, I bugged out. I had no idea what was it. I asked him, "Are you gonna die?" It was kinda really hard for me and my sister and him. He still gets a little high sugar, a little low sugar but now he knows how to take care of himself. <singing> "You gotta love yourself, baby, love your body. It feels real good. You gotta watch yourself, baby, treat your body good, so good. You gotta watch what you eat, watch your sugar and sweets, baby, get off the screen, diabetes ain't for me, baby. Kidney disease, Lord, please make him live, baby. I wanna live. You wanna live."

**Jessie SanDiaz:** That's right. Of course I wanna live.

<applause>

<Hosts on set>

**Nichole Johnson Baker:** Oh, my gosh. <laughter>

<card: Jim Turner, Actor, Bewitched & HBOs Arli\$\$>

**Jim Turner:** It's tough bein' a, a dad, you know, a parent with a kid. One time I went to work and my son came to work with me and I took a shot because we were gonna stop on the way home and get somethin' to eat and then I got talkin' to people and doin' stuff and it was on the set of Arli\$\$ and he started playin' in the prop room. We finally got ready to go and I was startin' to feel like, oh, boy, I'm kinda-- and I tested my blood sugar and it was 19.

**J. Anthony Brown:** Whoa!

**Nichole Johnson Baker:** Wow!

<card: Be sure friends & family can recognize and help a low blood sugar reaction.>

**Jim Turner:** And I didn't even register that it was 19 because I wasn't registering anything. And I got in the car and I started to drive and I just went-- I'm not-- whoa, Jim, Jim, and I turned right around, came back in and I said, I just grabbed him and he was, like, 10 years old and I said, "You come with me. You, you just stand by me. You make sure I'm eating. You make sure that food keeps coming. You just gotta be right here with me the whole time."

<card: Always keep fast-acting carbs like glucose tablets with you>

**Jim Turner:** And he did. He just stood there. "Dad, drink a little more. Drink a little more." But, yeah, he, he was great.

**Nichole Johnson Baker:** Well, it's so wonderful to have those young people in our lives and older people...

**Mother Love:** Absolutely.

**Nichole Johnson Baker:** ...and any kind of person that's in your life to help you take care of yourself. One of the ways that you can take care of yourself starting right now is you can test, don't guess. And that's what we're gonna do right here on this stage and our audience is gonna join in with us.

<card: TEST! DON'T GUESS.>

<music plays while everyone tests>

<commercial break>

<applause>

<Mother Love and Dr. Gerstadt on set>

<card: Mother Love, Author & TV personality>

**Mother Love:** The basics of good nutrition are crucial for those of us who have diabetes. We're fortunate to have with us Dr. Christine Gerbstadt, a registered dietician, who is active with the America Dietetic Association. Thank you, Dr. Gerbstadt, for joining us. Now, for those of us not in the medical world, what's the difference between a nutritionist and a dietician and what do you recommend for people with diabetes?

<card: Christine Gerbstadt, MD, RD, Spokesperson, American Dietetic Assoc.>

<card: A registered dietician (RD) is a key player on a diabetes care team.>

**Dr. Christine Gerbstadt:** A registered dietician is someone who has been credentialed by the American Dietetic Association, taken a college degree level bachelor of science course in nutrition and has uhm... met specific criteria and sat for an exam, a certifying exam. Whereas a nutritionist basically anyone can call themselves a nutritionist, you don't need to have a specific education. You want to look for somebody who uhm... is a registered dietician and, preferably, has the uh... certification diabetes education or CDE credential so that you get somebody who works with people who have diabetes on a regular basis and can help you personalize a meal plan.

**Mother Love:** But what is the primary nutritional goal for somebody with diabetes?

**Dr. Christine Gerbstadt:** It's all about controlling your carbohydrates and watching your portion sizes. Working with a registered dietician, you can get a meal plan put together that's really gonna be individualized for you so that you can tell that person when you eat, what your normal schedule is like, you know, do you get up at six or seven or eight in the morning? And they can work with you and, if your weekends are different, they can help

you out there. But the goal is to control your carbohydrates and to watch your portion sizes so that you can maintain normal glucose ranges.

<card: Carb consumption is directly related to blood glucose levels.>

**Mother Love:** So what should we be able to go into the grocery store and be able to find?

**Dr. Christine Gerbstadt:** The nutrition facts panel, which is on a lot of food in the grocery store, certainly not everything, is a, is a road map to telling you how to select a healthy diet that fits into your diabetes meal plan. And what you first look at is uhm... it's got a-- just a variety of information.

<shot of nutrition fact panel>

**Dr. Christine Gerbstadt:** On the first top part, it has the portion size and that also is in grams or in ounces and cups or uhm... an equivalent measure and I recommend that you use measuring cups and get a, a kitchen scale in the beginning so that you can become familiar with what a portion size is.

<card: One serving of carbs: 1/3 cup pasta; 1/3 cup beans; 1 slice bread>

**Dr. Christine Gerbstadt:** And uhm... say the portion size on the label says a half cup but you're used to eating a cup, well, you have to remember then to double all those numbers that you're reading down below. The next thing you find is the total calories and the calories from fat and this is important. But, more importantly, we look at the next section, which is the carbohydrate, protein, and fat breakdown. Now, each section has a little bit more information than we might seem to uh... want in the beginning but, once you get through it and uhm... figure out what they're telling you, it's really helpful. The carbohydrate has both sugars and fiber and car-- complex carbohydrates and I know it gets to be overwhelming but it really is important to try and look for less than 10% of the carbohydrates from sugars. What you want for the fats is to look at foods that have less saturated fat and now we have new trans fat labeling just starting in 2006, which makes it real helpful.

<card: Trans fat & saturated fat raise "bad" cholesterol & the risk for heart disease>

**Mother Love:** Can you explain the carb counting and how does it help us manage our glucose levels?

<card: Hydrogenated oils are a source of trans fats>

**Dr. Christine Gerbstadt:** Many people with diabetes choose to count carbohydrates. Using the nutrition facts panel is one way to do that, as well as maybe getting a little uh... a little pocket carbohydrate counter reference book, uhm... there's other informa-- you know, other information on the internet and uhm... but the idea is, you're distributing your carbohydrates and regulating your blood glucose uhm... so that your medication and your exercise and your diet can work together.

<card: The U.S. FDA requires that food labels list total carb content in grams>

<card: High fat content slows the absorption of carbohydrates in the intestines>

**Dr. Christine Gerbstadt:** Your body works best by taking the carbohydrates in in uhm... small increments throughout the day.

<card: Count total carbs, not just sugar. Sugar-free foods can raise blood sugar>

**Dr. Christine Gerbstadt:** So the goal would be to have three uh... meals and then maybe two or three sort of snacks and that's another point I just wanted to bring up. If you uhm... see a dietician at least once a year, you can usually get a referral from your physician, once or twice a year, if you have any change in your weight, it goes up or down, your activity goes up or down, if you have an infection or an illness, all of these things affect your blood sugar and should-- you should see a dietician to adjust your diet accordingly.

<card: Look-up nutritional facts for common foods at dLife.com>

**Mother Love:** When you go to the doctor, you know, you don't-- you feel pretty good but, when you get away, you go, "Oh, I should have told the doctor about this, I should have told the doctor about that" so it's good to make sure that you write things down when they come-- when we come to the doctor, don't you think?

**Dr. Christine Gerbstadt:** When you come to a dietician, the most helpful thing you can do is have a food diary from a day or a sample day or the day before and then you could also have a list of foods that you really love to eat and say, "I can't live without this."

<card: Detailed records of meds, blood glucose, and meals improve success>

**Dr. Christine Gerbstadt:** And this may be something that's maybe not the healthiest food but a dietician can help fit that into your diet once in awhile. And I think that's where it gets into being a little more challenging, to make it fun and interesting and to be able to enjoy the foods you like and still have good blood glucose control.

**Mother Love:** Yes, it is. Now, to sum it all up, what would you say to people who need a roadmap to better health?

<card: Meal planning success: practice variety & moderation; eat regular meals; avoid high fat & highly processed foods; limit & count carbs; test often after meals>

**Dr. Christine Gerbstadt:** Variety and moderation, eat regular meals, uh... try and avoid real high fat foods, try and avoid uhm... overly processed foods, uhm... we know that, you know, processed foods have a lot of sodium in that-- them and they've been linked to high blood pressure, sodium intake, so you wanna try and, you know, look on the nutrition facts panel and make sure that your carbohydrates uhm... are adding up to a number that's been decided upon by your healthcare providers uhm... that's good for you and your diabetes management.

**Mother Love:** That is great information. Dr. Gerbstadt, I thank you very much for joining us and sharing the information for us and letting us know that we can live well and eat better and manage our disease much better. Thank you so much and, for more information...

**Dr. Christine Gerbstadt:** Thank you.

**Mother Love:** ...please visit our website at [dLife.com](http://dLife.com).

<for more on nutrition and diabetes, or to find an RD visit [dLife.com](http://dLife.com)>

**Mother Love:** Next, we'll check in with Rachel Jones and see how she's progressing on the BD makeover program.

<music>

<applause>

<commercial break>

<applause>

<J. Anthony on set>

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

**J. Anthony Brown:** Welcome back to dLife's makeover show. Rachel Jones was struggling with her diabetes and wanted to make a change. Three months ago, a team of experts from BD got together to help her move in the right direction.

<card: This dLife makeover segment is sponsored by our partner, BD>

**J. Anthony Brown:** Let's see how she's doin' today.

<video of Rachel's story>

<card: Pam Kelly, Professional Organizer>

**Pam Kelly:** The purpose of our getting together today is to do a couple of things, kinda go over what we talked about earlier in, in terms of how you organize at home...

**Rachel Jones:** Okay.

**Pam Kelly:** ...for long-term diabetes care.

<card: Rachel Jones, Makeover participant>

**Rachel Jones:** When I first found out about this program, that I would be a participant of it, I was really excited and I thought of it as a answer to a prayer. Being visited by uhm... Pam Kelly, the professional organizer, it was most helpful because I know it's important that you have your papers and things in order and my papers were scattered all over, in boxes and bags and on a shelf and under the bed, every place. By setting up the files, I'm able now to just put my hands on anything that I might need.

<card: Diabetes control is about information. Seek it and organize it for easy access.>

**Pam Kelly:** One of the things we need to do then is kinda organize your medications and make this maybe your uhm... diabetes central.

**Rachel Jones:** Okay.

**Rachel Jones:** What I'm going through now is a lifestyle that, you know, will continue on and being organized, that's part of that lifestyle. To have my daughter be aware of this is really great because it's less stress on her because, if she finds out that something has happened to me, she is not-- it won't be necessary for her to be stressing out or rushing around, trying to figure out what's wrong with me, what I should do or what she should do for me. Travel kit is most important. Uhm... and I really like the idea of it because it has what I need in there: my monitor, test strips, extra lancets, extra syringes and uhm... alcohol swabs to clean my finger.

**Pam Kelly:** Okay. Well, pack it up.

**Rachel Jones:** My card goes in here and, of course, my uhm... monitoring kit. My uhm... medicines in case I'm away from home longer, extra. My insulin. Quick pick me up, okay. And uhm... of course, some water.

**Rachel Jones:** Before, in the BD, I would walk-- I wasn't really walking, I was just moving from one place to the other. The first day that I did my exercise, went out with confidence walking, I checked my blood sugars before I went out, it was one number. When I checked it when I came back, it had dropped, like, 30 units-- 30 points and that was really exciting. So this tells me that exercising may be one of the most important tools in controlling your diabetes. I've been sharing this-- what I'm going through with the program, with my sisters anyway. I've been sharing what I've learned and I was talking to

one of them about the exercise. I explained to her how I walked for 30 minutes and it would lower my blood sugar. She wasn't gonna do it but I was talking to her a few days ago and I mentioned something about an exercise and she broke in on me and said, "You know, I was telling Rosa," that's my other sister, "how exercise really makes a difference and now I'm walking just to the end of the block and coming back." So I think it's, it's having an effect. It's having an effect. I think I'm making a difference in their lives.

<applause>

<J. Anthony, Rachel, Paul Frickman, Ann Fittante on set>

**J. Anthony Brown:** All right. All right. Welcome to dLife, Rachel. So who do you have with you?

**Rachel Jones:** Okay, I have Paul Frickman, my physical fitness expert. He was instrumental in starting me on my exercise program.

<card: Paul Frickman, exercise physiologist>

**J. Anthony Brown:** All right.

**Rachel Jones:** I also have Ann Fittante.

<card: Ann Fittante, MS, RD, CDE, registered dietician>

**Rachel Jones:** She's a nutritionist and she is-- she is very important in my life, also.

**J. Anthony Brown:** All right. All right. So how's the makeover going?

**Rachel Jones:** The makeover is going really great. I've started my exercise program, I'm looking at my diet and I am just sticking to it. I've committed to it. I've committed to exercising three to four times a week, 30 to 40 minutes a week and I'm-- it's-- it makes a big difference.

<card: Rachel Jones, makeover participant>

**Rachel Jones:** And I realize that the exercise is one of the most important components of a diabetic uhm... health regime, maintenance regime.

**J. Anthony Brown:** What, what program did you give her that was different, you know, from a person who doesn't have diabetes?

**Paul Frickman:** Okay. So uh... initially, uhm... when designing uh... Rachel's program is-- we, we look at finding activities that she can do within her ability.

<30 minutes of exercise can lower blood glucose for the entire day.>

**Paul Frickman:** So everybody needs uh... exercise with things that they feel comfortable with. And second of all is, is finding the time to exercise.

**J. Anthony Brown:** Okay.

**Paul Frickman:** Okay. Within the guidelines of the American College of Sports Medicine, similar for people who, who don't have diabetes.

**J. Anthony Brown:** Okay.

**Paul Frickman:** Okay? Uhm... so she found the time, during her lunch hour, to do her walking and the evening to do her stationary bicycling.

**J. Anthony Brown:** And how's she doing?

**Paul Frickman:** Oh, she's doing, she's doing great and one of the things that we want her to do is maintain motivation.

<card: Tight blood glucose control lowers the risk of heart disease by 35%>

**J. Anthony Brown:** Uh huh.

**Paul Frickman:** Now, people with diabetes, you know, need to uh... test their blood sugars before and after exercise because of the biggest risks with exercise is going too

low. So she checks with her meter, it takes five seconds, it's quick and easy, and she sees her 30-, 40-point drop and that's immediate feedback, which is reinforcement for her to continue.

**J. Anthony Brown:** How do you like exercising?

**Rachel Jones:** I've grown to like it because I know it's gonna help me and walking, uhm... before, I wasn't walking at all but now, you know, I, I just, sort of addic-- addicted to walking.

<card: resistance exercise is key in creating glucose burning muscle>

**Rachel Jones:** Sometimes I may not wanna walk at my-- on my lunch hour...

**J. Anthony Brown:** How, how far do you walk?

**Rachel Jones:** Uhm... two miles?

**Paul Frickman:** About two miles.

**J. Anthony Brown:** Two miles a day? Good for you. Now, a big part of the exercise, you don't change your nutrition...

**Ann Fittante:** One of the things that Rachel was doing is that she was under the impression that she had to eliminate all carbohydrates from her diet. So we talked about balance and moderation and focused on having a little bit of carbohydrate, protein or healthy fat with each meal and spacing those carbohydrates evenly throughout the day.

<card: Lean protein sources include fish, poultry, soy and beans>

**Ann Fittante:** Also, it's carbohydrates that have more nutritional value and more fiber like whole grains, brown rice, oatmeal, fruits and vegetables.

<card: Whole grains slow the absorption of carbs and lower cholesterol>

**J. Anthony Brown:** How, how are her glucose levels?

**Ann Fittante:** Rachel's blood sugar levels have decreased dramatically.

**J. Anthony Brown:** What's, what's the goal for you?

<card: Eating the same number of carbs at every meal minimizes highs and lows.>

**Rachel Jones:** I have a ways to go. I have more weight to lose and I'm still working on my diet and I'm being more consistent with my exercise.

**J. Anthony Brown:** Yeah. Way to go, Rachel! Thanks to the makeover team, too. Now, you guys can check in and see how Rachel's doing by going to the website, dLife.com.

<card: Follow Rachel's progress, or start your own makeover at dLife.com>

**J. Anthony Brown:** We'll check back and see how Rachel's doing in the future. When we return, diabetes gadgets and gizmos.

<applause>

<music>

<shot of Stephen Furst>

<card: Stephen Furst is best remembered as Flounder from Animal House. Today, he's 150 pounds lighter and in control of his type 2 diabetes.>

<commercial break>

<applause>

<Jim and David Jackson on set>

<card: Jim Turner, Actor, Bewitched & HBOs Arli\$\$>

**Jim Turner:** Well, our next guest is David Jackson, whose grandmother, father and daughter have diabetes and David has with him today a whole bunch of gadgets. Welcome to the show, David.

<card: David Jackson, diabetes gadget expert>

**David Jackson:** Well, thank you, Jim. Glad to be here.

**Jim Turner:** Thank you for coming. Uhm... we're gonna start out with some sort of high tech things and move on to uh... funner things.

**David Jackson:** Dietary and then games.

**Jim Turner:** Yeah. So what's uh... this thing that looks very high tech?

<card: The Paradigm Link wirelessly sends blood glucose readings to the pump.>

**David Jackson:** This is the Paradigm Link system. It's basically a diabetes computer, if you will. Once you set your insulin sensitivity and the ranges you want to control your glucose to, when you take your ratings on the wireless meter, it uploads directly to the pump and calculates your bolus for you. It takes a lotta worry about whether you've got that calculated correctly.

**Jim Turner:** Right. And you put the strip right in here and just...

**David Jackson:** Exactly. It zaps it right over.

**Jim Turner:** ...sorta does the rest.

**David Jackson:** It's wireless.

**Jim Turner:** Wow. And uh.. this thing here. Looks like a regular, you know, glocometer. What is it?

<card: GlucoMON wirelessly sends glucose readings to email or cell phone>

**David Jackson:** Well, one would think that. You take your reading with this glucometer, there's a wireless system in here which will send the data to your computer so your parents and others can take a look at it and see what's going on.

**Jim Turner:** Yeah. Well, I'm sure it's very helpful. Your doctor can look at what's going on and...

**David Jackson:** Exactly. And it can send messages back to you, data to caregiver back to patient.

**Jim Turner:** And if you have young kids, you can, you can sort of, you know, be on top of it more.

**David Jackson:** Absolutely.

<card: Voicemate guides the user through testing with voice prompts>

**David Jackson:** This product's been on the market for awhile. It uh... it will talk to you. Stick your bottle of insulin in, it'll tell you what type it is. This is a great product for the visually impaired. You take your glucose reading like you normally would and it will tell you, it speaks it to you. You get your syringe that clicks, you can draw the right amount and you're done.

**Jim Turner:** Wow.

**David Jackson:** That's cool.

**Jim Turner:** This must go in the kitchen.

**David Jackson:** Absolutely.

<card: Salter's scale calculates carbs, proteins, fat & calories in most foods>

**David Jackson:** This is a Salter's food scale. I'll turn it on here. Now, I've already looked up in the book and I know that an apple is code 205. So let's pop that in. Set the apple on the scale. What do you think the carb count on an apple is?

**Jim Turner:** I don't know. Probably 27.

**David Jackson:** How about 32?

**Jim Turner:** Oh, my.

**David Jackson:** Yeah, 31.96.

**Jim Turner:** Wow. That's a lotta carbs in an apple.

**David Jackson:** Uh... yes, there is. That's if you eat the stem as well.

**Jim Turner:** What's this? Expeditions?

<Pump Expeditions teaches the pump experience to parents, kids and teens>

**David Jackson:** Pump Expeditions. It's a game you can download or get via CD. The beauty of this is, when you're first starting out on the pump, very complicated device, this walks you through a day in the life of a pump patient. It allows you to learn how to take care of yourself with an insulin pump, which we all know is a lot different than shot management.

**Jim Turner:** Yes.

**David Jackson:** The next game's probably up your alley, then.

**Jim Turner:** Really? What's that? That's this one?

**David Jackson:** Yes.

<card: Dbaza's CD-Rom teaches kids how to test, inject, eat right and exercise>

**David Jackson:** It's by a company called Dbaza. Again, you can download it. Really neat product, particularly if you're on shots. It teaches you everything you need to know, from diet, insulin management, glucose, how they interrelate. What's really neat is you pick a character at the start of the game and you use that character to teach another character in the game how to take care of themselves. And one of the things in there is how to mix your shots. Also good for parents as well. Yeah. Trust me. I've played it. I like it.

**Jim Turner:** Yeah.

**David Jackson:** Good game.

**Jim Turner:** All right. And Dance, Dance, Revolution?

<card: Dance, Dance Revolution combines a video game with music and dancing>

**David Jackson:** What Dance, Dance Revolution does is it turns dancing into a game and the more you dance, the more weight you lose, the more physically active you are and we all know how important that is in diabetes care.

<See girl using dancemachine.>

**Jim Turner:** Thank you, Janet. Nice dancing. You know, I like the idea of video games that just get kids off the couch or from behind the computer and get 'em moving. Well, David, thank you very much for all these uh... really cool products. When we come back, a tip from Dr. Richard Bernstein.

**David Jackson:** Thank you. Glad to be here.

<card: Stay on top of new products at dLife.com>

<applause>

<commercial break>

<card: Richard Bernstein, MD, Diabetologist>

**Richard Bernstein, MD:** If you have diabetes, eat vegetables and have normal blood sugars, there's no need for supplemental vitamins. But if you have chronically elevated blood sugars, you're going to be peeing away the water soluble vitamins and should take a one a day vitamin/mineral supplement.

<card: Hear more from our hosts and today's guests on dLife Backstage Podcasts at dLife.com>

**Mother Love:** That's all the time we have for this week. Thanks for tuning in and thanks to our guests, Christine Gerbstadt, Rachel Jones and the BD makeover team and David Jackson. Remember, it's your dLife. You are responsible for your diabetes life. We'll see you next week.

<applause>

<music>

<credits>

**Mother Love:** 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's best for you. Remember, it's your dLife and there's no substitute for getting control of it.

#### End of Episode 129 ####