

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Montage of lifestyle shots.</p>	<p>VO</p> <p>dLife TV, the only show for your diabetes life. Packed with information, insights, cooking and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p>Various shots of upcoming segments.</p>	<p>Nicole Johnson</p> <p>Today on dLife, diabetes hardball with political pundit, Chris Matthews; treating and preventing diabetic nerve damage; plus a woman who's had good results by adding yoga to her dLife.</p>
	<p>Shot of Nicole Johnson</p> <p>Lower Third:</p> <p>Nicole Johnson Type 1 Diabetes, Former Miss America</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Chris Matthews may be the most famous political journalist in the country. On Hardball, his nightly TV program, he's known for cutting to the chase and never letting guests off the hook, but type 2 diabetes almost stopped Chris in his tracks. I went to Washington to play hardball with Chris.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Various shots of Chris Matthews on his TV show.</p> <p>GFX Center</p> <p>Hardball With Chris Matthews</p>	<p>Chris Matthews</p> <p>Good evening, I'm Chris Matthews and welcome to Hardball.</p> <p>We buy more Chinese goods than they buy of our goods.</p> <p>Who's coming out on top on all these fights? You're watching Hardball on MSNBC.</p> <p>Let's play hardball.</p> <p>Let's play hardball.</p>
	<p>Shot of Nicole Johnson with Chris Matthews in office.</p> <p>Lower Third:</p> <p>Chris Matthews Diabetes since 2006</p>	<p>Chris Matthews: So you're gonna spend the day with me, right?</p> <p>Nicole Johnson: Yes. I'm so excited.</p> <p>Chris Matthews: Can you keep up the pace?</p> <p>Nicole Johnson: I don't know. I don't know. I'm gonna try.</p> <p>Chris Matthews: Let's go. Let's go into the uh...</p>

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		studio where we do Hardball. So I'm gonna sit in my chair...
	Shot of Nicole Johnson and Chris Matthews walking onto Hardball set.	<p>Nicole Johnson</p> <p>I had a chance to turn the tables and fire questions at the rapid-fire question man himself.</p>
	Shot of Nicole Johnson interviewing Chris Matthews on Hardball set.	<p>Nicole Johnson: You had a serious incident in December that was your wakeup call.</p> <p>Chris Matthews: Yeah, I would say so. I would say an ambulance ride to uh... the Washington Hospital Center is uh... a serious problem. I had a very bad stomach pain and I had to go to the hospital and the ambulance took me to the hospital and they tried to figure out what was wrong with me and it was complications from diabetes.</p> <p>Nicole Johnson: Really? Just a stomach pain? That was your only indication?</p> <p>Chris Matthews: Well, my blood num- numbers were about 350 regularly <laughs> and I was ignoring that.</p>
		<p>Nicole Johnson: So how long then were you in denial?</p> <p>Chris Matthews: Ten years.</p> <p>Nicole Johnson: Ten years? Really?</p> <p>Chris Matthews: I think so, yeah.</p> <p>Nicole Johnson: Why do you think you denied it?</p> <p>Chris Matthews: Because I didn't- I don't like needles and I don't like doctors and I don't like blood.</p>

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		<p>Nicole Johnson: So you just didn't want to deal with it?</p> <p>Chris Matthews: I figured if I ignored it, I could deal with it. But clearly, uh... I was wrong.</p>
	<p>Shot of Tina Urbanski. Lower Third: Tina Urbanski Coordinataing Producer, Hardball</p>	<p>Tina Urbanski</p> <p>It really was a wakeup call. The first time I talked to him, that's exactly what he said.</p>
	<p>Shot of Chris Matthews and Tina Urbanski at work.</p>	<p>Chris Matthews</p> <p>Who did I deal with who was the Phillies guy I dealt with?</p>
		<p>Tina Urbanski</p> <p>It scared him. They actually kept him in the hospital for a few days and he slept I think all four days.</p>
	<p>Shot of Tina Urbanski.</p>	<p>Tina Urbanski</p> <p>So that's when we learned that he was diabetic.</p>
	<p>Shot of Chris Matthews on Hardball show.</p>	<p>Nicole Johnson</p> <p>Matthews missed several nights of Hardball for treatment. On his first night back, he explained where he'd been.</p>
		<p>Chris Matthews</p> <p>Welcome back to Hardball. We're out on the college tour right now. I'm back, I'm healthy. I've been sick for two weeks. Tell you more about that. It's so great to be back.</p>
	<p>Shot of Nicole Johnson interviewing Chris Matthews on Hardball set.</p>	<p>Nicole Johnson: When you came back, you told your viewers that you had diabetes.</p> <p>Chris Matthews: Yeah.</p> <p>Nicole Johnson: Was that challenging?</p> <p>Chris Matthews: No. My attitude is this. When you don't have it, you look at people and say, "Oh, they're diabetic." Now I'm one of them.</p>

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	Shot of Chris Matthews and Nicole Johnson in office.	Chris Matthews I got to do this now.
		Chris Matthews I think that it's important for people to know that it's a condition you can deal with and uh... not to be afraid of it.
		Chris Matthews: Look at this. Dueling uh... Nicole Johnson: I know. Chris Matthews: Dueling diabetics here. Nicole Johnson: Yeah. <laughs>. All right, here we go. Chris Matthews: I think there's a lot to this Miss America thing. <sings>. There she is... Nicole Johnson: Listen to you. Chris Matthews: Miss America.
	Shot of Chris Matthews testing his blood.	Nicole Johnson: You're te- where are you testing your blood sugar from your leg? Chris Matthews: <sings>. There she is, your ideal. You know why I do it? 'Cause I like punching my leg and I don't like doing it in my hand. Seventy-eight. Nicole Johnson: Oh. <laughs>. Chris Matthews: Yeah, I'm pretty low, in good shape. Nicole Johnson: That's good. Chris Matthews: So I was hoping, you know, I- I can actually get a day where I'm totally under 100 today.

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		<p>Chris Matthews: I know what I'm allowed to eat and I eat that.</p> <p>Let's go to makeup.</p>
	<p>Shot of Nicole Johnson interviewing Chris Matthews n Hardball set.</p> <p>Various shots of Chris Matthews in makeup and preparing for show.</p>	<p>Nicole Johnson: I've always found it interesting that there aren't many high-profile people who have diabetes and talk about it.</p> <p>Chris Matthews: I mean I think it's always good if you're on television to look for ways to identify with people. I mean anybody who's in public life is- is crazy not to do that because people are trying to figure out some way that they have life in common with you. I always make a point of saying I went to Holy Cross, I always make a point of saying I'm from Philly or I was in the Peace Corps, and this is just one more thing to connect people with. It's n- it's not something that I'd want to keep secret. Why not?</p>
	<p>Shot of Chris Matthews walking down hallway.</p>	<p>Nicole Johnson</p> <p>He's been doing it for 10 years now and the day we were with him, Chris sat down in front of live TV cameras right as the clock ticked down to 5 o'clock.</p>
	<p>Shot of Chris Matthews on Hardball show.</p>	<p>Chris Matthews</p> <p>Below the Belt: Is it wrong for a democrat like Barak Obama to say Bill Clinton's personal behavior could be a great Republican issue in 2008? Let's play hardball.</p>
	<p>Shot of Chris Matthews driving in car through Washington.</p>	<p>Chris Matthews</p> <p>I've always found it amazing that I actually do work where I want to work. The city I dreamed of uh... coming to it. When I was kid, I just loved coming to DC.</p>
	<p>Shot of NBC sign on outside of building.</p> <p>Shot of Nicole Johnson and Chris Matthews walking down hallway.</p>	<p>Nicole Johnson</p> <p>Along with Hardball, Chris hosts a popular Sunday TV talk show that's been running on NBC stations for the last five years.</p>

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	<p>Shot of Chris Matthews and Nancy Nathan in meeting.</p>	<p>Nancy Nathan: We go ahead and we do boom or bust. Then we do Hilary and Bill and Barak.</p> <p>Chris Matthews: I love it.</p>
	<p>Lower Third:</p> <p>Nancy Nathan Executive Producer The Chris Matthews Show</p>	<p>Nancy Nathan</p> <p>Often in the past, he would load his calendar to a point where people would always say, "I don't know how he does it." Now he knows that that's not necessarily smart. In our green room, we have started having a tray full of celery sticks and carrot sticks and it's not just Chris taking them. All the other guests like it too and they all say, "Boy, Chris, this diet is a good thing because you look so great."</p>
	<p>Shot of Nicole Johnson interviewing Chris Matthews on Hardball set.</p>	<p>Chris Matthews: So now I do everything right. I do all the pills and I d- uh... I shoot myself up a night with uh... Lantus. It's kind of fun. And I do my blood check four times a day. It's very easy.</p> <p>Nicole Johnson: But isn't there an emotional side to knowing that you're living with a chronic disease? 'Cause that's a struggle for me.</p> <p>Chris Matthews: No. It's not a disease if I've got control of it.</p> <p>Nicole Johnson: It's not?</p> <p>Chris Matthews: It's not a disease for me if I can control it.</p> <p>Nicole Johnson: But it's still present.</p> <p>Chris Matthews: Oh, uhm... well, it's not like having the problems that would come to you if you didn't deal with it. You know, I quit drinking completely about 12 years ago because I thought I drank too much, just dropped it. So I like to surprise people. That's what I like to do, especially my wife. I like to surprise her and do things she can't quite figure out. "How did he do that?" I want to keep the mystery.</p>
		<p>Nicole Johnson: So what is it that the person who's watching this can take away and say, "Oh, okay, I</p>

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		<p>can do that. I could make that switch.”</p> <p>Chris Matthews: Here’s what a person should learn from uh... the Chris Matthews case. First of all, stop being afraid of it because it doesn’t do you any good. Deal with the fact you are and say, “Now I’ve got to get my blood sugar down.” And of course you’ve got to cut out some stuff and uh... there’s no doubt about that. You have to do it. But if you do all that, you’re gonna be fine. So now I think it’s- I’m as good as new then.</p> <p>Nicole Johnson: Well, we might have to _____ in Washington....</p> <p>Chris Matthews: I think I- I think I am as good as new and I will accept no other interpretation of my situation.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Shot of Nicole Johnson.</p>	<p>Nicole Johnson</p> <p>Perhaps the most important thing Chris taught me is that even the most successful and confident people can be in denial about their diabetes. Now Chris serves as an example to all that with a positive attitude and focus, we can keep our diabetes under control.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Shot of upcoming segment.</p>	<p>Nicole Johnson When dLife comes back, how to recognize and treat diabetic nerve damage.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	

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	<p>Shot of Nicole Johnson.</p> <p>Lower Third:</p> <p style="text-align: center;">Nicole Johnson</p> <p>Shot of Dr. Aaron Vinik with Nicole Johnson.</p>	<p>Nicole Johnson: Neuropathy or nerve damage is one of the most common complications from diabetes. In fact, one out of every two people with diabetes will suffer from some form of neuropathy. To better understand neuropathy, we are joined by Dr. Aaron Vinik, Professor of Medicine at the Eastern Virginia Medical School, and Director of the Strelitz Diabetes Research Institute. Welcome, Dr. Vinik.</p> <p>Dr. Aaron Vinik: It's a pleasure to be here, Nicole.</p>
	<p>Lower Third:</p> <p style="text-align: center;">Aaron Vinik, MD, PhD Dir., Strelitz Diabetes Research Inst.</p>	<p>Nicole Johnson: Can you tell us, what is neuropathy?</p> <p>Dr. Aaron Vinik: The word itself means- neuro refers to a nerve and opathy or pathology is damage to the nerves. Now, in the human body, you have nerves that fulfill voluntary functions. We call them somatic nerves like moving an arm, feeling sensation, feeling hot, cold temperature and so forth. Those are somatic nerves. You also have autonomic nerves, involuntary nerves. These fulfill the involuntary functions of the body; for example, how your pupil constricts when you're exposed to light, how your bowel functions, and how your bladder uh... functions and so forth. So damage uh... can occur to any one of these nerves; the somatic nerves so that you lose power, strength and the ability to perceive hot or cold uh... or pain, or autonomic functions in- in which many of the autonomic uh... systems in the body like the heart, the lung and the bowel stop functioning normally. That's neuropathy.</p>
	<p>Lower Third:</p> <p style="text-align: center;">It is estimated that as many as 60% of people with diabetes have neuropathy.</p>	<p>Nicole Johnson: So what are some of the symptoms that a person with diabetes might experience if they have the beginning stages of neuropathy?</p> <p>Dr. Aaron Vinik: If you have somatic neuropathies, it's often pain, numbness, tingling, lightning pains, shock-like pains. But in addition to that, you may have negative symptoms, the sort of things that uh... people don't perceive changes in the texture of carpets that they're walking on. For example, you</p>

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	<p>People with diabetes should check their feet every day.</p>	<p>walk from the bathroom, which is a tile floor, onto a carpeted bedroom floor and you cannot tell the difference. You put your foot in a bath and you can't tell that the warm- uh... the water is hot. You don't have to know that you have diabetic neuropathy to suffer its consequences and that is why often we detect it in people by examining them even if they're not aware of their symptoms. The autonomic symptoms could be more devastating; anorexia, loss of appetite, nausea, vomiting, explosive bouts of diarrhea, constipation, inability to control your bladder, uh... severe constipation that goes with sexual dysfunction in the male such as erectile dysfunction, a dry vagina and painful intercourse in a female.</p>
		<p>Nicole Johnson: So why is it that diabetes causes neuropathy?</p> <p>Dr. Aaron Vinik: There are uh... multiple ways into what affects a nerve. A nerve is a living tissue. It needs a fuel supply. It also needs a very adequate blood supply and it also needs to be protected from too high a sugar, too high a fat level, and needs to be protected from what is called immune destruction. By immune destruction, the same process that destroys the pancreas of a person with type 1 diabetes, the beta cells of the pancreas that make insulin, you can get uhm... a destruction of nerves in the uh... in- in your body. And then lastly, we have in our body what is called trophic factors or growth factors. Nerves need to grow. And they're also- once they've grown and they mature, they need growth factors to keep them mature. So it's one of four different power plays. So if you get too high a sugar, that will damage your nerves. If you get uh... too low a blood flow to the nerves, it's called the microvascular hypothesis, if you have antibodies to nerves, you'll destroy them, or if you're deficient in growth factors. I know that's not such a simple answer, but it's not a simple answer.</p>
	<p>Lower Third:</p>	<p>Nicole Johnson: How important is early diagnosis and treatment of neuropathy?</p> <p>Dr. Aaron Vinik: I think early diagnosis and</p>

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	<p>Keeping blood glucose levels on target may help prevent or delay nerve damage.</p> <p>Early treatment of nerve damage can help prevent more problems later on.</p>	<p>treatment of neuropathy is absolutely critical. One of the reasons is there's a low phase of evolution of neuropathy. You don't sort of wake up one day and you've got neuropathy. But you go through a incubation period and during that incubation period, there's lots of uh... inflammation going on in your nerve fibers, there's the high sugar levels with accumulation of sugar, alcohol, it's called sorbitol, in the nerves, and then there's a new mediated processes that I was talking about which is uh... antibody damage to nerves. During all that period, your nerves remain intact, but they don't function normally. If you can get them at that stage before they've died off, you have every chance of restoring your function to normal and restoring not only the function to normal, but restoring nerves. Neuropathy is probably the only truly reversible complication of diabetes if you recognize it early enough.</p>
	<p>Lower Third:</p> <p>For more information on neuropathy, visit dLife.com/neuropathy.</p>	<p>Nicole Johnson: Really? So what do you do to reverse it?</p> <p>Dr. Aaron Vinik: You do everything you can to address every single factor that's contributing to the nerve damage. For example, keeping your blood glucose normal is critically important. So most recently in a study we've just completed and we will be presenting at the national meetings in June, we've shown that if you use statin drugs, certain statin drugs, you improve the symptoms and you can actually improve nerve function and uh... objective measures of nerve fibers. In diabetes, there are many different forms of neuropathy. You know, there are the proximal neuropathies which means like your thighs and your shoulders are affected that become weak and have pain and then there are distal ones, the ones down in your feet and the autonomic neuropathies and different nerve fibers. These different neuropathies have different causes so if it's immune-mediated, I can use immune therapy and get you better very quickly. I may even be able to get you better within just a few weeks if I recognize what the cause is.</p>

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		Nicole Johnson: Thank you so much, Dr. Vinik, for sharing this time with us.
	Various shots of upcoming segment.	Nicole Johnson When we return, dLife travels down under to learn about a global effort to get insulin to those who need it most.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Nicole Johnson Lower Third: Nicole Johnson Diabetes since 1993	Nicole Johnson Ron Raab is well known in his native Australia and around the globe for spearheading a grassroots movement that brings insulin to people when they need it the most.
	Various shots of Ron Raab	Nicole Johnson Ron Raab himself needs insulin. He was diagnosed when he was just a boy.
	Shot of Ron Raab.	Ron Raab It's been my life. My professional life has been in diabetes.
	Photo of Ron Raab. Shot of Insulin for Life sign,	Nicole Johnson But Ron Raab is the kind of man who sees opportunities where others see problems. That kind of thinking led to his creation of Insulin for Life.
	Various shots of diabetes products.	Ron Raab I was aware of how much insulin test tubes were being wasted in Australia and in other countries.
	Various shots diabetes products. Various photos of patients.	Nicole Johnson Insulin for Life collects excess insulin from diabetes clinics across Australia and around the world. This insulin would otherwise be thrown away. Instead, it is being distributed to thousands of desperate patients in developing countries worldwide.

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	<p>Various photos of patients.</p>	<p>Ron Raab</p> <p>Now we are up to 60 thousand units and 60 thousand units of insulin a year is enough for about a thousand children that we can keep alive.</p>
	<p>Various photos of disaster areas.</p>	<p>Nicole Johnson</p> <p>And when disaster strikes, Insulin for Life jumps into the fray. Whether it is Hurricane Katrina in the United States or the tragic tsunami in Southeast Asia, people with diabetes get help.</p>
	<p>Various shots of diabetes products.</p> <p>Various photos children at camp in Ecuador.</p>	<p>Ron Raab</p> <p>We hold a stock of supplies, which we're able to send at very short notice. We were able to send supplies to Sri Lanka and they were received within eight days. We have this children's camp in Ecuador. Children get taught how to manage their diabetes and we're able to keep several hundred children alive through our program.</p>
	<p>Various shots of Insulin for Life information.</p> <p>Lower Third:</p> <p style="text-align: center;">Ron Raab Founder, Insulin for Life</p>	<p>Ron Raab</p> <p>We see ourselves as the pioneers in this. My hopes for the future of Insulin for Life is to see increasing numbers of organizations following what we're doing and eventually, for this grassroots movement to grow into increasingly mainstream way of addressing these sort of problems. We're living in a world of finite resources and we need to find new ways of doing things. And I believe that Insulin for Life is a great example of that.</p>
	<p>GFX Center</p> <p style="text-align: center;">dLife For Your Diabetes Life!</p>	
	<p>Lower Third:</p> <p style="text-align: center;">www.dLife.com/InsulinForLife</p>	<p>Nicole Johnson</p> <p>Thank you, Ron. If you or someone you know has insulin that is not expired and is no longer needed, go to dLife.com to find out more about how to donate to Insulin for Life.</p>
	<p>GFX Center</p> <p style="text-align: center;">dLife For Your Diabetes Life!</p>	

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	<p>Various shots of upcoming segment.</p>	<p>Nicole Johnson Up next, an inspirational yoga story.</p>
	<p>GFX Center dLife For Your Diabetes Life!</p>	
	<p>Shot of Nicole Johnson. Lower Third: Nicole Johnson</p>	<p>Nicole Johnson Yoga is a wonderful combination of exercise and meditation relieving stress on the body while relaxing the mind. Now one woman in Connecticut is finding that yoga is also an effective weapon in the battle to control her type 2 diabetes.</p>
	<p>GFX Center dLife For Your Diabetes Life!</p>	
	<p>Shot of Sandy Ramesh. Lower Third: Sandy Ramesh Diabetes since 1999</p>	<p>Sandy Ramesh My name is Sandy Ramesh and I'm almost 40 years old. I am from India, but I've lived in this country for almost 10 years now.</p>
	<p>Various shots Sandy Ramesh. Lower Third: "Borderline diabetes" is a misunderstood term for pre-diabetes.</p>	<p>Sandy Ramesh In 1993 during my first pregnancy, I was borderline diabetic, but actually nobody told me or advised me to take care of it and then uh... it was diagnosed in 1999.</p>
	<p>Various shots of Sandy Ramesh.</p>	<p>Sandy Ramesh And the first thing I bought was a treadmill. And I used to walk three miles a day, but still nothing happened. Every day the sugars started going up and it became a very difficult situation because the doctor kept saying, "Lose the weight; then you can control the diabetes." Then finally, I had to take control of myself.</p>
	<p>Various shots of yoga class.</p>	<p>Woman: Close your eyes and just start to deepen your breath.</p>
		<p>Sandy Ramesh Because I am from India, I had heard about yoga and then uh... I thought let me give it a try. So I started going and now I'm going almost eight hours</p>

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		a week.
		Instructor Draw your attention into your body.
	Lower Third: Reducing stress affects hormones that impact blood glucose levels.	Sandy Ramesh The yoga is calming the mind; that is first thing. Yoga helped me reduce a lot of weight in the middle and all the postures which we do is giving very good circulation in the feet and then I saw the sugars were in control and my doctor has said he might start reducing the medication.
	Various shots of yoga class.	Instructor Exhale to warrior two. Bend your right knee.
		Sandy Ramesh I tell everybody to go for yoga lessons. And whenever I get a free membership or- or two, I can bring a guest, I force my friends to come. Many people joined yoga after I kind of told them to do it.
		Instructor And pause.
	Shot of Sandy Ramesh.	Sandy Ramesh After taking yoga lessons and regular yoga classes, my sugar is under such good control that the entire thing I have to attribute only to yoga because that was the turning point in my life.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Nicole Johnson Lower Third: www.dLife.com/motivateme Shot of upcoming segment.	Nicole Johnson Need some help in finding a form of exercise that works for you? Visit dLife.com/motivateme for great ideas to get moving. When we return, Jim Turner explains why a doctor's visit begins before you get to the waiting room.
	GFX Center dLife For Your Diabetes Life!	

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	<p>Shot of Nicole Johnson</p> <p>Lower Third:</p> <p>Nicole Johnson Type 1 Diabetes</p>	<p>Nicole Johnson</p> <p>Getting ready to go see your doctor is an important part of the visit. Here's dLife's Jim Turner.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Shot of Jim Turner with Sandra Oh dressed as doctor.</p> <p>Lower Third:</p> <p>Jim Turner dLife Correspondent Diabetes since 1970</p> <p>Shot of Jim Turner going through files.</p>	<p>Jim Turner: Before any doctor visit, I do a lot of things to prepare. I do the footwork so that my few short minutes with my busy doctor actually contribute something to my overall health.</p> <p>Doctor (Sandra Oh): Deep breath.</p> <p>Jim Turner: <breathes deeply>. A lot of people before going to see their doctor do well, nothing. I can't do that. There's too much going on when you're living with diabetes to not make your doctor sweat a little bit. I go through my old files and I look at my old blood tests. I like to know which direction I seem to be heading. I pull out any notes that I've left for myself with questions and comments about anything odd that's happened.</p>
	<p>Shot of Jim Turner.</p>	<p>Jim Turner</p> <p>My foot feels numb. Is it possible it's neuropathy? Isn't there a drug that's supposed to help that? Having a lot of nighttime highs I can't seem to get under control. What can I do to stop them? I write all of this stuff down. It seems obsessive, but it's not.</p>
	<p>Shot of Jim Turner driving in car.</p>	<p>Jim Turner</p> <p>I go in a week before my appointment so that I can get all my blood and urine tests done so that we can actually talk about my total current state of health.</p>
	<p>Shot of Jim Turner with Sandra Oh dressed as doctor.</p>	<p>Jim Turner</p> <p>The day I do see the doctor, she has the results of all my blood tests and my meter has been downloaded onto her computer. We talk about</p>

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		<p>trends and what's been happening with me. And I have my list of prepared questions.</p> <p>Jim Turner: We talked about symlin last time. Is that something that I should be taking?</p> <p>Doctor (Sandra Oh): Uh...</p> <p>Jim Turner: I'm confused about carb counting. Do you know a dietician?</p> <p>Doctor (Sandra Oh): Uh... I- I...</p> <p>Jim Turner: How did the visit with my ophthalmologist go? What did he say about my eyes?</p> <p>Doctor (Sandra Oh): Oh, your...</p> <p>Jim Turner: Should I get a flu shot?</p>
	Shot of Jim Turner.	<p>Jim Turner</p> <p>Now I understand that I'm lucky and I have a doctor who's more informed and more understanding than most doctors. But you need to work at making your doctor work for you and help you come up with those answers.</p>
	Shot of Sandra Oh dressed as doctor.	<p>Doctor (Sandra Oh): Yes, great advice. These are all good things to ask your real doctor. And even though I just play a doctor, what I've been trying to tell you, Jim, is you have to leave time for them to answer. And when they do answer, listen to them.</p> <p>Jim Turner: Anything else?</p> <p>Doctor (Sandra Oh): Yes. Test, don't guess.</p>
	<p>GFX Center</p> <p style="text-align: center;">dLife For Your Diabetes Life!</p>	
	Shot of Nicole Johnson	Nicole Johnson
	Lower Third:	That's all the time we have. We'll be back again

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	<p>Hear more from today's guests on dLife Backstage Podcasts at www.dLife.com/podcasts</p> <p>dLifeTV on CNBC next Sunday 4 p.m. PT/7 p.m. ET</p> <p>To order a copy of any dLifeTV episode, visit dLife.com/orderdLifeTV.</p>	<p>next week with another edition of dLifeTV to inform, inspire and connect for a healthy diabetes life.</p>
	<p>Center:</p> <p>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</p>	
	<p>Credits roll.</p>	
	<p>Shot of Nicole Johnson.</p>	<p>Nicole Johnson</p> <p>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.</p>
	<p>GFX Center</p> <p>dLife</p>	