

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Show opener GFX</p>	<p>VO</p> <p>dLifeTV, 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>Montage of upcoming segments.</p>	<p>Nicole Johnson</p> <p>Today on dLife, great athletes who have been affected by diabetes including Dallas Maverick Jerry Stackhouse; a preacher who uses the pulpit to educate; plus real stories about real people living with diabetes.</p>
	<p>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. dLife has introduced you to a number of professional athletes who live with diabetes. Recently, we talked with NBA star Jerry Stackhouse, the Dallas Mavericks' sixth man doesn't have diabetes himself but he's lived with it his entire life and like these other great athletes, he's committed to fighting it.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Kendall Simmons Pittsburgh Steelers Diabetes Since 2003</p>	<p>Kendall Simmons</p> <p>At first, I was like why did this happen to me. You know, I was perfectly healthy. So I was banged and bruised with football, why do I have to have to have something else to deal with?</p>
	<p>Lower third:</p> <p>Gary Hall, Jr. World Champion Swimmer Diabetes Since 1999</p>	<p>Gary Hall, Jr.</p> <p>I remember hearing the word diabetes in the doctor's office when I was diagnosed and the exhale, I remember it so clearly. It was more than just breath leaving my body.</p>
	<p>Lower third:</p> <p>Jason Johnson Pitcher, Diabetes Since 1985</p>	<p>Jason Johnson</p> <p>When I first got signed into professional baseball, I was nervous to tell anybody about it, you know, because I was like I don't want them to look at me differently.</p>

TIMECODE	VISUALS	AUDIO
	Montage of athletes	<p>Nicole Johnson</p> <p>Instead of throwing in the towel when they were diagnosed, these athletes found that with education and strict management, they could succeed at the professional level even while living with diabetes.</p>
	<p>Lower third:</p> <p>Jason is active with the Juvenile Diabetes Research Foundation</p>	<p>Jason Johnson</p> <p>I think that I use this as a platform now, being a Major League player with diabetes, to be able to help young kids that do have diabetes to maybe uh... achieve whatever they wanted to achieve even if they had doubts in their minds before they met me.</p>
	Kendall Simmons at practice	<p>Kendall Simmons</p> <p>I get letters from parents all the time saying "My kid just found out he's a diabetic. How can you help him or show him the way that he could make it through?" I'm like I'm trying to be a living example. I'm proving it to myself that I'm not going to let diabetes rule what I wanna do and then to show everybody else that this can't be a problem if you take care of yourself.</p>
	Gary Hall, Jr. in swimming pool	<p>Announcer</p> <p>...with a goal for the second straight Olympics.</p>
	Gary Hall, Jr. winning pose	<p>Gary Hall, Jr.</p> <p>Now I have 10 Olympic medals. The majority of them were won with diabetes. If you take care of this, the sky's the limit.</p>
	Basketball clips, Jerry Stackhouse speaking	<p>Nicole Johnson</p> <p>While Dallas Maverick Jerry Stackhouse does not have diabetes himself, he knows the consequences of poor management so he's spreading the message of diabetes awareness where it's needed most.</p>
	<p>Lower third:</p> <p>Jerry Stackhouse Forward/Guard, Dallas Mavericks</p> <p>Photo of Jerry and sister</p>	<p>Jerry Stackhouse</p> <p>Everybody's had a family member or knows someone that was afflicted by diabetes. I have two sisters that died from diabetes and both my mother and father live with diabetes now. One sister was</p>

TIMECODE	VISUALS	AUDIO
		<p>like another mother figure to me. I spent a lot of time with her as a little boy, you know, going everywhere with her and then when she died, that was a- a huge loss for me so she never really got the chance to see me play basketball at- at the professional level.</p>
	<p>Basketball clips</p>	<p>Announcer</p> <p>Stackhouse....both sides. Oh, he has been fabulous tonight.</p>
	<p>Photo of Jerry Stackhouse, Jerry Stackhouse speaking</p>	<p>Jerry Stackhouse</p> <p>I knew my sisters had diabetes and I thought it was cool as a little boy because she let me give her her shots. I thought it was the coolest thing in the world to rub the little alcohol pad and give her a shot, you know but not understanding that she was doing that because she was sick. Once I lost her, I had a totally different respect for the disease.</p>
	<p>Photos, Jerry Stackhouse speaking to audience</p>	<p>Jerry Stackhouse</p> <p>I lost two sisters to diabetes and grew up watching my parents cope with the disease for which there is no cure.</p>
	<p>Jerry Stackhouse speaking, photos of Jerry at health fairs</p>	<p>Jerry Stackhouse</p> <p>My whole passion over the years has been trying to honor their memory by putting a lot of my time and effort toward the fight and research for diabetes. I started Triple Threat Foundation about six years ago. It's more of a grassroots type of foundation for those people who the large dollars would never reach. I did a health fair. You know, it was great. I was able to have some dieticians come in and kinda teach kids how to prepare a good, quick meal after school, a good, healthy meal; a couple different fun activities like tae-bo or kickboxing. We're trying to encourage kids to get active, to get out and- and exercise in order to cut diabetes off before it gets started.</p>
	<p>Photo of Jerry's parents</p>	<p>Jerry Stackhouse</p> <p>My parents are doing a lot better. They're focused on it and they're really trying to help each other. I still have one sister who has diabetes and- and lives with it, has-- you know, takes the insulin shots and-</p>

TIMECODE	VISUALS	AUDIO
		and the whole nine.
	Basketball footage	Announcer Hey, that's Stackhouse for a three-pointer, baby.
	Montage of basketball footage, family photos, newspaper clipping	Jerry Stackhouse I'm definitely not out of the woods. I just had some tests earlier this year and my levels are, you know, a little high. I think after my career's over and things start to slow down for me, that's going to be something that I'm going to have to watch even closer. I think it's the responsibility of all of us who can use a platform to spread the word, you know, and- and tell our stories and- and hopefully, that we're able to- to reach some people because a lot of people don't even know that they have it. People need to start taking notice of these warning signs and maybe, just from- from knowing that, somebody can go get checked out and be able to head it off before it gets too bad and out of control like it did for my sisters.
	Lower third: www.dLife.com/athletes Clip from upcoming segment	Nicole Johnson To find out more about professional athletes who are living with or active in the fight against diabetes, visit dLife.com/athletes . But what about the rest of us? When dLife returns, we'll see how sports can work for you.
	GFX Center dLife For Your Diabetes Life!	
	Jim Turner and Doug Kalman in studio	Jim Turner Doug Kalman is a sports and nutrition expert and head of the Nutrition and Endocrinology Division of Miami Research Associates in Florida. Welcome to the show, Doug.
		Doug Kalman How are you, Jim?
	Lower third: Jim Turner	Jim Turner Now, if a person with diabetes wants to pursue like

TIMECODE	VISUALS	AUDIO
	dLife Correspondent Diabetes since 1970	an advanced exercise regimen, where- where do you begin? How do you start?
	Lower third: Doug Kalman, PhD, RD Director, Nutrition Miami Research Associates	Doug Kalman Well, what we like to do is have people do resistance training, also known as weightlifting, strength exercise. Any time that you lift something that's a resistance, gravity, you will help a muscle to respond by growing, which increases muscle mass.
	Jim Turner interviewing Doug Kalman in studio	Jim Turner What is that-- effect does that have on- on diabetes control?
		Doug Kalman Our experience has found that those people that engage in resistance training, over the longer term, get better control over their blood sugar and need less insulin than the person with diabetes that does not engage in resistance exercise.
	Jim Turner interviewing Doug Kalman in studio	Jim Turner Why- why is that?
		Doug Kalman When you engage in resistance exercise, weightlifting, it actually causes the- the-- on a cellular level, your muscles to become more sensitive to insulin. So a person with diabetes that engages in strength training or resistance exercises, their muscles become much more sensitive to insulin and their bodies become better at regulating blood sugar than a person that is engaging in no exercise or just doing something like jogging or running or playing tennis. And that has a lot to do with the- the type of physical activity.
	Jim Turner interviewing Doug Kalman in studio	Jim Turner I play a lot of basketball but I-- and- and I've become very insulin resistant so actually working with weights would help this.

TIMECODE	VISUALS	AUDIO
		<p>Doug Kalman</p> <p>Correct. Right. In general, everybody should do some type of- of resistance training for a- a whole smattering of reasons. But a person with diabetes would be better off doing some resistance training, weightlifting in their program than not. So for you, like you say you play a lot of basketball and you were telling me you golf, both your sports would benefit and you physically, personally would benefit from just twice, three times a week, some type of whole-body resistance training.</p>
	<p>Jim Turner interviewing Doug Kalman in studio</p>	<p>Jim Turner</p> <p>In a very physical sports endurance event, what can an athlete with diabetes do to stay competitive?</p>
		<p>Doug Kalman</p> <p>First what you do is you wanna learn whatever you do during practice is what you wanna do during an event, meaning you don't do something new on the day of an event that you've never done before 'cause you don't know how your body is gonna respond. So you-- that's something that is rule number one.</p>
	<p>Lower third: Carry fast-acting carbs when exercising: glucose tablets, hard candy, honey</p>	<p>Doug Kalman</p> <p>Rule number two, especially for a person with diabetes, is always to keep something that's portable, let's say sugar, with them whether it's two or three glucose tablets, uhm... or one of these types of uhm... pre-metered gels that uh... have a certain amount of carbohydrate in it, 15 grams. That's what you wanna keep with you.</p>
	<p>Lower third: Be sure to test your blood sugar</p>	<p>Doug Kalman</p> <p>Ideally, you want to be able-- if you're doing a marathon, a marathon for most of us takes three, four, five hours. That's a long time of exercising so you actually wanna eat while you're exercising 'cause when you exercise, your body's using your</p>

TIMECODE	VISUALS	AUDIO
	<p>levels before, during, and after exercise</p>	<p>circulating blood sugar for energy and if you can help maintain blood sugar levels while you exercise, you'll prevent hypoglycemic episodes during exercise. In general, a- a person with diabetes that has never exercised before and then just starts an exercise regimen after they've been cleared by their physician to do so, you'll-- you will start seeing benefits for blood sugar control within two or three weeks. You'll see s-- sporadically on the day of exercise.</p>
	<p>Jim Turner interviewing Doug Kalman in studio</p>	<p>Doug Kalman</p> <p>Interestingly enough, and this is very important for any person with diabetes, is that the way that your body responds to aerobic type of exercise, meaning jogging, running, is different than it will respond to weightlifting or strength or resistance exercise. You have a greater risk of a hypoglycemic episode after resistance training or- or weight training than you do after doing an aerobic event.</p>
		<p>Jim Turner</p> <p>Really?</p>
	<p>Lower third:</p> <p>Aerobic exercise can lead to a sudden drop in blood sugar level.</p>	<p>Doug Kalman</p> <p>Yes. So therefore, the person that engages in a weightlifting program has to test their blood sugars for three to four hours after they're done exercising so they- they can learn how to-- how their body responds to the exercise.</p>
	<p>Jim Turner interviewing Doug Kalman in studio</p>	<p>Jim Turner</p> <p>And if you are too high, I find that your exercise for some reason makes you go really high.</p>
		<p>Doug Kalman</p> <p>Right, because if you are too high, your body is uhm... either not utilizing the insulin that it has, it's not being sensitive to the insulin that it has, and you're actually just becoming more insulin resistant during that exercise.</p>

TIMECODE	VISUALS	AUDIO
	<p>Jim Turner interviewing Doug Kalman in studio</p>	<p>Jim Turner</p> <p>Uh... Are there any exercises that someone should avoid?</p>
		<p>Doug Kalman</p> <p>Well, I would like to say that there are no exercises that somebody should avoid after you've been cleared by your physician to exercise. If you've never climbed Mt. Everest, don't try it on your first day, right. But if- if you don't have any problem with uhm... physically and you've been cleared to exercise, then please, go for any kind of exercise that you would do consistently because it's consistent exercise as a lifestyle that will help you control your blood sugars better and enable a better quality of life. And after all, what we're really discussing here, Jim, is how it's metabolic fitness and health, is enhancing somebody's quality of life.</p>
	<p>Montage of upcoming segment</p>	<p>Jim Turner</p> <p>Well, thank you, Doug Kalman. Up next, a real story from a dLife viewer who just might show up to save your life.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Nicole Johnson Diabetes Since 1993</p>	<p>Nicole Johnson</p> <p>We travel across the country to meet real people who tell their real stories of living with diabetes. Our latest comes from Rochester, New York where Mike Byrne is an emergency medical technician who's not only trained in handling diabetes-related emergencies, but has diabetes himself.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Fire station and interior of ambulance</p> <p>Lower third:</p>	<p>Mike Byrne</p> <p>Uh... My name is Mike Byrne and I'm uh... 51 years old. I am an EMT volunteer at the Greece</p>

TIMECODE	VISUALS	AUDIO
	<p align="center">Mike Byrne EMT Basic, Diabetes Since 1967</p>	<p>Volunteer Ambulance, which is located in uh... a suburb of Rochester New York and I've had type 1 diabetes for approximately 40 years. The average day on the job for an EMT varies. Normally, we have uh... probably two to three calls in a-- in an eight hour shift per ambulance but I would say it's-- it's probably one in 10, one in 20 has some diabetes-related problem.</p>
	<p>Mike Byrne in ambulance</p>	<p>Mike Byrne GVA 2739 en route.</p>
	<p>Mike Byrne driving ambulance, Mike seeing patients</p>	<p>Mike Byrne I definitely uh... feel that I have a-- more of a connection or more in common with patients that have diabetes just because, you know, I'm in the same boat so I understand some of the difficulties that people are faced with. There have been occasions where when I see a patient and I know that they're in- in-- not feeling good about themselves as-- with diabetes, then I'll explain to them that I have diabetes, I understand what's happened to them, I've been there, you know, and- and I try to give them some emotional support.</p>
	<p>Mike Byrne with insulin pump</p>	<p>Mike Byrne I sometimes will show 'em my insulin pump and ask them if they've ever seen one, give 'em a little bit of information about that. But I'm an EMT and so there's certain state rules that cover what I can practice.</p>
	<p>Mike Byrne driving in ambulance</p>	<p>Mike Byrne I would be lying to you if I didn't enjoy, you know, the adrenaline rush that you get uh... going uh... driving to a call with the red lights, the siren and everything going. I mean, that's always a part of it but that's not the-- you-- That's not the biggest thing. The best part about it is in- in some cases, you can see huge changes in the patient's condition as a direct result of the team of EMS people that treat the patient and it's an enjoyable experience and so this is what I do.</p>
	<p>GFX Center dLife</p>	

TIMECODE	VISUALS	AUDIO
	For Your Diabetes Life!	
	Nichole Johnson in studio	<p>Nicole Johnson</p> <p>Thanks for looking out for us, Mike. When dLife returns, a CDE who preaches more than good diabetes management.</p>
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Nicole Johnson	<p>Nicole Johnson</p> <p>Reverend Jeannette Jordan is a remarkable person. She lost her mother to diabetes complications and now uses her pulpit to reach out and educate her community as a spiritual leader and a certified diabetes educator. We recently visited her in South Carolina.</p>
	GFX Center dLife For Your Diabetes Life!	
	Photo of old woman Lower third: Jeannette Jordan Pastor & Certified Diabetes Educator	<p>Jeannette Jordan</p> <p>My mother passed away about nine years ago from diabetes and she was the person that influenced me the most in my Christian walk. In fact, my most vivid memory of her is on her knees, praying. I was already a diabetes educator prior to her passing away but it just gave me some more passion.</p>
	Jeannette Johnson driving	<p>Jeannette Jordan</p> <p>We are headed to Parkway Village, which is a low-income apartment that our church partnered with. We teach them healthy eating and cooking and our goal here is to minister again to the whole person.</p>
	Jeannette Johnson speaking to people	<p>Jeannette Jordan</p> <p>All kinds of complications can occur from diabetes. Now, if I were to ask you what is diabetes, somebody tell me what it is 'cause you didn't always have it, so what happened in your body, the reasons that sugars are high?</p>
	Jeannette Johnson speaking to people	<p>Jeannette Jordan</p> <p>And for a long time, I was the only black person in</p>

TIMECODE	VISUALS	AUDIO
		South Carolina who was a certified diabetes educator. We have a few more now, not many, probably less than five but it was one of the best decisions I ever made.
	People singing, Jeannette Johnson singing in church	Jeannette Jordan Three years ago, I became pastor of this church and it's been a great experience for me. And I think it's because I- I love God and I love people. To see their lives improve is just so rewarding for me.
	Jeannette Johnson speaking to people	Jeannette Jordan Your number one goal should be "I've got to return these blood sugars to normal." And we have people walking around everyday-- Christy and I go-- we've been places where we do screenings and people's blood sugar's 500 and we're like in a panic, we're like, you know, how do you feel? Is everything okay? They're like "Oh, I feel okay," and that's because their- their sugars have been high so long, that their body has adjusted to a higher sugar.
	Jeannette Johnson with congregation	Jeannette Jordan Sometimes you have to give your members permission to take that blood pressure medication or to take that insulin because they think in their minds that what this doctor is telling me is in contradiction with the fact that Jesus is a healer.
	Jeannette Johnson speaking to people	Jeannette Jordan I'll tell you a quick story. We have a gentleman in our church and he nicked his toe. So he came to bible study one night. His toe was swollen. It was smelling. He had this big shoe on and he says "Pastor, I want you to pray for my toe." I was like, "We will pray but as soon as we get through praying, I want you to head to the emergency room."
	Jeannette Johnson speaking to congregation	Jeannette Jordan Let's make sure we're seeing our doctors and taking good care of ourselves. I don't know about you but I want to live as long as I can. Amen.
	People eating	Jeannette Jordan One of the things that we've been able to do successfully is to change the recipes where we

TIMECODE	VISUALS	AUDIO
		don't have as much of the high fat seasonings in there. It's important to help people understand that medicine and taking care of your body is not in contradiction with your faith. In fact, it complements your faith. It means that you are a good Christian if you take care of your body as well as your spirit and soul.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: www.dLife.com/caldenard Clip of upcoming segment	Nicole Johnson Want to get involved in diabetes events in your community? Visit dLife.com/calendar. Up next, Chef Michel Nischan cooks in the dLife kitchen.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Nicole Johnson Type 1 Diabetes	Nicole Johnson Tapas are a staple in Spain and increasingly popular in the United States. Chef Michel Nischan and our friends from Diabetic Cooking magazine have a recipe for success when it comes to these Spanish appetizers.
	GFX Center dLife For Your Diabetes Life!	
	Lower third: Michel Nischan dLife Chef	Michel Nischan Hi, I'm Chef Michel Nischan and welcome again to the dLife kitchen. Today, I'm gonna do a great tapas dish, garlic skewered shrimp. Now, tapas is the cuisine of many plates, often served together and what I love about tapas is two things. One is portion control and the other is you get to satisfy your palate with an array of great flavors. Now, the first important thing when you're grilling shrimp is making sure that your grill is hot. We're just gonna turn it up to high and while that's heating up, we're gonna go over and make the shrimp and the marinade.

TIMECODE	VISUALS	AUDIO
	<p>Michel Nischan working with shrimp</p>	<p>Michel Nischan</p> <p>Now, peeling and de-veining shrimp is a little easier than you think. You can buy 'em in the store peeled and de-veined but I'm gonna show you how to do your own. Now, here we have about a 16-20 count shrimp and you can see that it's got the shell on. There's a little dark vein in here, which sometimes has a little bit of an off flavor. So the way you remove it is you just take your fingers, pinch the shell on one side and then you can really almost take it off just in one fell swoop just like that. And then I like to take a small kitchen knife and just go to one side of the vein and just trace until you feel the meat underneath, this little cavity where the vein is and you can see that it comes right out. Then again, you just take the knife and you can pull the vein right out. And there you have it.</p>
	<p>Michel Nischan preparing shrimp, bowls of seasonings</p>	<p>Michel Nischan</p> <p>Now, once the shrimp are peeled and de-veined, we want to put them in a plastic bag. So we're gonna pop the shrimp in the bag and then we're gonna make the marinade. Now here I have some really nice, spicy chili peppers, some freshly minced garlic, a little bit of canola oil and some low sodium soy. If you're living with diabetes, low sodium is a key word. You don't want too much salt in your system because you don't want your blood pressure to raise.</p>
	<p>Michel Nischan working with shrimp and seasonings</p>	<p>Michel Nischan</p> <p>Now we're gonna add a little bit of the garlic and a little bit of the chili pepper. Now, be careful because these things are really, really spicy unless you really dig spicy food. But remember your guests. Just give it a little bit of a stir like this and here's the great thing about these bags. You just pour in the marinade. And what's great is that you can just kind of smush the shrimp around in the marinade without getting your fingers or any utensils dirty. And what we're gonna do is just set this off to the side and let the shrimp marinate for about 15 minutes so that I can pick up all those good flavors.</p>

TIMECODE	VISUALS	AUDIO
	Shot of skewers	<p>Michel Nischan</p> <p>Now here we have some skewers that have been marinated in water for about 30 minutes. The great thing about marinating the skewers is that it keeps them from splintering. It makes it easier to skewer your item. It also keeps them from burning on the grill.</p>
	Michel Nischan skewering shrimp	<p>Michel Nischan</p> <p>So we're gonna just lay the shrimp on the board just like this, one shrimp, then a piece of uh... green onion, another shrimp. And I love green onion especially when you grill it. It just has this kind of like mellow, caramelly flavor that I just really love. Now, here I have two skewers with four shrimps per skewer. Each skewer is a portion per person.</p>
	Michel Nischan grilling shrimp	<p>Michel Nischan</p> <p>Now, the grill is nice and hot because we preheated it which is important if you wanna keep your food from sticking. And then we're just gonna put these shrimp on. We're gonna let 'em cook about three minutes on each side until they just turn pink and opaque and when you touch 'em, they have just a little bit of give to 'em, nice and finished.</p>
	<p>Left half of screen:</p> <p>Grilled Shrimp & Eggplant Tapenade</p> <p>Per serving: Calories: 245 Carbs: 7g Fiber: 3g Protein: 4g Total Fat: 8g</p>	<p>Michel Nischan</p> <p>Now, here's a really great tapas dish served with another tapas dish: eggplant and tomato spread. What I love about this spread is it's got great vegetables and it also has some pine nuts, which is a great alternative source of plant protein. We've served it on a whole grain cracker to reduce the carbs and you have a really great, low-carb, low-fat double tapas ensemble that's just delicious.</p>
	Michel Nischan in kitchen	<p>Michel Nischan</p> <p>Now, for these great recipes and many more like it, you can find them in Diabetic Cooking magazine or you can visit our website at dLife.com/recipebox. I'm Michel Nischan, thanks again for joining me in the dLife kitchen. See you soon.</p>

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	<p>Lower third:</p> <p>Hear more from today's guests on dLife Backstage Podcasts at www.dLife.com/podcasts.</p>	<p>Nicole Johnson</p> <p>That's all the time we have. We'll be back again 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>Nicole Johnson (Inset)</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>	