

TIMECODE	VISUALS	AUDIO
	<p>dLife logo</p>	<p>VO 1</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>Two women walking arms around each other</p> <p>dLife logo</p> <p>Old bishop shaking hands with lady at picnic table</p> <p>Lady in pink shirt sitting at table</p> <p>dLife logo</p> <p>Chef cooking in kitchen</p>	<p>Nicole Johnson Voice Over</p> <p>Today on dLife, practical advice for coping with the emotional side of diabetes. Also, a bishop reaches out to those in dire need of diabetes care and education. And soups on! Chef Michel Nischan is in the dLife kitchen with a savory soup recipe.</p>
	<p>Nicole Johnson standing in studio</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. If you ever feel scared or guilty about your diabetes, you are certainly not alone. Living with the disease puts tremendous demands on us and it can affect our lives profoundly. William Polonsky is one of the most respected psychologists working within the diabetes community. His breakout book, Diabetes Burnout, explained that when it comes to diabetes, realism is better than perfectionism. We visited Dr. Polonsky in San Diego.</p>
	<p>dLife logo</p>	
	<p>Interview with Dr. Polonsky</p>	<p>Dr. Polonsky</p> <p>Diabetes is about what people do. It's about not what the physician's doing, it's about what patients are doing at home every single day. It is about behavior.</p>
	<p>Interview with Brenda Potts</p>	<p>Brenda Potts</p>

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		When I got diabetes I thought, I'm done. My life is over, I'm not who I thought I was.
	Interview with Anne Cornicelli	Anne Cornicelli I thought type 2 diabetes was a life threatening disease. I didn't think it would be something that you could live with.
	Black and white video of large man walking down street Pulling gurney into hospital Black and white video of people walking on street	Dr. Polonsky Many people feel hopeless about diabetes. They- they believe that this disease is going to get them, that horrible complications are gonna happen. The opposite is a- a concern. Many people believe that diabetes is not a big deal.
	Interview with Anne Cornicelli	Anne Cornicelli I just chose to believe I was like everybody else that didn't have this.
	Interview with Brenda Potts Black and white video of Brenda by window Back to interview with Brenda	Brenda Potts You don't wanna live like this, if this is the way you have to live. But then you find out and you don't have to feel that way all the time, there's- you can feel better.
	Anne Cornicelli clasping hands in lap	Nicole Johnson Voice Over Feeling better begins with learning the facts about diabetes.
	Interview with Dr. Polonsky Filling syringe with medicine Back to interview with Dr. Polonsky Lower Third: William H. Polonsky, PhD, CDE Psychologist	Dr. Polonsky It's important to uhm.. take a good hard look at the real facts about diabetes. We always introduce this idea with a true and false question. So I'll put up on the screen, diabetes is the leading cause of amputations, blindness, and kidney disease in America, true or false. And we know that most people will say, well, of course, that's true.
	People sitting in rows behind	And then I'll show them the answer which is, of course, it is false. It's poorly controlled diabetes

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	<p>desks</p> <p>Brenda Potts unzipping pouch at table</p>	<p>that's the leading cause of these problems.</p>
	<p>Brenda Potts opening refrigerator</p> <p>Interview with Brenda</p> <p>Lower Third:</p> <p style="text-align: center;">Brenda Potts Type 1 Diabetes Since 1989</p>	<p>Brenda Potts</p> <p>I didn't know the facts about diabetes. I didn't know that I could live a healthy life. I think that was huge for me. And listening to other people's stories and hearing your own in them, it strikes a lot of cords.</p>
	<p>Blood monitor on table</p> <p>Man and woman by kitchen table</p> <p>Interview with Dr. Polonsky</p> <p>Lower Third:</p> <p style="text-align: center;">William H. Polonsky, PhD, CDE Author, "Diabetes Burnout"</p>	<p>Dr. Polonsky</p> <p>We share with people their numbers as a way to try to make diabetes a little more real for them. We don't talk about good or bad, we don't talk about high or low. We just want them to know whether they're numbers are in a safe place or in an unsafe place.</p>
	<p>Black man testing blood sugar</p> <p>Anne Cornicelli pricking finger to test blood</p>	<p>And if they're in an unsafe place, we want to help them think about what they can do about that.</p>
	<p>Brenda and Anne sitting at table with</p> <p>Two ladies sitting at table talking</p>	<p>Nicole Johnson Voice Over</p> <p>When you live with diabetes you can probably manage the disease better with help from other people.</p>
	<p>Interview with Brenda Potts</p>	<p>Brenda Potts</p> <p>Diabetes, yes, it's taking insulin and it's eating the right foods and- but it's also mental. You're living with a chronic illness and you need someone just to listen sometimes.</p>
	<p>Man sitting with young man</p> <p>Group of people sitting around</p>	<p>Dr. Polonsky</p> <p>If you feel like it's too hard on your own, one of the things we always recommend is to consider who</p>

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	<p>table</p> <p>Blonde woman giving man injection</p> <p>Interview with Dr. Polonsky</p> <p>Two people walking through woods by high rise apartments</p> <p>Anne and Brenda walking together</p> <p>Back to interview with Dr. Polonsky</p>	<p>amongst your friends, family, workmates, anyone, you can ask for help. And help can mean very, very simple things. Perhaps you're trying to be more physically active, you're trying to walk more regularly. Most people find that much easier and more enjoyable to do when they have someone to go with. But the opposite is a problem as well. And that's the problem what we call the diabetes police, that sometimes you can family members who are providing too much support.</p>
	<p>Interview with Anne Cornicelli</p> <p>Lower Third:</p> <p>Anne Cornicelli Type 2 Diabetes Since 1998</p>	<p>Anne Cornicelli</p> <p>You know, I love them but sometimes even your closest people in your family can hurt you more than they help you.</p>
	<p>Interview with Dr. Polonsky</p> <p>Couple walking up stairs to house entrance</p> <p>Couple sitting at restaurant</p> <p>Couple walking arm in arm on city street</p> <p>Soda bottles on shelf in grocery store</p>	<p>Dr. Polonsky</p> <p>You let them know that look, the way you're trying to help is really not helpful at all. And let me give you some ideas about things that you could do that would help me. Give them some ideas. You know, if you can make sure we have diet soda in the house all the time. Boy that would just be wonderful.</p>
	<p>Man at kitchen table</p> <p>Woman filling plate at buffet table</p>	<p>Nicole Johnson Voice Over</p> <p>Although diabetes can be a full time job, there are safe ways to take a break now and then.</p>
	<p>Interview with Dr. Polonsky</p> <p>Old man meeting with doctor</p> <p>Large man injecting belly</p>	<p>Dr. Polonsky</p> <p>We know that you can't take care of diabetes perfectly. We want our patients to understand and know that, and we want them to compromise but if they do it consciously they can do it safely. And the</p>

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	Back to interview with Dr. Polonsky	term I like to use is what we call diabetes vacations.
	Interview with Anne Cornicelli Sandwich and salad on plate Back to interview with Anne	Anne Cornicelli I think diabetes vacation is great because I don't think you can deprive yourself of not ever having the things that you're used to having uhm.. as long as it's a minimal amount and not a large amount.
	Woman sitting on examining table talking to doctor Man examining gray haired man Doctor sitting at desk by computer Back to interview with Dr. Polonsky	Dr. Polonsky This is another opportunity to sit with your diabetes educator, your healthcare professional your physician, and think about this with them: what's a safe structured way I can give myself a break here. Because the truth is most people do it anyway but they do it in ways that are more erratic, unsafe. Why not just understand that that's a necessary thing that most of us would need but plan ahead for it so it can be done safely.
	Anne and Brenda hugging each other Interview with Brenda Potts	Brenda Potts It's hard to live with diabetes but if you have support and people who understand and don't sugarcoat it, if you have people who say, gosh, it's really hard, you know what, but we can do this. We can take care of ourselves and, like Dr. Polonsky said, taking good care of yourself with diabetes is a leading cause of nothing.
	Interview with Anne Cornicelli Anne pricking finger Back to interview with Anne	Anne Cornicelli I feel very lucky. I'm glad to be alive. This type of disease is a lot of hard work. And that's probably what's discouraging to a lot of diabetics but I would say change it and turn it around.
	Interview with Dr. Polonsky Family biking Man leaving house with briefcase Back to interview with Dr.	Dr. Polonsky Really, what we're talking about with diabetes is a whole bunch of efforts and stuff you gotta do and figuring out some way to comfortably fit that in to what is probably already a complicated and busy life. And to integrate those things requires creativity,

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	<p>Polonsky</p> <p>Rear view of Anne and Brenda walking down street holding hands</p>	<p>brainstorming, that's gonna make it unique for every single person.</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson in studio</p> <p>Lower Third:</p> <p>www.dLife.com/support</p> <p>Man driving alongside runner</p> <p>Woman pouring cup of coffee</p> <p>Woman stretching on living room floor</p>	<p>Nicole Johnson</p> <p>Connect with thousands of others just like you in the dLife community forum at dLife.com/support. Next, a champion runner takes us through the paces of her diabetes life.</p>
	<p>Nicole Johnson in studio</p>	<p>But first, here's a good eating, good living, food idea from Kraft</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson sitting at table in studio</p> <p>Lower Third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Long distance runner Missy Foy balances the incredible demands of 50-mile ultramarathons with tight diabetes control. dLife visited Missy at her home in North Carolina.</p>
	<p>dLife logo</p>	
	<p>Missy Foy on house steps at dawn</p> <p>Missy running with flashlight</p>	<p>Missy Foy Voice Over</p> <p>My name's Missy Foy and I'm a professional distance runner. I run on a national women's team and I have type 1 diabetes.</p>
	<p>Interview with Missy Foy</p> <p>Lower Third:</p>	<p>Missy Foy</p> <p>When I qualified for Olympic trials at Virginia Beach, that was the first time anybody with diabetes had ever qualified for a Olympic marathon trials</p>

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	<p>Missy Foy</p> <p>Professional Ultramarathon Runner</p>	<p>anywhere in the world and actually nobody's ever done it except me.</p>
	<p>Missy stretching on rug</p> <p>Back to interview with Missy</p> <p>Missy running in dark</p> <p>Daybreak sun</p> <p>Ducks on lake</p> <p>Missy running</p>	<p>And the first time I went to run around the track, my goal was to run a mile without stopping. And I got a mile in and thought I was gonna die. And I met a series of people who recognized that I had some talent for running and that's when I had made the decision that above all else my ultimate goal was to qualify for Olympic trials.</p>
	<p>Interview with Missy</p>	<p>When I told my coach that was my goal, he said well, we'll plan it out. And then August 24th of that year I was diagnosed with type 1 diabetes.</p>
	<p>Missy running on road towards dogs</p> <p>Missy running by horses</p> <p>Missy pouring cup of coffee</p> <p>Lower Third:</p> <p>Too much caffeine can trigger stress hormones that raise blood sugar</p> <p>Interview with Missy outside</p>	<p>I usually start out with my blood sugar around 200 before a run and by the time I finish running my blood sugar will be about 100. Uhm.. in the morning usually just uh..- the caffeine with the coffee will make it go up to 200. Sometimes you have a pattern down and then for no reason that you can figure out it changes. So you just- you constantly have to recheck to see if your pattern is still the same.</p>
	<p>Missy setting out on training run</p>	<p>Man: Have fun. I'll be out there right behind you. All right, you're on the clock.</p>
	<p>Man watching after Missy running down road</p> <p>Interview with Missy</p>	<p>Missy Foy</p> <p>Within about 45 minutes of the marathon, that's when I'll have something that I can carry with me so I don't have to depend on whatever food is at the race. But I've- I've practiced it, I don't just randomly choose something.</p>

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	<p>Packing lunch box with Powerbar</p> <p>Missy disconnecting pump at waist</p>	<p>Sometimes it'll be a pop tart, roughly 40 grams of carbohydrate but some protein and some fat as well. And then I'll disconnect from my pump, then line up and be ready to go.</p>
	<p>Man driving alongside Missy running</p> <p>Back to interview with Missy</p> <p>Video footage of Missy in race</p>	<p>And that gives me roughly 45 minutes that I'm pretty good without taking in any kind of carbohydrates at all. And when it's about time that I- I know, I can sense that my blood sugar is down low enough that I need to start supplementing so that it doesn't drop too far, I'll pull out a carbohydrate gel and then just keep the open pack and squirt a little bit at a time and just- just to make sure that my blood sugar level stays exactly where it is.</p>
	<p>Man timing Missy running</p>	<p>Man: 5:41, 5:42, 5:43, nice job.</p>
	<p>Interview with Missy</p> <p>Missy leaving house with bags</p> <p>Car following Missy running down road</p> <p>Back to interview with Missy</p>	<p>Missy Foy</p> <p>You know, I had a lot of days trying to do workouts where it was so hard trying to balance working full time, trying to train at that level, having diabetes and uh.. I remember several times trying to finish a workout and I was in tears by the end 'cause it was just so hard. And every time he'd go well, keep going around and when you come back around we'll talk about it.</p>
	<p>Missy running on road</p> <p>Interview with Missy</p> <p>Framed note:</p> <p style="text-align: center;">Missy, You're my hero! Tommy</p> <p>Back to interview with Missy</p> <p>Missy at end of race with medal and arm around man in yellow shirt</p>	<p>There was one particular time that I had been out for a run that I was tired, the weather was bad, it was cold and I'm walking towards my car with tears running down my face trying to do this all by myself and I'm looking over and it looked like somebody had put a ticket on my car. And I just thought ah, okay, there you go. Just another one, I'm just- I quit, I can't do this. And uh.. somebody had left a note on my car that said, Missy, You're my hero! So, you know, uhm.. what can you do? There were a lot of people that knew what I was trying to do and knew that a lot of people were telling me I couldn't do it. I felt like I had the- the weight of every diabetic in the U.S. on my shoulders, I had to do it. And not succeeding just was not gonna be an option.</p>

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	Nicole Johnson in studio Lower Third: www.dLife.com/exercise	Nicole Johnson For more on sports safety at any fitness level, visit dLife.com/exercise.
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	Chef in kitchen	Nicole Johnson Voice Over Coming up, Chef Michel Nischan explains why soup is so good for us.
	dLife logo	
	Nicole Johnson in studio Lower Third: Nicole Johnson Diabetes Since 1993	Nicole Johnson Soup may be the ultimate comfort food. Chef Michel Nischan is in the dLife kitchen with one that's comforting and low carb.
	dLife logo	
	Chef in kitchen Bowl of soup Chef in Kitchen Bowl of mushrooms and other ingredients	Chef Michel Nischan Hi, welcome to dLife kitchen. I'm Michel Nischan and today I'm gonna cook a delicious savory mushroom bisque. Now, soup is one of my favorite meals because, first of all, it's easy but it's also a great way to get nutritious fiber rich foods like vegetables and beans into your diet. It's also great if you're watching your weight because it constitutes a full meal and is really filling.
	Chef in kitchen Lower Third: Michel Nischan dLife Chef	Homemade soups are particularly good for people living with diabetes because ready made soups have high carb thickeners, lots of preservatives and really loaded with sodium, which can be a problem if you have high blood pressure, a common complication for people with diabetes.
	Ingredients on counter	Now let's get started. Here I have a pre-heated pan, going to put a little bit of grape seed oil in here.

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	<p>Adding ingredients to pan</p> <p>Stirring ingredients in pan</p> <p>Chef adding garlic to pan</p>	<p>And I have some onions, some leeks. And I love using onions and leeks together, they're kind of in the same family but the wonderful thing about leeks is they add another layer of that kind of onion flavor a little bit milder, really mellow. We're gonna stir that around a little bit, get it lightly coated with this oil. So here we're just giving it a nice stir. Once we feel that the onions and the leeks are starting to soften, that's when we can add the garlic. Now, a lot of folks add garlic first and they can't understand why their soup has this bitter taste. That's often because they overcook the garlic and burn it a little bit.</p>
	<p>Close up stirring ingredients in pan</p> <p>Mushrooms on chopping board</p> <p>Chef talking to camera</p> <p>Close up of mushrooms on chopping board</p>	<p>Now we're just gonna kind of like sauté this for about a minute and half or two and then it's time for us to add the mushrooms. Now, here if you take a look at this, I have some really wonderful stuff. I have shitake mushrooms, two types, white and brown; I have button mushrooms; Kremini mushrooms, which are actually baby Portobellos, and, of course, the noble Portobello.</p>
	<p>Chef talking to camera</p>	<p>Now mushrooms are great because just two mushrooms can contain as much fiber as a medium tomato. So really great and fiber is great for helping lower cholesterol and uh.. a variety of other things. So really good for digestive health.</p>
	<p>Adding mushrooms to pan</p> <p>Lower Third:</p> <p>Mushrooms "sweat" out much of their water content and shrink when heated</p>	<p>Now we're going to add these pre-sliced mushrooms. We're gonna give it just a quick stir. Mushrooms are very high in water so these are actually gonna eventually sweat and shrink to about a third of this volume. It's pretty amazing. But as they shrink uhm.. and get smaller, the flavor increases because we're cooking off a lot of that water.</p>
	<p>Chef stirring ingredients in pan</p> <p>Pan of stock</p> <p>Chef ladling stock into soup pan</p>	<p>Now look at that. Look how far these mushrooms have sweated down. I'd say we probably have about a third of the volume that we started with but man, this just smells like mushroom goodness, really great stuff. Now here I have some vegetable stock that I'm going to add and what I like to do is add it hot. If I add the liquid hot. the mushrooms</p>

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		<p>come to a simmer faster. It really takes some of the time off of the cooking. And then we're gonna cook this for about another 20 minutes and really allow all of the flavors to macerate.</p>
	<p>Chef adding herbs to soup</p> <p>Close up of sprig of fresh herbs</p> <p>Close up of soup pan, Chef putting lid on pan</p>	<p>I have some fresh thyme. If you're gonna use dried spice you wanna cut it at least by 75% so I'd use a quarter tablespoon if this was dried. I love fresh, full of antioxidants and it's just more lively in flavor. We're gonna just cover this and cook it for about another 20 minutes and then we're gonna puree it.</p>
	<p>Lifting lid off pan</p> <p>Chef ladling soup into blender</p> <p>Chef blending soup</p> <p>Pouring soup from blender into pan</p> <p>Adding cream to soup pan</p> <p>Lower Third:</p> <p>Use evaporated skim milk instead of cream to reduce saturated fat and calories</p> <p>Bowl of fresh parsley</p>	<p>Here we go. Now what we're gonna do is set it near a blender. We just ladle a little bit into the blender. Always put the cover on because you don't want it to splash out. Just like that. So you just puree that about 30 to 40 seconds until you have a nice smooth soup. Now look at how beautifully thickened this is without using any carbohydrates of any kind. I like to finish the soup with a little bit of cream and some fresh parsley.</p>
	<p>Stirring parsley into soup pan</p> <p>Chef stirring soup</p> <p>Left side:</p> <p>Mushroom Bisque Per Serving: Calories: 105 Carbs: 8g Fiber: 1g Protein: 7g Total Fat: 6.5g</p>	<p>Now I love fresh herbs of any kind and you can use whatever your favorite herb is. You can use sliced sage. You can use tarragon. Mushrooms are pretty hardy so you they can really take a lot of herbs.</p>
	<p>Ladling soup into bowl</p>	<p>And this is all that's left to do. Just get in the bowl, grab a spoon and really, really enjoy a bowl of good health. Look at that.</p>

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	<p>Chef adding parsley to soup bowl</p> <p>Chef holding up soup bowl</p> <p>Lower Third:</p> <p>www.dLife.com/recipebox</p>	<p>A little bit of fresh parsley here to finish. And there you have it. Hearty mushroom bisque. Nutritious, delicious, filling. This is just great stuff. Now, you can get this recipe and a variety of other great tips at our website dLife.com/recipebox.</p>
	<p>Chef talking to camera</p>	<p>I'm Michel Nischan, thanks for joining us in the dLife kitchen.</p>
	<p>dLife logo</p>	
	<p>Bishop talking to woman in green top</p> <p>Bishop standing with nuns</p> <p>Bishop talking with and holding mans hand</p>	<p>Nicole Johnson Voice Over</p> <p>Next on dLife, a clergyman spreading the diabetes gospel to those who need it the most.</p>
	<p>dLife logo</p>	
	<p>Nicole Johnson sitting at table in studio</p> <p>Lower Third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>In recent years, Corpus Christi on the Gulf Coast of Texas has seen a spike in the number of people diagnosed with type 2 diabetes. Since arriving there in 2000, Catholic bishop Edmond Carmody has devoted himself to spreading a message of diabetes awareness and education for everyone, but especially for those who need it most: the young and the homeless.</p>
	<p>dLife logo</p>	
	<p>Exterior shot of cathedral</p> <p>Sign: Corpus Christi Cathedral</p> <p>Interview with Bishop Carmody</p> <p>Lower Third:</p> <p>Bishop Edmond Carmody Catholic Diocese, Corpus Christi,</p>	<p>Bishop Carmody</p> <p>I'm Bishop Carmody, Bishop of the Catholic diocese of Corpus Christi in Texas.</p>

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	Texas	
	Bishop driving Skyline of Corpus Christi	The thing I love about Corpus Christi is it's a city of nearly 300,000 people. Nearly everybody knows everybody.
	Bishop meeting with family with little girl	Bishop Carmody: <speaks Spanish>
	Interview with Bishop Carmody	And they're willing to help with one another.
	Sign: Welcome to Mother Teresa Shelter People inside shelter by tables Bishop walking outside by picnic tables Interview with Bishop, nun standing by his side Laundry room Lockers	This place was established to provide a day shelter for our homeless brothers and sisters. They had no place to go during the day. So they were on the streets during the heat of the summer, so this place was established to provide a place where they can take a shower, where they can do their laundry, where they can have their lockers, where they can keep their medicine.
	Bishop talking with man in black t-shirt Checking blood sugar Readout on blood sugar meter Bishop talking to man in black t-shirt	Bishop Carmody: ...take your diabetic pills. Man: I haven't taken them in two years. Bishop Carmody: You haven't taken them in two years? Man: I'm gonna go tomorrow and talk to sister Rose about it. Bishop Carmody: So you're gonna go back on your medication again? Man: Yes I am. Bishop Carmody: Starting tomorrow.

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		Man: All righty. Yes I will.
	Bishop talking with nuns	Nun: Blood sugar Bishop Carmody: You check the sugar. Okay.
		Bishop Carmody Voice Over We have a full time nurse and a full time social worker, two nuns.
	Bishop with arms around nuns	Bishop: Appreciate what you do.
	Bishop talking with people outside	Bishop Carmody Diabetes causes poverty also. They cannot work because they are sick.
	Bishop talking with man in green t-shirt outside	Green T-shirt: It's hard. Bishop: You're making it. And the sisters, the nuns are taking care of you?
	Interview with Bishop Carmody	Bishop Carmody We hope to rehabilitate some of them.
	Bishop talking with older men wearing baseball hats outside	Baseball Hat Man: How are you Bishop? Bishop: I'm doing great. How's life? Baseball Hat Man: Oh, it's hard Bishop: It's hard? Baseball Hat Man: Yes sir. Bishop: Any hopes to get off the streets soon? Baseball Hat Man: I hope to.
	Kids running in playground	Bishop Carmody About 10% of the people here in Corpus Christi have diabetes, either type 1 or type 2 so-- but they're all somehow and another tied together

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	Bishop talking to children at lunch time	through a lack of education. So if we could get our young people educated, we could break the cycle of poverty, we could take care of our sick people. They eat the right food, they take the right exercise and they're disciplined.
	Children crowded around Bishop	So we- they're all tied together.
	Bishop talking with children	Bishop: <Inaudible>. Children: Yes.
	Mission of Mercy Bus Rear shot of Bishop walking towards building Testing blood pressure Pricking finger with blood sugar monitor Nurse walking lady to mobile clinic on bus Lady meeting with doctor on bus	Bishop Carmody Mission of Mercy is a mobile clinic and they go out to very, very poor areas and the people then can walk to the clinic, get their medications and get tested. Great number of them have diabetes. So instead of expecting them to come into the emergency rooms, we have this clinic and we have a doctor and medicine and they're put on a certain regimen and taken care of.
	Bishop talking with man in stripped shirt Back to interview with Bishop Carmody	To see the people in need motivates me to tell people, you are our brothers and sisters and when you suffer we all suffer, and when you're joyful we all rejoice.
	Nicole Johnson in studio Jim Turner laying in bed with thermometer in mouth and cloth wrapped around his head	Nicole Johnson When dLife returns, the day Jim Turner will never forget.
	dLife logo	
	Nicole Johnson in studio Lower Third:	Nicole Johnson Do you remember your D-day? That's D as in

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	Nicole Johnson Type 1 Diabetes	diagnosis. Here's Jim Turner
	dLife logo	
	Pricking finger	
	Man with beard holding onto dog	Man with beard May 6, 1974.
	Man in glasses sitting in front of bush	Man in glasses October 8, 2006.
	Young woman in front of building	Young woman February 4, 1984.
	Jim Turner sitting at desk Lower Third: Jim Turner Film & TV Actor, Diabetes Since 1970 Room shakes	Jim Turner There's a handful of events in life that you remember with absolute clarity. Every earthquake I've ever been in.
	Jim Turner laying in bed with thermometer in mouth	Jim Turner Voice Over November 23, 1963. I was home sick when President Kennedy got shot and I spent the day in bed listening to the radio.
	Little girl sitting on bed	Little Girl September 25, 2004.
	Jim dressed as hippy looking up at sky Astronaut floating by moon	Jim Turner Voice Over July 21, 1969, the day we landed on the moon, standing in my back yard in Des Moines, Iowa, looking up at the moon just amazed that men were walking around up there.
	Jim holding baby and bottle	Jim Turner Voice Over

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		October 2, 1991, the birth of my son.
	Interview with Jim	<p>Jim Turner</p> <p>But one of the biggest days of my life was February 9, 1970. The day that came after months of drinking gallons and gallons of water and peeing an unending stream and eating everything I could get my hands on. And with a blood sugar of 1500 I was told that I had diabetes. I think most people remember the exact date and circumstances of their diagnosis</p>
	Woman leaning out of car	<p>Woman in car</p> <p>December 10, 1984.</p>
	Woman standing in kitchen	<p>Woman in kitchen</p> <p>Primero de Julio de dos mil dos.</p>
	Back to interview with Jim	<p>Jim Turner</p> <p>Some were rushed to the hospital in an ambulance in a coma. Some were just tying up the bathroom too long. And some had their Hawaiian vacations interrupted. But all of us had our lives interrupted.</p>
	Woman leaning out of car	<p>Woman in car</p> <p>I was nauseous, I was peeing a lot, I was exhausted. I thought I was pregnant.</p>
	Large man with goatee	<p>Man with Goatee</p> <p>December 7, 2003 I passed out on the air during an interview.</p>
	<p>Woman in pink shirt</p> <p>Jim walks up to woman in pink shirt</p>	<p>Iliana [ph?]: It was August 17, 1969.</p> <p>Jim Turner: Oh my goodness, Iliana I- I didn't realize that you had diabetes.</p> <p>Iliana: No, no August 17, 1969 was the day that I saw my first movie, Paint Your Wagon. My grandmother took me to see it at Radio City Music Hall, which was incredible enough but then to see</p>

TIMECODE	VISUALS	AUDIO
		all these people in the movie, Lee Marvin and Clint Eastwood...
	Jim Turners walks away from Illiana to talk to camera	Jim Turner A lot of people don't get it. But those of us in the club know it's the day that changes your life permanently forever.
	Nicole Johnson in studio Lower Third: Watch dLifeTV on CNBC every Sunday evening.	Nicole Johnson My date is November 27, 1993. Well, 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.
	dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.	
	creator Howard Steinberg	
	executive producer Gary Cohen senior story editor Paula Ford-Martin	
	supervising producer Tom Karlya senior producer William Sorensen	
	Left Side: Closing Credits Right Side: Nicole Johnson talking to camera	Nicole Johnson 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.
	dLife logo	