

TIMECODE	VISUALS	AUDIO
	<p>Card:</p> <p>This program contains material that may not be suitable for young children. Parental discretion is advised</p>	<p>Voice Over - Announcer</p> <p>This program contains material that may not be suitable for young children. Parental discretion is advised.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p> <p>Show opener GFX</p>	<p>Voice Over - Jim Turner</p> <p><i>dLifeTV</i>, 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 - Voice Over</p> <p>Today on dLife, everyone knows smoking is bad but smoking and diabetes is a frightening combination. A military couple learns that their baby girl has diabetes just before the father leaves to fight in Iraq. And if you're looking for food that's diabetes friendly, you'll want to see what's cooking in the dLife kitchen.</p>
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>NICOLE JOHNSON Diabetes Since 1993, Miss America 1999</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. The health risks of smoking are well known, but there are added concerns for people with diabetes. Diabetes and smoking both raise the risk of heart disease but for those with diabetes who still light up there are other dangers lurking.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	
	<p>George Simmons playing in field</p> <p>Interview with George Simmons</p>	<p>George Simmons</p> <p>I started smoking when I was 18. The main reason I think I started smoking was to be a rebel.</p>
	<p>Woman sitting on porch with pack of cigarettes</p> <p>Interview with Linda Minton in</p>	<p>Linda Minton</p> <p>Linda Minton My family is very upset about the smoking. They have quit and they just know that it's</p>

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	<p>house</p> <p>Lower third:</p> <p>LINDA MINTON Diabetes Since 2005</p>	<p>not doing me any good.</p>
	<p>Linda Minton standing by window</p> <p>George walking with friends through park</p>	<p>Voice Over - Nicole Johnson</p> <p>This is the story of two smokers, both with diabetes. George hated being known as a diabetic but liked the idea of being known as a smoker.</p>
	<p>Interview with George Simmons</p> <p>Lower third:</p> <p>GEORGE SIMMONS Diabetes Since 1991</p>	<p>George Simmons</p> <p>With having diabetes you have a label and- as being a sick person or being sickly or with a disease. And being a smoker is kind of a different label, a label that I chose.</p>
	<p>Linda Minton smoking cigarette</p> <p>Linda holding cat in kitchen</p> <p>Cigarette in ash tray</p>	<p>Voice Over - Nicole Johnson</p> <p>Linda has smoked for decades but three years ago when she was first diagnosed with type 2 diabetes, she resolved to quit. It didn't work out that way.</p>
	<p>Interview with Linda Minton</p> <p>Linda lighting cigarette</p>	<p>Linda Minton</p> <p>Initially when I found out that I had diabetes, I did try to quit and that's- that's when I tried the- the step down with the lower nicotine cigarettes and so forth. And found that it was just too difficult with the stress of trying to manage the disease.</p>
	<p>Dr Schutta walking down corridor</p>	<p>Voice Over - Nicole Johnson</p> <p>Dr. Mark Schutta, directs the smoking cessation program at the Rodebaugh Diabetes Center.</p>
	<p>Interview with Dr. Mark Schutta in office</p> <p>Lower third:</p> <p>MARK H. SCHUTTA, MD Medical Director at Rodebaugh Diabetes Center, University of</p>	<p>Dr. Mark Schutta</p> <p>A lot of patients who already smoke use their cigarette smoking as a way of releasing anxiety and stress. And so, because of that, I think it's very difficult for patients with a chronic illness like diabetes to quit smoking.</p>

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	<p align="center">Pennsylvania</p> <p>George and friends at park</p>	
	<p>Cigarette burning</p> <p>Linda Minton standing outside home</p> <p>George using microwave</p>	<p>Voice Over - Nicole Johnson</p> <p>Another problem for smokers with diabetes is that smoking increases insulin resistance. Doctors also suspect that it raises blood glucose levels and damages blood vessels. George knew all this but it didn't make him quit.</p>
	<p>Interview with George Simmons</p>	<p>George Simmons</p> <p>I never thought about anything. I just kept taking that exact dose of insulin and I smoked away. Was in my twenties, I guess I just thought I was uh.. invincible.</p>
	<p>Linda Minton in kitchen</p>	<p>Voice Over - Nicole Johnson</p> <p>Linda had a different challenge. Her attempts to quit compounded her weight issues.</p>
	<p>Interview with Linda Minton</p> <p>Linda smoking while sitting at computer</p>	<p>Linda Minton</p> <p>The smoking has a tendency maybe to cut back on my appetite, to curb it. Then I'm thinking well maybe it's not such a bad thing that I do smoke because I can't afford to gain any more weight.</p>
	<p>Linda testing blood glucose in kitchen</p> <p>Lower third:</p> <p>In 2006 an estimated 45.3 million adults (18 and older) were smokers.</p>	<p>Voice Over - Nicole Johnson</p> <p>For now, Linda feels she can't quit so she tries to smoke less.</p>
	<p>Interview with Linda Minton</p>	<p>Linda Minton</p> <p>I just keep saying baby steps, one thing at a time, try to space the cigarettes out. So don't take them with me when I go places.</p>

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	<p>George Simmons opening refrigerator</p> <p>George using blood glucose monitor</p> <p>George sitting down to eat</p>	<p>Voice Over - Nicole Johnson</p> <p>George became aggressive in managing his diabetes because he was afraid of complications. He ate better, tested more, and started wearing an insulin pump. But he kept on smoking. Then his doctor hit him with a zinger.</p>
	<p>Interview with George Simmons</p> <p>George eating at kitchen table</p>	<p>George Simmons</p> <p>He said that every time you smoke, you're putting each one of those toes in jeopardy and you're kissing 'em goodbye with each cigarette. Hearing that fact made me realize that I needed to quit.</p>
	<p>George playing ball in front yard</p> <p>George playing guitar with son</p>	<p>Voice Over - Nicole Johnson</p> <p>That particular image, a doctor's warning about kissing his toes goodbye, was finally George's call to action.</p>
	<p>Interview with George Simmons</p> <p>George in kitchen</p>	<p>George Simmons</p> <p>All of those reasons for quitting, my family and my children and my children's children, are all so important to me. But it's- it's almost as if I wasn't able to see that clearly uhm.. without having that tangible thing that- of losing my feet.</p>
	<p>George with patch on arm</p> <p>Pills on conveyor belt</p>	<p>Voice Over - Nicole Johnson</p> <p>George used a nicotine patch to help him quit, while others use oral medications like Chantix or Zyban.</p>
	<p>Sign:</p> <p>PENN Rodebaugh Diabetes Center</p> <p>Interview with Dr. Schutta in office</p>	<p>Dr. Schutta</p> <p>In our center, we bring up their smoking and tobacco use every time they come to see us. But it's- it's a real challenge.</p>
	<p>George and friends walking through park</p>	<p>Voice Over - Nicole Johnson</p> <p>George continues not to smoke – one day at a time. His motivation is always the same.</p>

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	<p>Interview with George Simmons</p> <p>Walking dog</p>	<p>George Simmons</p> <p>Each morning when I wake up, I sit up in bed, I look down at my feet, and I look at my toes and I just say that's why you've chosen not to smoke today.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Images from upcoming segment</p> <p>Back to Nicole in studio</p>	<p>Nicole Johnson</p> <p>To learn about the additional risks of smoking and diabetes, go to dLife.com/smoking. Up next a soldier returning from war learns how to be a diabetes dad. But first, here's a good eating, good living food idea from Kraft.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>NICOLE JOHNSON</p>	<p>Nicole Johnson</p> <p>Holly and Collin Britain were devastated when their 11-month-old daughter was diagnosed with type 1 diabetes. Together the couple began learning how to care for her but then Collin, a sergeant in the United States Army, was deployed to fight in Iraq for 15 months. Sergeant Britain is safely back home now and dLife was in Fort Bragg, North Carolina, for the reunion.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	
	<p>Holly and Collin Britain with daughter in field</p>	<p>Voice Over - Jim Turner</p> <p>Meet the Britains, a young growing family.</p>
	<p>Holly and Collin Britain sitting on sofa</p>	<p>Holly Britain</p> <p>Hi, my name is Holly and this is my husband Collin,</p>

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		and we're from Fort Bragg, North Carolina.
	Sign: Fort Bragg Home of The Airborne And Special Operations Forces	Voice Over - Jim Turner Collin is an army man through and through.
	Collin in Army uniform Interview with Collin sitting on sofa	Collin Britain I'm in the uh.. United States Army in the 86 Airborne Division. I'm a paratrooper. I'm a medic. Our job is to take care of the infantry, support the infantry.
	Collin Britain getting out of car	Voice Over - Jim Turner Military families know the drill. They signed on for a reason and nobody promises an easy ride.
	Collin walking up steps to house Back to interview with Collin	Collin Britain I like feeling like I have a purpose. I know I'm supporting something bigger than just me. I'm here to support the people at home.
	Little girl holding flag rocking on front porch Images of Kaitlin playing	Voice Over - Jim Turner Still, even with a steadfast military demeanor, life can be full of surprises. Like when your infant daughter gets diabetes. It happened when Collin was home caring for Kaitlin.
	Collin holding Kaitlin in lap	Collin Britain She had been presenting like she was a little bit fluey.
	Images of Kaitlin Interview with Holly and Collin Britain sitting on sofa	Holly Britain I basically had called and said, you know, how's Kaitlin doing and he said, oh, she's thrown up a few more times but I'm just giving her lots of juice, not knowing she was a type 1 diabetic. Her sugar was going <makes whistling sound and thumbs up> from the juice.

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	Images of Kaitlin with Kaitlin and at home	Collin Britain Finally, she had a spell of vomiting so I got her dressed real quick and we rushed to _____ Army Medical Center.
	Kaitlin riding in wagon	Holly Britain I'm sitting out there for an hour. It's like I'm the baby's mother, why won't you let me back there. They didn't want me to see her, she was so bad.
	Kaitlin playing at home	Voice Over - Jim Turner Diabetes diagnosis stories are often terrifying but there is an added fear when the sick child is just an infant.
	Lower third: Prolonged blood sugars of over 249 mg/dl (13.9 mmol/l) can cause diabetic ketoacidosis (DKA).	Holly Britain Well, her sugar that night was actually over 1100. Within minutes they were putting her on a helicopter to take her- they were worried that she might not survive the helicopter ride 'cause fluid on the brain and everything.
	Lower third: Severe cases of DKA may result in cerebral edema, or swelling of the brain Interview with Holly Britain	We walked in there and just- she's all strapped up and she's got all these wires coming out of her and, you know, the first thing she did is mommy. I was poor baby.
	Holly dressing Kaitlin	Voice Over - Jim Turner Next, the Britains faced a new kind of training. You could call it diabetes boot camp.
	Back to interview with Holly and Collin Britain sitting on sofa	Holly Britain We had to stay up there for days and days learning how to do injections, learning how to- to understand diabetes.

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	Checking Kaitlin's blood sugar	Collin Britain I- I give a lot of injections in my- in my military career 'cause it's part of my job but when it's your child and, you know, she's so cute and sweet and innocent and you know you have to give her a shot, it doesn't make it any easier.
	Interview with Holly and Collin Britain sitting on sofa	Holly Britain He was very nervous.
	Holly giving Kaitlin shot	Holly: You're such a good girl Good girl.
	Kaitlin playing outside	Voice Over - Jim Turner It was only eight months after Kaitlin's diagnosis that the family got the inevitable call: Collin was needed in Iraq.
	Collin in Army fatigues outside	Collin Britain It was stressful for me. Uh.. not for the fact that I also knew that I was going into a theater of operation but I also knew what was coming up for my family.
	Holly walking with Kaitlin outside	Voice Over - Jim Turner Collin is a medic, a man who devotes his life to keeping others healthy. Now he had to watch as Holly took charge of Kaitlin's care.
	Holly preparing Kaitlin's shot	Collin Britain I had faith in her. Uh.. I knew she knew how to administer the meds, I knew how- she knew how to take care of Kaitlin but there's always that concern.
	Photo of Collin in Army vehicle	Voice Over - Jim Turner And then Collin was gone. Half a world away and facing threats that Holly could hardly imagine.
	Holly watching Kaitlin playing at table	Holly Britain My biggest fear was what happens if I get sick. I

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	<p>Interview with Holly and Collin Britain</p> <p>Holly pushing Kaitlin on swing</p> <p>Back to interview with Britain's</p>	<p>have nobody to help me. You know, and I prayed on it a lot to ask God to help me. There was times where I kind of went out in the yard 'cause I get frustrated and upset, kind of like rage at God, you know, how come you let this happen to her. But at the same time I still leaned on Him to help me.</p>
	<p>Yellow ribbon on mailbox</p> <p>Collin standing arms crossed</p>	<p>Voice Over - Jim Turner</p> <p>Originally deployed for six months, Collin's tour in Iraq was extended to nine and then 12, and finally 15 months. Then they got the news: Collin would be coming home.</p>
	<p>Sign:</p> <p>Welcome home Paratroopers Party</p>	
	<p>Collin standing with squadron, screams from family members</p>	
	<p>Holly jumping up and down holding flowers</p> <p>Collin picks up Kaitlin</p>	<p>Holly: I see him!</p> <p>Kaitlin: Daddy!</p> <p>Collin: Hi pumpkin.</p>
	<p>Interview with Collin Britain</p>	<p>Collin Britain</p> <p>You give the hugs and the kisses and, you know- you know you're part of family again, you know, then you're there and they're real and it wasn't something that you were dreaming about.</p>
	<p>Britain's sitting together</p>	<p>Voice Over - Jim Turner</p> <p>Together again, the Britains have special plans in store for Kaitlin.</p>
	<p>Kaitlin playing</p> <p>Kaitlin running into Collin's arms</p>	<p>Collin Britain</p> <p>Her first birthday she was just coming back from the hospital. Uh.. her second one I was in Iraq and so this will be the first birthday that I'll have a chance to spend with her that she will be old enough to</p>

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		understand what's going on.
	<p>Swinging Kaitlin in yard</p> <p>Britain's sitting together</p>	<p>Holly Britain</p> <p>I want it to be really special. We're gonna make it a big celebration. I don't know for sure what we're gonna do, but we're gonna make sure Kaitlin as a great day.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>www.dLife.com/baby</p> <p>Images from upcoming cooking segment</p>	<p>Nicole Johnson</p> <p>To learn more about caring for infants with diabetes, visit dLife.com/baby. When we come back, we'll cook up some food to keep you warm during the winter months.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>NICOLE JOHNSON Type 1 Diabetes</p>	<p>Nicole Johnson</p> <p>I recently joined registered dietician Mary Donkersloot from Kraft Foods in our dLife kitchen, to get some tips on preparing delicious dishes to entertain with this winter.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole and Mary Donkersloot in kitchen</p> <p>Lower third:</p> <p>MARY DONKERSLOOT, RD Registered Dietician, Nutritionist</p>	<p>Mary Donkersloot: Many classic winter and holiday dishes are high in carbohydrates and calories. But today I'm going to show you four recipe ideas that are better for you and still taste great. What do you say we get started?</p> <p>Nicole Johnson: I am ready when you are.</p>

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		<p>Mary Donkersloot: Okay. First, one of those challenging dishes is mashed potatoes. One of my favorite dishes is cheesy smashed potatoes because not only does it taste delicious but it's also very easy to make.</p>
	Bowls of ingredients on counter	<p>The first step is to boil about 1 pound of cubed red potatoes, which is usually about three small potatoes. And then one cup of the cauliflower uh.. florets that we put in a large saucepan. And we're leaving the skin on so we get the all the nutrients the potatoes have to offer.</p>
		<p>Nicole Johnson: Now, why the cauliflower?</p> <p>Mary Donkersloot: Great question Nicole. Uh.. cauliflower blends in really well with potatoes and it's also a cruciferous vegetable which experts recommend we eat more of to promote good health.</p>
		<p>Nicole Johnson: So if you wanted to lower the carbohydrates in a dish like this you would just have more cauliflower and less potato, right? That can be important for those of us living with diabetes because carbs are key in raising blood sugar.</p> <p>Mary Donkersloot: You're right, Nicole. Now, these vegetables have been cooking for about 20 minutes and they're nice and tender. And these have already been drained.</p>
	<p>Adding ingredients to bowl</p> <p>Left side:</p> <p>Cheesy Smashed Potatoes Serving size: 1/2cup Per serving-- Calories: 130 Carbs: 14g Fiber: 2g Saturated Fat: 3g Sodium: 170mg</p>	<p>Okay, so I'm going to stir in one-quarter cup of the Breakstone's reduced fat or the Newtonson [ph?] light sour cream. And I'm gonna mash it up until it's light and fluffy. And then I'm gonna stir in one cup of the Kraft 2 percent milk shredded reduced fat sharp cheddar cheese. And there you have it.</p>
	Gathering jugs together on counter	<p>Nicole Johnson: Wow, that looks great!</p> <p>Mary Donkersloot: Now, let me clear this away. Okay, a great touch to any holiday gathering is</p>

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	<p>Nicole smelling sprig of mint</p>	<p>preparing a fun, refreshing, non-alcoholic soft drink and this cranberry raspberry breeze takes only a few minutes to make. So just place one tub of the Crystal Light Raspberry Ice flavor low calorie soft drink mix in a glass or plastic pitcher and add four cups of cold, reduced calorie cranberry juice cocktail. And then right before you're ready to serve pour in a 1-liter bottle of chilled club soda. So you get that nice bubbly taste. And then finally just jazz it up with a sprig of mint.</p> <p>Nicole Johnson: That smells great. Now this is a good alternative to other soft drinks isn't it?</p>
	<p>Left side:</p> <p>Cranberry-Raspberry Breeze Serving size: 1 cup Per serving-- Calories: 25 Carbs: 6g Fiber: 0g Saturated Fat: 0g Sodium: 10mg</p>	<p>Mary Donkersloot: You know, absolutely because regular soft drinks generally contain carbs and sugar and calories, and this Cranberry Raspberry Breeze has 6 grams of carbs and just 25 calories. And it's also a good source of vitamin C.</p>
	<p>Arranging bowl and utensils on counter</p>	<p>Now bringing a dish to a holiday gathering is a great way to guarantee that there will be something tasty you can eat at that party.</p> <p>Nicole Johnson: That is a great tip especially since maintaining a good eating plan can make all the difference in your health.</p>
	<p>Bowl of spinach and apples</p>	<p>Mary Donkersloot: Exactly. And, you know, a great vegetable dish like the apple spinach salad is perfect because it tastes great and it's an easy way to get in your veggies. Okay, you're gonna start by toasting some nuts. And to do this spread two tablespoons of the chopped Planters pecans on a baking sheet and then pop them in the oven on 350 degrees for about 8 to 10 minutes. You have to stir them occasionally. But, you know, toasting the nuts just really brings out the flavor.</p>
		<p>Now while your pecans are toasting put two cups of the baby spinach in a large bowl. And then I added</p>

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	<p>Pouring dressing over salad</p>	<p>just one medium apple sliced. And I kept the peel on for the added nutrients and the color. And then two tablespoons of chopped celery. You can see in there. And then lastly, Nicole, could you help me add two tablespoons of the Kraft Light House Italian Reduced Fat dressing?</p> <p>Nicole Johnson: Sure.</p> <p>Mary Donkersloot: Great. Isn't that beautiful. It looks so delicious.</p> <p>Nicole Johnson: It sure does.</p>
	<p>Left side:</p> <p>Apple Spinach Salad Makes 2 servings Per serving-- Calories: 110 Carbs: 13g Fiber: 3g Saturated Fat: 0.5g Sodium: 170mg</p>	<p>Mary Donkersloot: Okay. And then when your pecans are done, just toss them in. Just- just right before serving.</p> <p>Nicole Johnson: Okay.</p> <p>Mary Donkersloot: Thank you.</p> <p>Nicole Johnson: That is so simple and it's good for you.</p>
	<p>Nicole arranges bowls of ingredients on counter</p>	<p>Mary Donkersloot: What do you say we make a holiday appetizer that everyone will enjoy?</p> <p>Nicole Johnson: That sounds great to me. I love appetizers but need to be careful since starters can be tough to fit in because of the calories and the carbs.</p>
	<p>Mary pointing to ingredients on counter</p>	<p>Mary Donkersloot: That's true but this California shrimp topper is better for you than many appetizers. Here I have all my ingredients. I have my Triscuit crackers, some small, cleaned, cooked shrimp, cut lengthwise in half, thin avocado slices, cut crosswise in half, and then some very thin slices of Kraft 2 percent milk reduced fat sharp cheddar cheese, which is cut diagonally in half. Now I also have two tablespoons of the Taco Bell Home Original's Thick and Chunky salsa.</p>

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		<p>Nicole Johnson: Okay.</p> <p>Mary Donkersloot: To assemble these, start by using a Triscuit cracker as a base like that.</p> <p>Nicole Johnson: I noticed that the Triscuit crackers are baked with 100% whole grain.</p> <p>Mary Donkersloot: You're right, they are. And the whole grains are smart choices because they provide dietary fiber and vitamins and minerals.</p> <p>Nicole Johnson: That's good to know.</p>
	<p>Left side:</p> <p>California Shrimp Topper Service size: 2 topped crackers Per serving-- Calories: 80 Carbs: 8g Fiber : 1g Saturated Fat: 1.5g Sodium: 150mg</p> <p>Plate of shrimp toppers</p>	<p>Mary Donkersloot: Okay, now once we have our Triscuit we're going to top it with one little triangle of cheese.</p> <p>Nicole Johnson: Okay.</p> <p>Mary Donkersloot: And then my avocado.</p> <p>Nicole Johnson: All righty.</p> <p>Mary Donkersloot: And then the shrimp. Let's see. And then I finish it off with a touch of salsa.</p> <p>Nicole Johnson: Oh, that looks great. Well, Mary these all look wonderful and they are certainly smart choices for those of us living with diabetes and even those who aren't. Thank you so much for being here to share them.</p> <p>Mary Donkersloot: You're very welcome, thank you Nicole.</p>
	<p>Lower third:</p> <p>www.dLife.com/Kraft</p>	<p>Nicole Johnson</p> <p>For these recipe ideas and more great food ideas, check out Kraft's free good eating, good living program. You can find out more at dLife.com/Kraft.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	

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	<p>Montage of clips of upcoming segment</p>	<p>Voice Over - Nicole Johnson</p> <p>When dLife returns, a look at the special issues women face when they're living with diabetes.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>NICOLE JOHNSON</p>	<p>Nicole Johnson</p> <p>Just as men and women are different, diabetes treatment for men and women is different. To learn more about women's health and diabetes, dLife visited Dr. Lois Jovanovic at the Sansum Diabetes Institute in Santa Barbara California.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Doctor walking into examining room</p>	<p>Dr. Louis: Hi Nancy, it's so good to see you. How are you?</p>
	<p>Interview with Dr. Lois Jovanovic</p> <p>Lower third:</p> <p>Lois Jovanovic, MD CEO, Sansum Diabetes Research Inst.</p> <p>Dr. Jovanovic talking with patient</p> <p>Back to interview with Dr. Jovanovic</p> <p>Dr. Jovanovic taking blood pressure</p>	<p>Dr Lois Jovanovic</p> <p>My hobby is the diabetic woman and that's probably because I have diabetes. I understand diabetes from the inside. But I've also spent my career studying diabetes from the outside. The difference between a man and a woman with diabetes is that the insulin doses necessary to treat diabetes change significantly through the different phases of a woman's life cycle.</p>
	<p>Girls at ballet class</p> <p>Teen sitting on bed</p> <p>Woman walking dog</p>	<p>At the time of puberty, a little girl's raging hormones will change her insulin requirement. Once a girl becomes a woman, then there are cyclical changes.</p>
	<p>Interview with Nancy Pfeiffer</p>	<p>Nancy Pfeiffer</p> <p>Nobody told me as a diabetic woman that</p>

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	<p>Lower third:</p> <p>NANCY PFEIFFER Type 1 Diabetes</p>	<p>sometimes your blood sugars are elevated during your period.</p>
	<p>Dr. Jovanovic weighing Nancy</p> <p>Interview with Dr. Jovanovic</p>	<p>Lois Jovanovic</p> <p>Raging hormones make the insulin requirement go sky-high and then as the roller coaster comes back down to the ground, the insulin requirement drops.</p>
	<p>Dr. Jovanovic talking with Nancy</p> <p>Back to interview with Dr. Jovanovic</p>	<p>So unless a woman knows how to adjust her own insulin doses, she could be in terrible control the whole month. It makes the mood swings worse.</p>
	<p>Flowerbed</p> <p>Woman shopping in fruit aisle</p> <p>Filling syringe</p>	<p>Menopause is the other side of the coin. The hormones stop altogether therefore the insulin requirement will drop.</p>
	<p>Interview with Dr. Jovanovic</p> <p>Pricking finger with blood glucose monitor</p>	<p>But the one thing of concern is that a woman could start to have severe low blood sugar reactions and make life even worse.</p>
	<p>Dr. Jovanovic with Nancy</p> <p>Interview with Dr. Jovanovic</p> <p>Dr. Jovanovic working with Nancy</p> <p>Back to interview with Dr. Jovanovic</p> <p>Digits on screen of machine</p>	<p>My time with my patients is very diabetes oriented, so it's focused very specially on what makes their blood sugars high and low and what constitutes their A1c at the moment. When the result appears, we can talk about all of the variables that created an A1c at that moment. It's a teachable moment then because then we can see what we can do to fix it.</p>
	<p>Dr. Jovanovic talking with Nancy</p> <p>Interview with Nancy Pfeiffer</p>	<p>Nancy Pfeiffer</p> <p>It feels really good because she knows what it's like being a diabetic and experiencing hormonal surges at different times of the day. She understands all of that so well.</p>
	<p>Dr. Jovanovic talking to Nancy</p> <p>Interview with Dr. Jovanovic</p>	<p>Lois Jovanovic</p> <p>I want women to be human and in order to be human they have to be allowed to have changes in their internal hormonal levels as life waxes and wanes. And unless I respond with changing doses of insulin then, of course, their diabetes suffers.</p>

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Clips from upcoming segment</p>	<p>Nicole Johnson</p> <p>Next on dLife, Jim Turner looks back to his early years with diabetes.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>NICOLE JOHNSON Diabetes Since 1993</p>	<p>Nicole Johnson</p> <p>If you think being a teenager is tough, try being a teenager with diabetes. Just ask Jim Turner.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Jim Turner at beach pier with fair</p> <p>Lower third:</p> <p>JIM TURNER dLife correspondent Diabetes Since 1970</p>	<p>Jim Turner</p> <p>When you're young you do a lot of stupid things. At least I did. But when you're young and trying to manage diabetes, your margin for error is very small. When I was a teenager I smoked pot and I learned the hard way that marijuana and diabetes do not mix.</p>
	<p>Old photograph of Jim Turner spins on screen</p>	<p>In 1970, I was 17 years old, about to start my senior year of high school. I went with some friends to an amusement park called Arnold's Park in Iowa.</p>
	<p>Amusement rides</p> <p>Jim laying on bouncy ride</p>	<p>We went down to this cove by a lake, smoked a lot of pot. We got so stoned that we were laughing at the sound of waves, at the sound of the wind. The first ride that we went on was this- this giant air balloon. And I thought I was having a blast, rolling around being stoned, laughing hysterically. And all of a sudden, all of the noises in this giant air balloon sounded like this cheap psychedelic movie and they were going <echoes> Visually everything became very staticy and weird and I thought whoa, this- this is not good.</p>

TIMECODE	VISUALS	AUDIO
	<p>Jim walking through amusement park</p> <p>Jim talking on green phone under pier</p>	<p>I tried to get out of the air balloon but I couldn't. I was really scared. I left my friends. I stumbled around the amusement park all by myself getting more and more scared having no idea what was happening to me. I finally went to a phone and I called this drug hotline that they used to have in those days. "Listen, I- I smoked some pot and I'm- I'm kind of losing my grip on reality." And he said, "Did you- did you take any other drugs? And I said, "No, no, we just smoked pot." And he said, "You didn't take any other drugs?" "Well, I take uh.. insulin." And he said, "Well, did you take any insulin and maybe forget to eat?" "I did. I took a shot. I- I forgot to eat."</p>
	<p>Jim eating sandwich at fair</p>	<p>Miraculously I pulled myself together enough to go get some food. I sat on a bench and ate the food for hours. And this horrible realization just washed over me that because of my diabetes I would never have the freedom to be irresponsible.</p>
	<p>Jim standing in front of pier amusement park</p>	<p>And I recovered from the stoned low blood sugar episode, the responsibility thing? I'm still working on that. But I can't tell you how many times my diabetes has saved me from doing something incredibly stupid.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Lower third:</p> <p>Watch dLifeTV on CNBC every Sunday evening.</p>	<p>Nicole Johnson</p> <p>That's all the time we have. We'll be back again next week with another edition of <i>dLifeTV</i> 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</p>

TIMECODE	VISUALS	AUDIO
		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.
	GFX Center dLife	