

TIMECODE	VISUALS	AUDIO
	<p><b>Card:</b></p> <p style="text-align: center;"><b>dLife For your Diabetes Life!</b></p> <p style="text-align: center;"><b>Play Show 198</b></p>	
	<p><b>Nicole Johnson in studio</b></p>	<p>Nicole Johnson</p> <p>Today on dLife, the brain. It's responsible for thought, memory, movement and more. Did you know that uncontrolled diabetes can cause serious problems with this critical organ? We have the latest.</p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>dLife For your Diabetes Life!</b></p>	
	<p><b>Ethan Lewis walking through college campus</b></p> <p><b>Ethan Lewis sitting at desk and checking blood sugar and injecting insulin into his thigh</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Adapting to college life is a huge challenge for the two million freshmen who head off to colleges each fall. But for students with diabetes it can be a whole new beginning.</p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>dLife For your Diabetes Life!</b></p>	
	<p><b>Montage of footage from Angela Myles story</b></p>	<p>Imagine losing 63 pounds and being taken off your diabetes medicine. It's possible and we know because we have the story of an amazing woman who did just that. Those stories and more on dLife starting right now.</p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>dLife For your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson sitting in studio</b></p> <p><b>Lower third:</b></p> <p style="text-align: center;"><b>Nicole Johnson Diabetes Since 1993</b></p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. It was long believed that insulin was made exclusively by the pancreas. Recent studies now show that the brain has its own insulin</p>

TIMECODE	VISUALS	AUDIO
		<p>receptors and plays a big role in glucose control combined with the fact that diabetes can also impact cognitive functions.</p>
	<p><b>Dr. Alan Jacobson sitting with Nicole in studio</b></p>	<p>The diabetes community is giving more thought to the brain diabetes connection. I'm here with Dr. Alan Jacobson, a senior vice president with the Joslin Diabetes Center and a professor with the Harvard Medical School. Welcome Dr. Jacobsen.</p>
	<p><b>Lower third:</b></p> <p><b>Alan M. Jacobson, MD          Joslin Diabetes Center</b></p>	<p>Dr. Jacobson: Thank you for having me.</p> <p>Nicole Johnson: So what is the diabetes brain connection?</p> <p>Dr. Jacobson: First of all, we know that diabetes causes changes in blood glucose level and we know that the brain is uniquely dependent on glucose for its functioning. And we've always been concerned therefore about what a low blood sugar can do to the brain.</p>
	<p><b>Graphic of brain inside rotating head</b></p>	<p>Anybody with diabetes knows that temporarily their thinking, their emotions, their activities can be affected when blood sugars go low.</p>
	<p><b>Back to Dr. Alan Jacobson in the studio</b></p>	<p>There's been a lot of concern though that low blood sugars repeated over and over again could have significant consequences that are permanent. Fortunately, we're discovering that the brain isn't as, if you will, susceptible to those kind of damage uh.. as we had once been concerned about.</p>
	<p><b>Woman looking at computer graphics of brain on screen</b></p> <p><b>Back to interview with Nicole and Dr. Jacobson</b></p>	<p>So there are a lot of studies going on now about the effects of low and high blood sugars and how that influences the brain, its functioning, its structure and our long-term ability to carry out things in terms of activities and school, et cetera.</p>

TIMECODE	VISUALS	AUDIO
	<p><b>Graphic of human body zooming into front area of the brain</b></p>	<p>Nicole Johnson: Is there a certain or specific area of the brain that is impacted?</p> <p>Dr. Jacobson: Well, no, it- it's not that there's one area or another, we do think that there's a lot of effects of the brain in the areas that are called the frontal regions and the regions that regulate our thinking and emotions. So that's what's called the front of the brain and the sides of the brain, which are also called the temporal cortex.</p>
	<p><b>Back to interview between Dr. Jacobson and Nicole Johnson in studio</b></p> <p><b>Graphic of brain inside skull, various areas highlighted</b></p> <p><b>Back to interview between Dr. Jacobson and Nicole Johnson in studio</b></p> <p><b>Computer graphic of brain in head</b></p>	<p>But it's not that those are uniquely affected over other areas. We do know that insulin has effects in very specific areas of the brain. And that's led to a lot of interest in the role of insulin and thinking. For example, insulin has specific effects in the hippocampus, which for those who do studies in the area know it's critically important in memory. So there's been a lot of interest in how insulin, especially type 2 diabetes which leads to high levels of insulin for a long period of time, might lead to changes in the hippocampus which could lead actually to memory problems.</p>
	<p><b>Nicole questioning Dr. Jacobson in studio</b></p> <p><b>Computer graphic of blood vessel with darker circles floating around</b></p>	<p>Nicole Johnson: That brings me to a question of dementia and Alzheimer's. Is there a difference between the two?</p> <p>Dr. Jacobson: Well, yes, dementia's a general term. So dementia refers to a loss of ability to remember to think clearly, which can be caused by many things. And, in fact, several of those things are associated with diabetes. So major vessel disease, atherosclerosis, can lead to a dementia.</p>
	<p><b>Dr. Jacobson continues talking with Nicole Johnson</b></p> <p><b>Nurse talking to female patient</b></p>	<p>We also know that there are some kinds of causes of dementia which are related to small vessel disease, which also can be related to diabetes. It's possible even that recurrent low blood sugars over a long period of time in very old people could cause dementia.</p>
	<p><b>Dr. Jacobson continues answering questions in studio</b></p>	<p>What we're also now beginning to think about is whether there's a specific role of insulin resistance, that precondition to type 2 diabetes, that may in some way shape or form lead to a kind of dementia</p>

TIMECODE	VISUALS	AUDIO
	<p><b>Man in red shirt at table checking blood sugar</b></p> <p><b>Computer graphic of beating heart.</b></p> <p><b>Woman checking blood pressure</b></p> <p><b>Getting blood drawn</b></p> <p><b>Dr. Jacobson continues with answer in studio</b></p>	<p>that's actually Alzheimer's disease.</p> <p>Nicole Johnson: What can people do to reduce their risk?</p> <p>Dr. Jacobson: Well, basically it's sort of the same things that they're encouraged to do anyway: good blood sugar control, avoid really bad lows, avoid highs, take care of your heart, treat your blood pressure, make sure your lipids are under control, eat, if you will, a relatively healthy diet. That is, avoid too much high fat types of foods, eat a diet that would be recommended by the ADA or by dieticians. Those are all things you can do that prevent complications of diabetes and they're also healthy for your brain.</p>
		<p>Nicole Johnson: Now, I know your interest is also in behavioral science.</p> <p>Dr. Jacobson: Right.</p> <p>Nicole Johnson: There are some psychological factors that affect the brain with diabetes. Can you talk a little bit about that?</p> <p>Dr. Jacobson: We know that your emotions are one of the important areas the brain regulates and in turn therefore things that bother us, like having a chronic illness like diabetes, can affect our brain but it affects our lives, the way we view our lives and what we ultimately may choose or not choose to do to take of a disease like diabetes.</p>
	<p><b>Ethan Lewis on campus and in classroom</b></p>	<p>Nicole Johnson: Well, thank you so much Dr. Jacobson. So much great information. A heavy course load isn't the only challenge college freshmen with diabetes face. Up next, a special look at diabetes life on campus.</p>
	<p><b>Card:</b></p> <p><b>dLife</b>  <b>For your Diabetes Life!</b></p>	

TIMECODE	VISUALS	AUDIO
	<p><b>Back to Nicole in studio</b></p>	<p>Nicole Johnson</p> <p>Welcome back to dLife, I'm Nicole Johnson. Every fall, more than two million freshmen enroll in colleges across America and some 7000 of those enter those hallowed halls with diabetes. From coursework to social issues, to managing blood sugar and eating right, college students with diabetes have a heavier workload than the average student.</p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>dLife          For your Diabetes Life!</b></p>	
	<p><b>Ethan Lewis standing at counter checking blood sugar</b></p>	<p>Ethan Lewis</p> <p>My mom said that no- no way in chance I'd go- go to college anywhere outside the tri-state area, growing up in Connecticut. My dream was always to move to Florida so I pushed for it real hard.</p>
	<p><b>Photograph of younger Ethan Lewis playing golf</b></p> <p><b>Video of Ethan on campus</b></p>	<p>Voice Over - Nicole Johnson</p> <p>And Ethan Lewis who was diagnosed with type 1 diabetes at the age of 12 made his dream happen. Not only did Ethan get accepted into the University of Tampa in Florida, he successfully persuaded his parents to let him attend. Excited as he was to be on his own, Ethan did recognize that it would be a challenge to be away from mom and dad.</p>
	<p><b>Interview with Ethan Lewis in library</b></p> <p><b>Lower third:</b></p> <p style="text-align: center;"><b>Ethan Lewis          Diabetes Since 1999</b></p> <p><b>Ethan Lewis walking into class and</b></p>	<p>Ethan Lewis</p> <p>I was a little bit concerned because I'd always had that- that overhang of if- you know, if I didn't wake up, somebody else would wake me up. You know, moving into a dorm room with- with two other guys uh.. who weren't, you know, of the best of mindset. You know, I knew I had to look out more for myself and not rely on other people.</p>

TIMECODE	VISUALS	AUDIO
	<b>sitting at desk</b>	
		<p>Voice Over - Nicole Johnson</p> <p>That said, Ethan knew he had to tell his roommates the secret about himself he rarely shared with anyone.</p>
	<p><b>Back to interview with Ethan Lewis</b></p> <p><b>Video of Ethan in class at college</b></p>	<p>Ethan Lewis</p> <p>I told my roommates if it gets really bad, or I'm really sweating or I'm really doing this and that, uh.. give me sugar. But I didn't- I didn't make a- a one hour dissertation of it. I just- you know, I kept the- the speech quick because we had just met five minutes before and uh.. I wanted to con- continue on with the day.</p>
	<p><b>Sun in the sky</b></p> <p><b>Video of student walking through campus</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Florida temperatures are notoriously high and for a person with diabetes that can be dangerous.</p>
	<p><b>Back to interview with Ethan</b></p> <p><b>Lower third:</b></p> <p><b>Hot weather can cause fluctuations in blood glucose levels.</b></p>	<p>Ethan Lewis</p> <p>Coming down to Florida and actually living here, because I learned fast that uh.. you know, it was hot, I'm sweating a lot, that makes your blood sugar drop faster.</p>
	<p><b>Close ups of Ethan checking pricking finger with blood glucose monitor and injecting leg</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Ethan altered his lifestyle, testing his blood sugar more often and adjusting his insulin shots. But life in the dorms presented its own challenge.</p>
	<p><b>Interview with Ethan continues in library</b></p>	<p>Ethan Lewis</p> <p>Living in the dorms it's- it's like this huge, you know, germ bubble where, you know, one person gets sick, then one person gets sick, and it just- it just continues on. And it was really hard for me because being sick so often, nothing major, just you know a cold here and there, but it would last for weeks and weeks because everybody's sick, you can't get rid of it and then that starts to create problems with your blood sugar numbers. And uh..</p>

TIMECODE	VISUALS	AUDIO
		it wasn't easy.
	<b>Ethan frying in kitchen</b>	Voice Over - Nicole Johnson  And the food wasn't what Ethan was used to.
	<b>Back to interview with Ethan</b>  <b>Video of food being prepared in a cafeteria</b>  <b>Back to interview with Ethan</b>	Ethan Lewis  I've always cooked since uh.. pretty much the day I was diagnosed. Just- just out of habit just 'cause I like to eat a lot. It was hard for me coming to school as a freshman and sophomore because I was forced to eat the school's food program. While it was good, it wasn't up to my standards just in- on the healthy side.
	<b>Ethan walking through parking lot</b>	Voice Over- Nicole Johnson  But nothing came close to the challenge that all freshmen face: the freedom of living on their own for the first time.
	<b>Back to interview with Ethan</b>	Ethan Lewis  As a freshman you're supposed to do a lot of partying, a lot of drinking, a lot of everything. It came down to my initial commitment to- you know, to myself when I was 12 years old to getting through and uh.., you know, working day in and day out with this disease to uh.., you know, have the best outcome at the end of the day. So there's a lot of temptation, there's a lot of me saying no.
	<b>Ethan walking through campus on a windy day</b>  <b>Photograph of Ethan with Amber</b>	Voice Over - Nicole Johnson  By Ethan's senior year he'd navigated college life and his diabetes successfully and he'd met someone special, Amber Rehman. He told her right away about his diabetes.
	<b>Interview with Ethan</b>  <b>Video of Ethan and Amber in kitchen cooking</b>	Ethan Lewis  Uh.. one of the f- first few nights I met her I told her. Uh.. I couldn't even tell you why. But I was- I was glad I did, I was glad I did. It was kind of this like nice little burden to get off the shoulders

TIMECODE	VISUALS	AUDIO
		immediately and uh..., you know, not even have to think about it.
	<b>Interview with Amber Rehman</b>	Amber Rehman  I really wasn't that aware of what diabetes was all about and all the implications or anything that came along with it.
	<b>Ethan preparing food in kitchen</b>	Voice Over - Nicole Johnson  Amber didn't know anyone with diabetes but she was willing to learn. And then a crisis.
	<b>Back to interview with Amber Rehman</b>  <b>Lower third:</b>  <b>Amber Rehman</b> <b>Ethan's Girlfriend</b>	Amber Rehman  Ethan and I had only been dating a few months. I didn't really know that much about diabetes or the different complications that came with it. And uhm.. I went up to his room. He was actually asleep but when I got up there he was sweating a lot and I'd never seen him sweating so much. So I tried to wake him up. He kind of- he sat up but uhm.. he was talking to me but I couldn't make sense of any of the words he was saying.
	<b>Side shot of Amber in video</b>  <b>Ambulance with sirens blaring</b>	Voice Over - Nicole Johnson  Amber gave Ethan water, which he drank but he was still out of it. So Amber called 911. The paramedics gave Ethan an IV of glucose.
	<b>Back to interview with Amber Rehman</b>	Amber Rehman  So that was definitely a scary experience. And from there like that morning I made sure he explained to me what to do in that situation and what was going on with his body.

TIMECODE	VISUALS	AUDIO
	<p><b>Photograph of Amber and Ethan together</b></p> <p><b>Video returns to interview with Ethan</b></p>	<p>Ethan Lewis</p> <p>She was really concerned. I mean she really wanted to get- uh.. dig deeper and find out why and find out how it could be avoided. And uh.. at that point she took a bigger role in helping me to manage the disease.</p>
	<p><b>Ethan checking blood sugar and injecting insulin</b></p> <p><b>Ethan exercising in gym</b></p> <p><b>Ethan cooking at stove</b></p>	<p>Voice Over - Nicole Johnson</p> <p>To keep scary incidents like these at bay, Ethan maintains tight control over his diabetes. He tests his blood sugar four to six times a day, whether he's at school, work or at home. He exercises vigorously, usually inside the air-conditioned gym on campus and he loves to prepare his own meals.</p>
	<p><b>More video of Amber and Ethan cooking and eating in apartment</b></p>	<p>Ethan graduates soon and he plans on staying in Florida. He is set with a job, a new apartment which he shares with Amber. After four years of college life, Ethan has advice to the high school graduate with diabetes getting ready for college.</p>
	<p><b>Back to interview with Ethan Lewis</b></p> <p><b>Ethan walking through campus</b></p>	<p>Ethan Lewis</p> <p>I'd tell them to, you know, make his close friends and roommates-- his or her aware that they have it. I would advise them to just be aware of themselves and aware of their actions because at the end of the day you can only rely on yourself to get the job done.</p>
	<p><b>Card:</b></p> <p><b>dLife</b>  <b>For your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson in studio</b></p> <p><b>Cooking steak on stove top</b></p> <p><b>Steak salad plate</b></p>	<p>Nicole Johnson</p> <p>Just ahead, Chef Michel pairs a sizzling steak with a diabetes super food that will make your taste buds dance</p>
	<p><b>Card:</b></p>	

TIMECODE	VISUALS	AUDIO
	<p align="center"><b>dLife For your Diabetes Life!</b></p> <p><b>Cartoon microwave</b></p> <p><b>Card:</b></p> <p align="center"><b>The dLife kitchen</b></p>	
	<p><b>Chef Michel Nischan in kitchen</b></p> <p><b>Lower third:</b></p> <p align="center"><b>Michel Nischan dLife chef</b></p> <p><b>Close up of steak salad</b></p>	<p>Michel Nischan</p> <p>Hi, I'm Chef Michel Nischan and welcome to the dLife kitchen. Now flank steak is one of my favorite cuts of beef because it's pretty inexpensive, often around \$7 a pound or less, and it loves all different kinds of marinades. So let's get started.</p>
	<p><b>Preparing flank steak in platter</b></p>	<p>Just a little bit of pepper. I'm doing a pinch, it's probably about a half of a - half of a teaspoon just on one side. And now I'm gonna pour the lime juice over and then we're just gonna kind of flip this around a couple of times just so that the steak gets well coated and you can see that the pepper is starting to mix up in the lime juice, looks really good.</p>
	<p><b>Chef pointing to steak previously prepared</b></p>	<p>And now we're gonna let this marinade about 20 minutes, maybe a half an hour, not too much longer. Now, here we have one that's finished and you can see that it's just starting to turn gray. This means that the acid is working.</p>
	<p><b>Lower third:</b></p> <p align="center"><b>A Misto is a non-aerosol spray pump you can use with any oil you like.</b></p> <p><b>Chef putting steak into hot pan</b></p>	<p>Now here I have a Misto with a little bit of grapeseed oil in it. I'm spraying a hot pan and then I'm just gonna take this flank steak and put it right in there. And this is really dynamite because the pan is nice and hot so it's gonna be a really good sear.</p>
	<p><b>Close up of steak cooking in pan</b></p> <p><b>Lower third:</b></p> <p align="center"><b>Only grass-fed beef contains omega-3 fatty acids.</b></p>	<p>Now, I love using grass-fed beef. It's a little more expensive but it's worth the money because you get omega-3 fatty acids. That same healthful acid that's in salmon, that fatty acid that really actually helps raise good cholesterol, lower bad cholesterol, which is important if you're living with diabetes.</p>

TIMECODE	VISUALS	AUDIO
	<p><b>Steak sizzling in pan</b></p> <p><b>Chef mixing ingredients to make dressing</b></p>	<p>Now, between touching the raw meat and touching the salad, you want to make sure that you wash your hands. Now, to make the dressing it couldn't be easier. Here we have a little bit of uh.. chili pepper. This is jalapeno. You can use Serrano or you can use Tibert [ph?] chilies. Whatever chili you like you use.</p>
	<p><b>Lower third:</b></p> <p><b>Capsaicin is the chemical compound in chili peppers that gives them "heat."</b></p> <p><b>Capsaicin may help prevent heart disease and blood clots.</b></p>	<p>Here, we have some cilantro. The great thing about chilies is that they have capsaicin. Capsaicin is a really important phytochemical that's uh.. been proven to help do a variety of things. One, reducing pain, uh.. two actually helping if you have heart disease. So we have just a little bit of extra virgin olive oil, the limejuice, the peppers and the cilantro and it's that simple for the dressing.</p>
	<p><b>Chef mixing salad ingredients together</b></p> <p><b>Lower third:</b></p> <p><b>A medium avocado has 11g fiber and 20g of heart-healthy monounsaturated fat.</b></p>	<p>And we're just gonna take all the vegetables, some cucumber, some tomatoes. We have a little bit of red onion which steak really loves. And then a diabetes super food: avocados. Now just one avocado has 11 grams of fiber. And as you know, fiber really helps prevent heart disease so you wanna get that.</p>
	<p><b>Flipping steak in pan</b></p> <p><b>Chef takes pre-prepared steak and places it on board</b></p>	<p>Now let's see how our steak is doing. We're gonna give it a flip. Voila! Delicious. We're gonna let this cook about seven to 10 minutes depending on how done you like it. And when it's finished, it's gonna look like this.</p>
	<p><b>Slicing steak</b></p>	<p>Now another thing I like to do after the steak is finished cooking in the pan is I let it set about five to eight minutes so that it can temper all the way through. And then it has the same color throughout the entire cut of steak.</p>
	<p><b>Placing meat on top of salad</b></p> <p><b>Left side:</b></p>	<p>So here you can see we have a nice kind of uh.. medium rare to medium flank steak. Just beautiful. We're gonna slice this up and then plate the salad. And what I like to do is just take the meat and spread it out a little bit so you can see your excellent cooking capabilities for display to everybody. Nicely cooked. Just like that. And I just turn the last piece</p>

TIMECODE	VISUALS	AUDIO
	<p><b>GRILLED FLANK STEAK WITH AVOCADO SALAD</b></p> <p><b>Makes 8 Servings</b></p> <p><b>Per Serving--</b>  <b>Calories: 286</b>  <b>Carbs: 7g</b>  <b>Fiber: 3g</b>  <b>Saturated Fat: 5g</b>  <b>Sodium:148mg</b></p>	<p>over and voila.</p>
	<p><b>Lower third:</b></p> <p><b><a href="http://www.dLife.com/recipebox">www.dLife.com/recipebox</a></b></p>	<p>Now you can find this recipe and thousands more like it at <a href="http://dLife.com/recipebox">dLife.com/recipebox</a>. After trying it out, don't forget to go back to the website, add your own recipe review. I'm Chef Michel Nischan. See you next time in the dLife kitchen.</p>
	<p><b>Card:</b></p> <p><b>dLife</b>  <b>For your Diabetes Life!</b></p>	
	<p><b>Nicole Johnson in studio</b></p> <p><b>Lower third:</b></p> <p><b>Nicole Johnson</b>  <b>Type 1 Diabetes</b></p>	<p>Nicole Johnson</p> <p>Weight is often a struggle for those with diabetes but if you ever need inspiration, all you have to do is hear the story of Angela Myles. Take a look.</p>
	<p><b>Before photograph of Angela Myles</b></p> <p><b>Interview with Angela Myles</b></p>	<p>Angela Miles</p> <p>I found out in August 2002. I was 32 years old at that time. I weighed approximately 220 pounds and that's when I found out that I had type 2 diabetes.</p>
	<p><b>Angela walking out door to go outside</b></p>	<p>Nicole Johnson</p> <p>Angela Myles knows all too well what diabetes could do if it's not taken care of.</p>

TIMECODE	VISUALS	AUDIO
	<p><b>Back to interview with Angela Myles</b></p> <p><b>Lower third:</b></p> <p><b>Angela Myles Diabetes Since 2002</b></p>	<p>Angela Myles</p> <p>I have lost several family members due to complications of diabetes. So to me to hear that, it kind of felt like a death sentence. I was very scared.</p>
	<p><b>Angela walking though neighborhood</b></p>	<p>Voice Over - Nicole Johnson</p> <p>That was Angela's wake up call.</p>
	<p><b>Back to interview with Angela</b></p>	<p>Angela Myles</p> <p>It really gave me- forced me rather to sit down and to do a self-evaluation. And I realized that I- I was covering up a lot. I realized that I was an emotional eater, that food was my comfort, and I just- there was a lot of different issues there that I had to really face.</p>
	<p><b>Medicine containers</b></p>	<p>Voice Over - Nicole Johnson</p> <p>Immediately, Angela's doctor put her on Metformin and told her it was time to lose weight.</p>
	<p><b>Photograph of Angela as a child</b></p> <p><b>Back to interview with Angela</b></p> <p><b>Photograph of Angela by fireplace</b></p>	<p>Angela Myles</p> <p>All my life I've been overweight. I was an overweight child, overweight adult, and then I became the yo-yo dieter. I had no problem taking off the weight but it was keeping the weight is where my problem came in. I would take off the weight but the weight would come on just as quickly as I took it off.</p>
	<p><b>Angela preparing food</b></p>	<p>Voice Over - Nicole Johnson</p> <p>The day after her diagnosis Angela attended a diabetes class and she met a nutritionist who put her on a diet of just 1200 calories a day.</p>
	<p><b>Video returns to interview with</b></p>	<p>Angela Myles</p> <p>In the very beginning uhm.. the first couple of weeks of going on that 1200-calorie diet was very hard. To</p>

TIMECODE	VISUALS	AUDIO
	<b>Angela</b>	fight that urge I would go to bed. I would go to bed early, sometimes I'd be in the bed 7:30, 8:00 because I'd feel real hungry and I knew I couldn't eat.
	<b>Angela showing somebody her prepared lunch in kitchen</b>	Angela Myles: And so this is what I typically take to lunch is turkey sandwich, my chips, my veggie and I'll take a banana. And that's a typical lunch for me.
	<b>Back to interview with Angela</b>  <b>Angela in kitchen with her son</b>	Angela Myles  So I knew this time it would have to be different for me because I had a nine year old son, he was nine years at that time, and, you know, wanting to be around for my son and not just be here for him but I wanted to be able to enjoy life with him. So, my son was my total motivation.
	<b>Measuring chips</b>  <b>Angela walking in neighborhood</b>	Voice Over - Nicole Johnson  Soon Angela was counting calories and weighing everything she ate. Not comfortable at a gym, Angela came up with an exercise she was comfortable with: walking at the mall.
	<b>Inside mall</b>  <b>Interview with Angela continues</b>	Angela Myles  I started off doing it uhm.. probably two or three times a week and then that we- we got to the point that I was going uhm.. every like Monday through Friday.
	<b>Angela walking through neighborhood</b>	Voice Over - Nicole Johnson  After a lot of hard work, Angela saw big results.
	<b>Back to interview with Angela</b>  <b>Video of Angela preparing sandwich in kitchen</b>	Angela Myles  That first year I took off 35 pounds and as a matter of fact it took me about three months to take it off. It didn't take long at all. And I- it's because I was a very bad eater. And then the next year I took off another 30 pounds. So total I took off 65 pounds in two years.

TIMECODE	VISUALS	AUDIO
	<b>Drugs being counted</b>	Voice Over - Nicole Johnson  And that's when Angela got some unexpected news from her doctor. She was taking her off the diabetes medication.
	<b>Interview with Angela continues</b>	Angela Myles  When she told me that I was coming off the pills, I mean it was- I think it was a very emotional moment for the both of us because I could see her eyes to me they look like she had a glaze over her eyes and she told me that I was the first patient that she was ever able to take off the pills.
	<b>Angela checking blood sugar levels</b>  <b>Angela walking in park</b>	Voice Over - Nicole Johnson  It's been five years since Angela lost 65 pounds. She continues to check her blood sugar daily and keeps the weight off by still counting calories. And now Angela does her walking outside the mall.
	<b>Back to interview with Angela</b>	Angela Myles  It's kind of weird to say this but to me diabetes-- being uhm.. diagnosed with diabetes was kind of like a blessing and a curse. It was a blessing because it finally got me to a point in my life where I uhm.. had to sit down and really get to know myself and to find out why I was in that place.
	<b>More footage of Angela walking outside</b>	To me having type 2 diabetes is a job. It's a full time job that I'm gonna be working for the rest of my life.
	<b>Card:</b>  <b>dLife For your Diabetes Life!</b>	
	<b>Pouring drink into martini glass</b>  <b>Pouring beer</b>	Nicole Johnson  Up next, alcohol is a complex challenge for those with diabetes. Our Dr. Marks has the facts and the fiction of diabetes and drinking.
	<b>Card:</b>  <b>dLife For your Diabetes Life!</b>	

TIMECODE	VISUALS	AUDIO
	<p><b>Card:</b></p> <p style="text-align: center;"><b>Q&amp;A            Diabetes Questions &amp; Answers</b></p> <p style="text-align: center;"><b>"Drinking alcohol does not raise or lower my blood sugar at all. But isn't there a lot of sugar in it?"</b></p> <p style="text-align: center;"><b>--Neal B.</b></p>	<p>Nicole Johnson</p> <p>Here's what's in the dLife inbox this week. A dLife member, Neal B., asks, "Drinking alcohol does not raise or lower my blood sugar at all. But isn't there a lot of sugar in it?"</p>
	<p><b>David Marks talking directly to camera</b></p> <p><b>Lower third:</b></p> <p style="text-align: center;"><b>David Marks, MD, MPA            dLife Medical Correspondent</b></p>	<p>David Marks</p> <p>That's a great question and one I hear all the time. Most alcohol actually does not have much sugar in it. Although liquor is derived from high carbohydrate substances such as potatoes and grains, following the distillation process all that's left is ethyl alcohol, a zero carb liquid.</p>
	<p><b>Video of bartender behind bar</b></p> <p><b>Video of making martinis and pouring glasses of beer</b></p>	<p>All hard liquor is distilled so it contains no carbohydrates. The exception is sweet liqueurs which can have substantial amounts of added sugars. And, of course, alcoholic drinks made with sugary mixers. Now beer and wine on the other hand are fermented rather than distilled and fermentation results in varying amounts of residual sugars. You should check the specific brand to find out how much.</p>
	<p><b>Back to David Marks talking to camera</b></p> <p><b>Video of people in bar drinking</b></p>	<p>Be careful 'cause alcohol can put you at risk for a low blood sugar episode especially if you're drinking and not eating. When you drink alcohol your liver stops making glucose and switches over its resources to the job of clearing the alcohol from your blood stream. And this risk of hypoglycemia may continue for eight to ten hours after your last drink.</p>
	<p><b>Back to David Marks in studio</b></p> <p><b>Shot of glucose tabs</b></p> <p><b>Blood sugar monitor</b></p> <p><b>Back to David Marks in studio</b></p>	<p>Remember, hypoglycemia can look a lot like alcohol intoxication, so be smart about wearing your medical ID, carry a fast acting carb like glucose tabs, test often, and always make sure that at least one person around you knows what to do if a problem arises.</p>
	<p><b>Card:</b></p> <p style="text-align: center;"><b>dLife            For your Diabetes Life!</b></p>	

TIMECODE	VISUALS	AUDIO
	<p><b>Nicole Johnson in studio</b></p> <p><b>Lower third:</b></p> <p><b>Watch dLifeTV on CNBC every Sunday evening.</b></p> <p><b>dLife.com/feedback</b></p>	<p>Nicole Johnson</p> <p>That's it for this edition of dLife. Thanks for watching. And remember, we do want to hear from you. Visit us at <a href="http://dLife.com/feedback">dLife.com/feedback</a> to share your comments and story ideas.</p>
	<p><b>Card:</b></p> <p><b>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</b></p>	
	<p><b>creator</b></p> <p><b>Howard Steinberg</b></p>	
	<p><b>executive producer</b></p> <p><b>Janice DeRosa</b></p> <p><b>senior story editor</b></p> <p><b>Paula Ford-Martin</b></p>	
	<p><b>producers</b></p> <p><b>Rich Bornstein</b></p> <p><b>Lyn Butler</b></p> <p><b>Denise Cavanaugh</b></p> <p><b>Roy McDonald</b></p> <p><b>Lisa Semel</b></p>	
	<p><b>Closing credits</b></p>	