

TIMECODE	VISUALS	AUDIO
	<b>Emily Senay</b>	Emily Senay  Depression can strike anyone, but people with diabetes are at even greater risk. Ahead, we'll talk about dealing with this challenging combination.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Benno Schmidt</b>	Benno Schmidt  Appetizers are certainly delicious, but can be loaded with carbohydrates and calories. Chef Michel Nischan has some big ideas for those little treats.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>dLife Opening Montage</b>	<music>
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Benno Schmidt</b>	Benno Schmidt  Welcome to dLife, your source for a healthy diabetes life.
	<b>Lower third:</b>  <b>BENNO SCHMIDT</b> <b>Diabetes Since 1990</b>	Benno Schmidt  First up today is the subject of diabetes and depression. On their own of course they can be difficult to manage, but together, they can be devastating. We caught up with someone who has battled both diabetes and depression for years.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Mary Enos walks into Dr. Adler's office</b>	Mary Enos  Hi Dr. Bev.
		Dr. Beverly Adler  Hi, Mary, how are you? Come on in.
	<b>Shot of door with sign: "Do not Disturb, In Session"</b>	Voice Over - Benno Schmidt  In her darkest moments, this simple act is often the best part of Mary Enos's week.

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	<b>Dr. Adler talks to Mary Enos in office</b>	Dr. Beverly Adler How are you, Mary?
		Voice Over - Benno Schmidt The therapy visits give Mary relief from her conflicting roles as mother, wife, worker, and someone living with diabetes.
		Benno Schmidt Did you feel overwhelmed at all?
	<b>Mary Enos -- Interview</b>  <b>Lower third:</b>  <b>MARY ENOS</b> <b>Depression and Diabetes since 2000</b>	Mary Enos Absolutely. It's a day-to-day war. It's a struggle. Uhm.. it's like you know that you really kinda have to be good. And you have to learn to forgive yourself every day.
	<b>Pictures of Mary</b>	Voice Over - Benno Schmidt Initially, Mary wasn't told depression can accompany her type 2 diabetes. But she was soon wracked with guilt, worried about eating lapses, and projecting a future defined by complications from her diabetes. All that made her depression much worse. The two conditions amplified each other.
	<b>Mary Enos -- Interview</b>	Mary Enos I thought it was two separate entities, and it really isn't.
	<b>Mary takes pill with bottle of water</b>	Voice Over - Benno Schmidt Before getting help with anti-depressants, Mary often found relief in oversleeping, trying to escape her diabetes.
	<b>Mary Enos -- Interviewed by Benno</b>	Mary Enos Once I was diagnosed with the diabetes, I was like, "You've got to be kidding me." You know, I already have a full plate. I have two kids, I have animals, I have a husband, I have--
		Benno Schmidt A career.
		Mary Enos A career. Lots of stuff going on. I don't need this. Some days, I just want to punch people out, you

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		know? It's like, you don't understand what it's like every day.
	<b>Close up -- diabetic's hands checking blood sugar</b>	Voice Over - Benno Schmidt  Doctors are now stressing just how common the link between diabetes and depression really is.
	<b>Beverly Adler -- Interview</b>  <b>Lower third:</b>  <b>BEVERLY ADLER, PhD, CDE Clinical Psychologist</b>	Dr. Beverly Adler  It zaps all motivation to take care of yourself. You're not interested to really check your blood sugars and you're really not interested to eat in a healthy choice.
	<b>Beverly Adler concludes office session with Mary Enos</b>	Dr. Beverly Adler  It was good to see you again.
		Mary Enos  <overlaps with Voice Over> You too.
		Dr. Beverly Adler  <overlaps with Voice Over> Keep up the good work.
		Voice Over - Benno Schmidt  Mary's psychologist has lived with type 1 diabetes for 35 years, and knows the guilt caused by poor control makes depression worse. And that depression makes living well with diabetes harder. It's a horrible cycle many of her patients endure.
	<b>Beverly Adler -- Interview</b>	Dr. Beverly Adler  Don't go and uh.. berate yourself that your numbers are horrible. Because all that does is continue the cycle -- depression, diabetes.
	<b>Close up -- hands as diabetic checks blood sugar</b>	Voice Over - Benno Schmidt  Dr. Adler says it really doesn't matter whether diabetes makes depression worse or depression makes controlling your diabetes harder.
	<b>Beverly Adler -- Interview</b>	Dr. Beverly Adler  I really don't care which came first. Break the cycle. That's my answer. Break the cycle. I- I- I want each new day to be the day that you're going to start fresh.
	<b>Beverly Adler talks to Mary Enos in her office</b>	Voice Over - Benno Schmidt  Adler says knowledge without action is

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		meaningless. Her patients often wallow in guilt, consumed with fear of complications. Here, she takes a pragmatic approach.
	<b>Beverly Adler -- Interview</b>	Dr. Beverly Adler  You think you're depressed now, you wait until those complications set in, you'll be really depressed. You know? And uh.. you know, I- I, for myself, I am very concerned about avoiding complications as best I can.
	<b>Montage -- diabetics dealing with blood sugar, injections, exercise and healthy foods</b>	Voice Over - Benno Schmidt  People with diabetes have to watch for depression and practice forgiveness. Don't let high numbers cripple you. Make life changes based on those numbers, go for a walk, exercise, change your eating habits and...
	<b>Montage -- support groups</b>	Voice Over - Dr. Beverly Adler  Call a friend. Call the support groups, education.
	<b>Beverly Adler -- Interview</b>	Dr. Beverly Adler  Your diabetes is gonna continue with potential complications whether you're thinking about it or not.
	<b>GFX Center</b>  <b>dLife</b> <b>For Your Diabetes Life!</b>	
	<b>Benno Schmidt with Emily Senay in studio</b>	Benno Schmidt  For help in sorting all of this out, we're joined now by Dr. Emily Senay. And I have personal experience, sadly, on this one. I was diagnosed with diabetes back in 1990. I then got depressed for about 10 years and didn't know it. And I wonder, are there other folks out there like me?
	<b>Lower third:</b>  <b>EMILY SENAY, MD</b> <b>Medical Correspondent</b>	Emily Senay  Absolutely. I'm sure depression is an enormous problem for so many people with diabetes. We know about 15 percent of people with diabetes are diagnosed with depression.
	<b>Emily Senay talks with Benno Schmidt in studio</b>	Emily Senay  But that doesn't even begin to cover it. Because so many people are not diagnosed or correctly

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		diagnosed with depression who also have diabetes.
	<b>Benno Schmidt talks with Emily Senay in studio</b>	Benno Schmidt  And this is a tough one, but what do you think is harder to manage, the diabetes or the depression?
	<b>Emily Senay talks with Benno Schmidt in studio</b>	Emily Senay  You know, that's a great question. I really think depression can be harder to manage because it's so often unrecognized.
	<b>Lower third:  Anti-depressant drugs and therapy can help treat depression.</b>	Emily Senay  And until you really get uh.. the diagnosis and you stay on top of it, uhm.. it can really affect on the other end, your diabetes.
	<b>Emily Senay talks with Benno Schmidt in studio</b>	Emily Senay  Remember that people with depression often don't want to take care of themselves. They don't feel like taking care of themselves. And you know the impact that can have on your diabetes. So if you're asking, I'm going to say depression is tougher to treat but just as important to treat as diabetes.
	<b>Benno Schmidt talks with Emily Senay in studio</b>	Benno Schmidt  And it sounds like, Dr. Emily, what you're saying is that the key is to talk to your doctors and also family members and reach out for help.
	<b>Emily Senay talks with Benno Schmidt in studio</b>	Emily Senay  Definitely. Because sometimes family members are the ones who are going to recognize that you're having trouble before you do. And then they're the ones who are going to push you to get help. So it can often start with family members. But you have to talk to your doctor in the end and you have to uh.. follow through and make sure that you're followed up if you are depressed.
	<b>Benno Schmidt talks with Emily Senay in studio</b>	Benno Schmidt  Dr. Emily Senay, thanks for that advice. We'll be back with more dLife after this.
	<b>GFX Center  dLife For Your Diabetes Life!</b>	

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	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Benno Schmidt</b></p> <p><b>Lower third:</b></p> <p><b>BENNO SCHMIDT</b>  <b>Diabetes Since 1990</b></p>	<p>Benno Schmidt</p> <p>The life of a sportswriter is often one of long hours, greasy food and tortured travel.</p>
		<p>Benno Schmidt</p> <p>Add a daily high-voltage television show, and your health can suffer as it did for sportswriter Michael Wilbon when he was diagnosed with type 2 diabetes, which he admits changed his life.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Still photos of Michael Wilbon on "Pardon the Interruption"</b></p>	<p>Voice Over - Benno Schmidt</p> <p>Whether it's as co-host of the buzz-making ESPN gabfest, "Pardon the Interruption."</p>
	<p><b>Michael Wilbon on PTI with co-host</b></p>	<p>Michael Wilbon</p> <p>I don't care if we talk about that.</p>
		<p>PTI Co-host</p> <p>Annihilist?</p>
		<p>Michael Wilbon</p> <p>Ain't no law for a brother _____.</p>
	<p><b>Montage introducing ABC's NBA telecast</b></p>	<p>Voice Over - Benno Schmidt</p> <p>Or as the analyst with a fan's point of view on ABC's NBA telecast.</p>
	<p><b>Michael Wilbon on sports show</b></p>	<p>Michael Wilbon</p> <p>JB, I thought this was a- a weird trade at the time. Now--</p>
	<p><b>Washington Post clipping, photo of Michael Wilbon</b></p>	<p>Voice Over - Benno Schmidt</p> <p>Or in his column in the Washington Post. Michael Wilbon is clearly on the ball in the world of sports.</p>
	<p><b>Montage, travel/sports logos</b></p>	<p>Voice Over - Benno Schmidt</p> <p>But two years ago, in the midst of returning from a</p>

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		trip in search of the next great NBA story, Wilbon's ball took an unexpected bounce.
	<b>Michael Wilbon's house, exterior</b>	Voice Over - Benno Schmidt  A tenacious pain that just wouldn't go away.
	<b>Michael Wilbon -- Interview</b>  <b>Lower third:</b>  <b>MICHAEL WILBON</b> <b>Diabetes Since 2008</b>	Michael Wilbon  Thought I had indigestion, got up, drank some water, walked around, went back to bed. Pain was still there. Took some aspirin. Walked around some more. Pain was still there. And it was like, "Oh my God, I'm having a heart attack." That's what happened.
	<b>Montage -- medical equipment, electronic readouts</b>	Michael Wilbon  I had angioplasty by about five a.m., blood pressure I don't even know, probably don't even want to know. Blood sugar I think was about 400.
	<b>Michael Wilbon -- Interview</b>	Michael Wilbon  So in one fell swoop, heart attack, diabetes, high blood pressure, all had to be got under control in a hurry.
	<b>Montage -- unhealthy foods and soda</b>	Voice Over - Benno Schmidt  He admits until that wakeup call, he could have done a better job of paying attention to the potential of his having diabetes.
		Michael Wilbon  A liter of regular soda a day for 30 years. What do you think that does?
	<b>Michael Wilbon -- Interview</b>	Michael Wilbon  My mom is diabetic. My mother's diabetic and has been so, was diagnosed when she was about 40 years old. So she's been diabetic half her life.
	<b>Montage -- unhealthy food choices and good food choices</b>	Michael Wilbon  Yeah, I know there were warning signs in my early 40s. Blood sugar started to creep up. Should have paid attention, should have controlled it with diet then, when I had a better chance.
		Voice Over - Benno Schmidt  As anyone managing diabetes can tell you, knowing what you need to do is one thing. It's following the

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		plan that can be tricky.
	<b>Michael Wilbon -- Interview</b>	Michael Wilbon  Candy corn, oh my God, I love candy corn. I love it. Brach's candy corn. I have not, and the doctor should hear this, I have not had any candy corn, not even on Halloween, since- since I was diagnosed. None. Not a- not even.
	<b>Pictures of restaurant menu, wine, waffles</b>	Voice Over - Michael Wilbon  I don't have a problem with lunch and dinner. I really don't. I'm not a big sugar eater late at night. I'm not a big dessert guy. I don't drink, which is- which is- which is fortunate. I don't-- you know, that-- I didn't have to-- uh.. my adjustments weren't there. My adjustments were in the morning when I want the waffles with the Aunt Jemima Syrup, that's the adjustment for me.
	<b>Michael Wilbon on PTI</b>	Michael Wilbon  Same time tomorrow, knuckleheads.
	<b>Montage -- sports footage and Michael working on TV</b>	Voice Over - Benno Schmidt  And his criss-crossing the country, where he often spends less than a day in one city, doesn't help.
	<b>Neon restaurant signs</b>	Michael Wilbon  I get off the set of an ESPN game or an ABC game in the Playoffs, and it's one a.m. Where am I gonna eat? So eat a salad. Where- r- really, where am I gonna get the salad?
	<b>Michael Wilbon -- Interview</b>	Michael Wilbon  Room service is closed, the only- all you've got is drive through. What now? I actually had a nutritionist really walk me through, okay, what do you order from a drive through? Most places now have a chicken sandwich where you don't need to get fries and the biggest, sloppiest, greasiest burger. You know, I had to cut soda, regular soda, out of my life, which I have done successfully. Uhm.. regular soda. Doesn't mean I'm not drinking something diet.

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	<b>Fruit in grocery store display</b>	Voice Over - Michael Wilbon  Fruit. I hate fruit except for apples. Co-- I eat more apples than anybody now.
	<b>Michael Wilbon -- Interview, Exercise montage</b>	Michael Wilbon  And I- I-- you know, e- exercise in the morning needs to be more frequent. It is more frequent now than it was two and a half years ago, but it's not frequent enough.
	<b>Still photo of Michael Wilbon</b>	Voice Over - Benno Schmidt  Michael admittedly still struggles a bit with talking openly about diabetes.
	<b>Michael Wilbon -- Interview Montage -- at gym, working out, checking blood sugar</b>	Michael Wilbon  There are certain subcultures, and I'm certainly in one as an African American man who's 51 years old where these things are still seen as weaknesses, and you don't talk about them and we don't go to the doctor as often as we should. We don't go to the doctor as quickly and as frequently as we should. And that- that is certainly a problem that men, period, have regardless of race. And then more so for men of color.
	<b>Montage -- sports footage</b>	Michael Wilbon  I- I think there's a responsibility for people who live their lives at least partly in public to be open about it. These aren't things you should be ashamed of, you've got to deal with it.
	<b>Montage -- sports footage, diabetic athlete working with athlete</b>	Michael Wilbon  When there are professional athletes who have the courage to talk about them and they're a lot younger, I'm thinking about Jay Cutler specifically, the Bears quarterback. I think we were diagnosed at the same time. But, you know, here's a guy who's playing professional sports who's affected by this, afflicted with this. And uh.. it's just impressive. I think that- I think talking about it is a must, taking the sort of stigma away. It's not the boogie man, and that's something you have to deal with on an ongoing basis.
	<b>Michael Wilbon -- Interview</b>	Michael Wilbon

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		Why try to hide it? What's the point of that?
	<b>GFX Center</b>	
	<b>dLife For Your Diabetes Life!</b>	
	<b>Benno Schmidt</b>	Benno Schmidt  Up next, appetizers are certainly delicious, but can be loaded with carbohydrates and calories. Chef Michel Nischan has some big ideas for those little treats.
	<b>GFX Center</b>	Voice over -- Benno Schmidt
	<b>Animated Q &amp; A Intro</b>	But first, here's a question from Ben E. from Appleton, Wisconsin.
	<b>GFX</b> <b>Q&amp;A Diabetes Questions &amp; Answers</b>  "Should I wipe my finger with alcohol before testing my blood sugar in order to prevent infection?" - Ben E.	Voice Over - Benno Schmidt  He writes: "Should I wipe my finger with alcohol before testing my blood sugar in order to prevent infection?"
	<b>GFX Center</b>	
	<b>dLife For Your Diabetes Life!</b>	
	<b>GFX</b> <b>Q&amp;A Diabetes Questions &amp; Answers</b>	Voice Over - Benno Schmidt
		Emily has the answer now to our dLife question, this one from Ben E.
	<b>GFX</b> <b>Q&amp;A Diabetes Questions &amp; Answers</b>  "Should I wipe my finger with alcohol before testing my blood sugar in order to prevent infection?" - Ben E.	Voice Over - Benno Schmidt  He writes: "Should I wipe my finger with alcohol before testing my blood sugar in order to prevent infection?"
	<b>Emily Senay and Benno Schmidt in studio</b>	Benno Schmidt  What do you think, Dr. Emily?
	<b>Lower third:</b>  <b>EMILY SENAY, MD Medical Correspondent</b>	Emily Senay  Well, there's really absolutely no need to do that. In

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		fact, rubbing alcohol can dry out the skin and can also skew your test results.
	<b>Emily Senay and Benno Schmidt in studio</b>	Emily Senay  But cleaning is important of course. Hand lotions, food and other residues can cause misleading high meter readings and can have- leave bacteria actually that can infect a lancet puncture. So you always try to wash your hands with warm water and thoroughly rinse them before you get that blood sample, Benno.
		Benno Schmidt  Thanks Emily.
	<b>GFX Center</b>  <b>Animated laptop browser for dLife/answers</b>	Voice Over - Benno Schmidt  And remember, you can go to <a href="http://dLife.com/answers">dLife.com/answers</a> to submit your questions to our experts.
	<b>GFX Center</b>  <b>The dLife Kitchen</b>	Voice Over - Benno Schmidt  And now it's time to head to the dLife Kitchen.
	<b>GFX Center</b>  <b>dLife For Your Diabetes Life!</b>	
	<b>Michel Nischan in kitchen</b>  <b>Lower third:</b>  <b>MICHEL NISCHAN</b> <b>dLife Chef</b>	Michel Nischan  Hi, and welcome to the dLife Kitchen. I'm Michel Nischan, and today we're going to do a regional twist on a really popular hors d'oeuvres, stuffed mushrooms.
	<b>Close ups of sausage and corn</b>	Michel Nischan  But we're gonna add chorizo sausage and corn.
	<b>Michel Nischan adds to pan</b>  <b>Lower third:</b>  <b>Grapeseed oil has a neutral flavor and can withstand high cooking temperatures.</b>	Michel Nischan  To begin, we're gonna put a little bit of grapeseed oil in a preheated pan. And then we're gonna sauté a little bit of onions and garlic.
	<b>Michel Nischan adds garlic to pan and stirs</b>	Michel Nischan  We start with the onions first, because the garlic cooks really quickly and burns easily. So we have some nice diced onions in here. We're going to stir

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		them around until they sweat a little bit, about a minute and 30 seconds.
	<b>Michel Nischan adds chorizo</b>	Michel Nischan  And now we're gonna add some nicely chopped garlic. Now we're gonna add the chorizo and we're gonna leave this sit for a moment. And we're gonna go over here and finish some of the other ingredients for the stuffing.
	<b>Michel Nischan combines stuffed mushroom ingredients</b>	Michel Nischan  Here I have some goat cheese and some sour cream. And just smash them together with a fork until it's fairly smooth. And then transfer the chorizo right into the bowl with the cheese and the sour cream, just like that. Now we're gonna add some corn, season it with some sea salt, and then just blend well.
	<b>Close up -- bread crumbs</b>  <b>Lower third:</b>  <b>The fiber from whole grains may help improve after-meal blood sugar levels.</b>	Michel Nischan  Now, it's really important that we use whole wheat or whole grain multigrain breadcrumbs when we're trying to control our blood sugar.
	<b>Michel Nischan fills mushroom</b>  <b>Left half of screen:</b>  <b>CHORIZO &amp; CORN STUFFED MUSHROOMS</b>  <b>Serving size:</b> <b>2 mushroom caps</b>  <b>Calories: 105</b> <b>Carbs: 9g</b> <b>Fiber: 1g</b> <b>Saturated Fat: 2g</b> <b>Sodium: 325mg</b>	Michel Nischan  So we have breadcrumbs on the bottom. Then we're gonna fill the mushroom with the chorizo, corn, and cheese mixture, just like so.
	<b>Michel Nischan tops mushrooms with breadcrumbs</b>	Michel Nischan  Now to finish, we're just gonna top with a little more of the breadcrumb and then mist with a Misto. And here I have some grapeseed oil in the Misto.
	<b>Michel Nischan sprays mushrooms with Misto</b>	Michel Nischan  And what this is going to do is allow the bread

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	<p><b>Lower third:</b></p> <p><b>"Misto" is a non-aerosol, pump spray-can you fill with your favorite cooking oil.</b></p>	<p>crumbs to come out nice and crispy so that you have a little bit of crisp texture right on the top of the bread crumbs.</p>
	<p><b>Michel Nischan places mushrooms in oven, retrieves completed mushrooms</b></p>	<p>Michel Nischan</p> <p>Now we're going to a preheated 350 degree oven. And we're gonna roast these for about 10 to 15 minutes. And this is what they look like when they're finished. And let me tell you something, these smell fantastic.</p>
	<p><b>Close up -- deviled eggs</b></p>	<p>Michel Nischan</p> <p>Now, here's another great hors d'oeuvre that we're serving the mushrooms with. These are Cajun deviled eggs. Basically, we follow a really good deviled egg recipe.</p>
	<p><b>Michel Nischan works with mushrooms</b></p> <p><b>Left half of screen:</b></p> <p><b>CAJUN DEVILED EGGS</b></p> <p><b>Per Serving: 1 piece</b></p> <p><b>Calories: 54</b>  <b>Carbs: 0.5g</b>  <b>Fiber: 0g</b>  <b>Saturated Fat: 1g</b>  <b>Sodium: 152mg</b></p>	<p>Michel Nischan</p> <p>Beat the yolks with just a little bit of mayonnaise, uh.. salt, pepper, and sprinkle some cayenne pepper and garnish with a little bit of scallion on top and you have a delicious high protein with no carbs at all.</p>
	<p><b>Close ups -- mushrooms and deviled eggs</b></p>	<p>Michel Nischan</p> <p>So there you have it. Two really great popular hors d'oeuvres with a little bit of a twist. Lots of protein, not a lot of carbs.</p>
	<p><b>Michel Nischan in kitchen</b></p> <p><b>Lower third:</b></p> <p><b><a href="http://www.dLife.com/recipebox">www.dLife.com/recipebox</a></b></p>	<p>Michel Nischan</p> <p>Now, for recipes like this and other great tips, don't forget to join us at <a href="http://dLife.com/recipebox">dLife.com/recipe box</a>.</p>
	<p><b>Michel Nischan in kitchen</b></p>	<p>Michel Nischan</p> <p>Thanks for joining us in the dLife Kitchen. I'm Michel Nischan, have a good one.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b></p>	

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	<b>For Your Diabetes Life!</b>	
	<p><b>Benno Schmidt</b></p> <p><b>Lower third:</b></p> <p style="text-align: center;"><b>BENNO SCHMIDT</b> <b>Diabetes Since 1990</b></p>	<p>Benno Schmidt</p> <p>Diabetes can bring so many challenges to a person's life. But to one Savannah, Georgia, Sunday school teacher, it provide the perfect reason to finally lose pounds. Lots of them.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b> <b>For Your Diabetes Life!</b></p>	
	<b>Montage Ruby Gettinger photos</b>	<p>Voice Over - Benno Schmidt</p> <p>We know her simply as Ruby. And for the past three years, millions have viewers have followed her story on the Style Network.</p>
	<b>Montage -- Ruby Gettinger</b>	<p>Ruby Gettinger</p> <p>But when I was told I was gonna die if I didn't lose the weight...</p>
	<b>Doctor -- Interview</b>	<p>Doctor</p> <p>She is a metabolic time bomb waiting to go off.</p>
	<b>Montage -- Ruby Gettinger, very heavy</b>	<p>Ruby Gettinger</p> <p>I took matters into my own hands.</p>
		<p>Voice Over - Benno Schmidt</p> <p>At 700-plus pounds, Ruby had to overcome a lot of obstacles to get herself right physically.</p>
	<b>Ruby Gettinger outdoors</b>	<p>Ruby Gettinger</p> <p>I just did a mile in 15 minutes.</p>
	<b>Montage -- Ruby working out</b>	<p>Voice Over - Benno Schmidt</p> <p>But it wasn't until her vision blurred that she consented to see a doctor. That decision saved her life.</p>
	<b>Ruby Gettinger -- Interview</b>	<p>Ruby Gettinger</p> <p>I hated going to the doctors. And that is the worst thing ever.</p>
	<p><b>Lower third:</b></p> <p style="text-align: center;"><b>RUBY GETTINGER</b> <b>Diabetes Since 2007</b></p>	<p>Ruby Gettinger</p> <p>And that is the worst thing ever. You should get checked all the time. And I realize that now, because if my mother would not have begged me to</p>

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		go to the doctor, I would be dead. I would not be here today.
	<b>Montage -- Ruby Gettinger, unhappy very heavy</b>	Voice Over - Benno Schmidt  Her weight was the most obvious issue when she paid that visit to the doctor. But it was type 2 diabetes that was literally killing her, the same way it had also taken her father and her aunt.
		Ruby Gettinger  My dad had to get his leg amputated, my aunt did, and she died a year later. My dad died two days later.
	<b>Ruby Gettinger -- Interview</b>	Ruby Gettinger  He was bedridden for almost 10 to 15 years. The man was healthy mentally, every which way, but he couldn't move because diabetes had eaten up his nerves. I mean, he could not move his legs.
	<b>Montage -- Ruby getting healthy through exercise and support</b>	Ruby Gettinger  I would totally be dead if I would not have started eating healthy and exercising and getting to the root of this problem, because diabetes was killing me, and I didn't even know it. And that's the scariest part, is that we are so, not only in denial, it's almost like we ignore our problem.
	<b>Support group leader writes on white board</b>	Support Group Leader  You know what denial is? It's we don't even know we're lying.
	<b>Montage -- footage from Ruby's show</b>	Voice Over - Benno Schmidt  Her show, now in its third season, chronicles her efforts to change. And when she talks about her personal struggles, she intertwines diabetes with overcoming obesity.
	<b>Ruby Gettinger -- Interview</b>	Ruby Gettinger  This is why they feel the same to me. If I was to gain 10 pounds, if I was to go off my diet, me gaining 10 pounds is a big deal. But me eating bad would bring the diabetes right back to me. And that is the killer, is the diabetes. Yes, obesity causes it and me eating bad, but me being a diabetic, even playing

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		right there would be such a bad thing for me to do. I mean, it could kill me that easily. And I don't want my legs amputated. I don't want my arms amputated. I mean, I've already been paralyzed by my weight, and that's the last thing I need in my life.
	<b>Ruby holds blood sugar meter</b>	Voice Over - Benno Schmidt  Ruby's blood sugars are now under control. But when she began her program, they were anything but.
		Ruby Gettinger  My health is incredible right now. And I feel incredible.
	<b>Montage -- Ruby with doctors</b>	Voice Over - Benno Schmidt  Her doctors are pleased.
	<b>Montage -- print clippings about Ruby</b>	Ruby Gettinger  Oh my gosh. They're so funny. They're just so happy about. It's-- you know, I am too. I feel like a different person. I move around better, I get up on my own. I just never knew how limited I was.
	<b>Montage -- Ruby happy, leaner</b>	Voice Over - Benno Schmidt  Ruby's show gives her a platform from which she can reach out and inspire millions of people.
		Ruby Gettinger  Well, the number one thing that I tell people in my blogs, anywhere I write or talk, go to the doctor. I am begging them.
	<b>Ruby Gettinger -- Interview</b>	Ruby Gettinger  And a lot of people tell me they can't afford the doctors. I say, they have clinics out there now. There are people that will check you.
	<b>Montage -- Ruby happy, leaner</b>	Ruby Gettinger  The second one is, do not let your weight define who you are. Don't let people stop you from living your life just because you're overweight. Yes, get healthy, but do not let that stop you from going out. Yes, people are going to stare, but you have friends and family. And the majority of people are good.

TIMECODE	VISUALS	AUDIO
	<b>Montage -- Ruby engaged in fun activities</b>	Ruby Gettinger  Everybody always asks me, what is your weight goal. And you know, I used to think, the doctors would say, "You're five nine, you should weigh 150 pounds." And now I say, whenever my health is completely good and I can do everything I've ever wanted to do, then to me that's going to be my weight. That's going to be my goal for the rest of my life.
	<b>Ruby Gettinger -- Interview</b>	Ruby Gettinger  And I love this. This is so much healthy, it's so much better.
	<b>Photo -- Ruby looking happy</b>	
	<b>GFX Center</b>  <b>dLife For Your Diabetes Life!</b>	
	<b>Benno Schmidt</b>	Voice Over - Benno Schmidt  Up next, Jim Turner goes out to dinner.
	<b>GFX</b>  <b>Q&amp;A Diabetes Questions &amp; Answers</b>	Voice Over - Benno Schmidt  But first, a question from dLife viewer, Jeffrey B. from Vail, Colorado, who asks:
	<b>GFX</b>  <b>Q&amp;A Diabetes Questions &amp; Answers</b>  <b>"I was diagnosed with diabetes last year. Can I still donate blood?" - Jeffrey B.</b>	Voice Over - Benno Schmidt  "I was diagnosed with diabetes last year. Can I still donate blood?"
	<b>GFX Center</b>  <b>dLife For Your Diabetes Life!</b>	
	<b>GFX Center</b>  <b>Animated Q &amp; A Intro</b>	Voice Over - Benno Schmidt  And here's the answer to today's dLife question.
	<b>Emily Senay and Benno Schmidt in studio</b>	Benno Schmidt  I was diagnosed with diabetes last year, can I still donate blood? Good question. Dr. Emily Senay.
	<b>Emily Senay and Benno Schmidt in studio</b>	Emily Senay  Very good question. Well, Benno, the American Red

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	<p><b>Lower third:</b></p> <p><b>EMILY SENAY, MD</b>  <b>Medical Correspondent</b></p>	<p>Cross says that people with diabetes may donate blood if they have not started on insulin or changed their insulin regimen in at least two weeks, and they have not received an injection of bovine, that's beef insulin, made from cattle from the United Kingdom since 1980.</p>
	<p><b>Emily Senay and Benno Schmidt in studio</b></p>	<p>Emily Senay</p> <p>It's also suggested that people with diabetes wait eight weeks between blood donations. Other blood donation eligibility guidelines may apply, depending on your own medical history. So you want to contact your local blood donation center or more details.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Benno Schmidt with Jim Turner in studio</b></p>	<p>Benno Schmidt</p> <p>Jim Turner joining us now to tell us all about a very special day. High Jim.</p>
		<p>Jim Turner</p> <p>How you doing? Uhm.. this will be my little homage to uh.. one of my heroes, Buster Keaton. Take a look.</p>
	<p><b>GFX Center</b></p> <p><b>dLife</b>  <b>For Your Diabetes Life!</b></p>	
	<p><b>Jim Turner sits, holding book, in formal living room in front of fireplace</b></p>	<p>Jim Turner</p> <p>Oh, hello. I'm James Turner.</p>
	<p><b>Lower third:</b></p> <p><b>JIM TURNER</b>  <b>Film &amp; TV Actor, Type 1 Diabetes</b></p>	<p>Jim Turner</p> <p>And our film tonight is the silent movie classic, The Perilous Pitfalls of Restaurant Dining. Our hero, Jim, has diabetes.</p>
		<p>Jim Turner</p> <p>And apparently, dining out with this disease is quite a challenge. Who knew? The film is a nonstop drama of the perils of living with his condition.</p>
	<p><b>Jim in black &amp; white silent movie, waits for date</b></p>	<p>Jim Turner</p> <p>Let's watch and see what happens after our hero prematurely takes his shot before dinner.</p>

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		Voice Over - Jim Turner  Apparently in diabetes, timing is everything. So Jim needs to eat soon. But of course, his date is late.
	<b>Jim's date arrives, they smile and flirt.</b>	
	<b>Waiter indicates long wait.</b>	
	<b>Jim with date, very uncomfortable waiting.</b>	
		Voice Over - Jim Turner  Confronted with the tortures of leisurely dining, he gets desperate.
	<b>Jim wrings out soaked handkerchief</b>	
	<b>Jim steals dessert from waiter and eats it</b>	Voice Over - Jim Turner  And eventually, our hero takes matters into his own hands.
	<b>Jim eats spaghetti, converses with waiter</b>	Voice Over - Jim Turner  In this scene, our hero tries desperately to find out what exactly is in the mystery sauce on the spaghetti. He's calibrated his insulin carefully, but a little hidden flour or possibly something worse, could change his insulin needs dramatically. What is that flavor?
	<b>Jim pulls sugar out of spaghetti</b>	Voice Over - Jim Turner  Our hero realizes the stunning truth.
	<b>Center</b>  <b>Sugar?!</b>	
	<b>Jim struggles with his date.</b>	Voice Over - Jim Turner  This movie has it all. Drama, tragedy, mystery, conflict....
	<b>Jim's date hits him with a pie, he eats some.</b>	Voice Over - Jim Turner  ... and lots of laughs. I'd recommend The Perilous Pitfalls of Restaurant Dining to anyone interested in diabetes. Thanks for watching

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	<b>Jim Turner in formal living room with book.</b>	Voice Over - Jim Turner  Next week, we'll be looking at the depiction of diabetes in the films of Cary Grant and Katherine Hepburn.
	<b>Lower third:  Watch dLifeTV on CNBC every Sunday evening.</b>	Benno Schmidt  That's it for this edition of dLife. Thanks for watching, and remember, we do want to hear from you.
	<b>GFX Center  Animated laptop browser for dLife.com/feedback</b>	Benno Schmidt  Visit us at dLife.com/feedback to share your comments and of course, all your story ideas.
	<b>Center:  dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</b>	
	<b>Center:  creator HOWARD STEINBERG</b>	
	<b>Center:  executive producer JANICE DeROSA  senior story editor PAULA FORD-MARTIN</b>	
	<b>Center:  producers RICH BORNSTEIN DENISE CAVANAUGH ROY McDONALD ANDY ROTHMAN BENNO SCHMIDT</b>	
	<b>&lt;credits roll&gt;</b>	