

The St. Anthony Community Hospital Center for Diabetes Education



**THE ST. ANTHONY COMMUNITY HOSPITAL
CENTER FOR DIABETES EDUCATION**

Bon Secours Charity Health System

www.StAnthonyCommunityHosp.org • 845-987-5168

The Road to Better Health

This brochure is your guide to the diabetes-related services provided by St. Anthony Community Hospital.

Providing a community need, we opened the Center for Diabetes Education to provide specialized care to those living with diabetes and their family members.

Our healthcare experts are specially trained to help you live better with diabetes through education.

The St. Anthony Community Hospital Center for Diabetes Education

Diabetes kills 180,000 Americans each year, dramatically increases the risk of heart attack, and is a leading cause of blindness, kidney failure, and amputations. If you have been diagnosed with Type 1, Type 2 or gestational diabetes, The St. Anthony Community Hospital Center for Diabetes Education can help.



Staffed with Certified Diabetes Educators, Registered Dieticians and Registered Nurses, our team provides the information, support, training and encouragement necessary to help prevent diabetes complications. All programs and services are run under the advisement of board-certified medical doctors and healthcare professionals.

An Advisory Committee, made up of physicians, ophthalmologists and podiatrists specializing in diabetic foot care, and other healthcare professionals from St. Anthony Community Hospital, oversees and monitors all programs and services offered by the Center for Diabetes Education. We utilize the latest advances in technology and treatment to provide the best possible care for people with diabetes.

The St. Anthony Community Hospital Center for Diabetes Education provides a full range of services for people who must manage living with diabetes. All programs and services are offered in a highly supportive environment utilizing a team approach to diabetes management for optimum results.

How Can the St. Anthony Community Hospital Center for Diabetes Education help me?

Along with knowledge about diabetes, you need ongoing support, advice and information individualized to your life. In partnership with you and your physician, the Center's wide variety of programs and services provide everything you need to manage your condition.

Diabetes Center Services

A wide range of patient and family services is available at the Center for Diabetes Education. These include:

- Individual Counseling, Plan of Care and Educational Services
Self-Management Education Classes
- Nutrition Counseling and Meal Planning
- Insulin Administration and Self-Adjustment Instruction
- Blood Sugar Monitoring Training
- Continuous Glucose Monitoring
- Support Groups for Type 1 and Type 2

Program & Service Highlights

SPECIALIZED TEAM APPROACH TO DIABETES MANAGEMENT

In partnership with you and your physician, the Center's caring and compassionate team of healthcare professionals provides a comprehensive approach to diabetes management, designed with you in mind.

INDIVIDUAL COUNSELING

Our healthcare professionals are available, by appointment, to work with individuals and families in managing the day-to-day needs of people with diabetes. Individual counseling coupled with self-management education classes provides you with the tools you need to achieve optimum diabetes management.

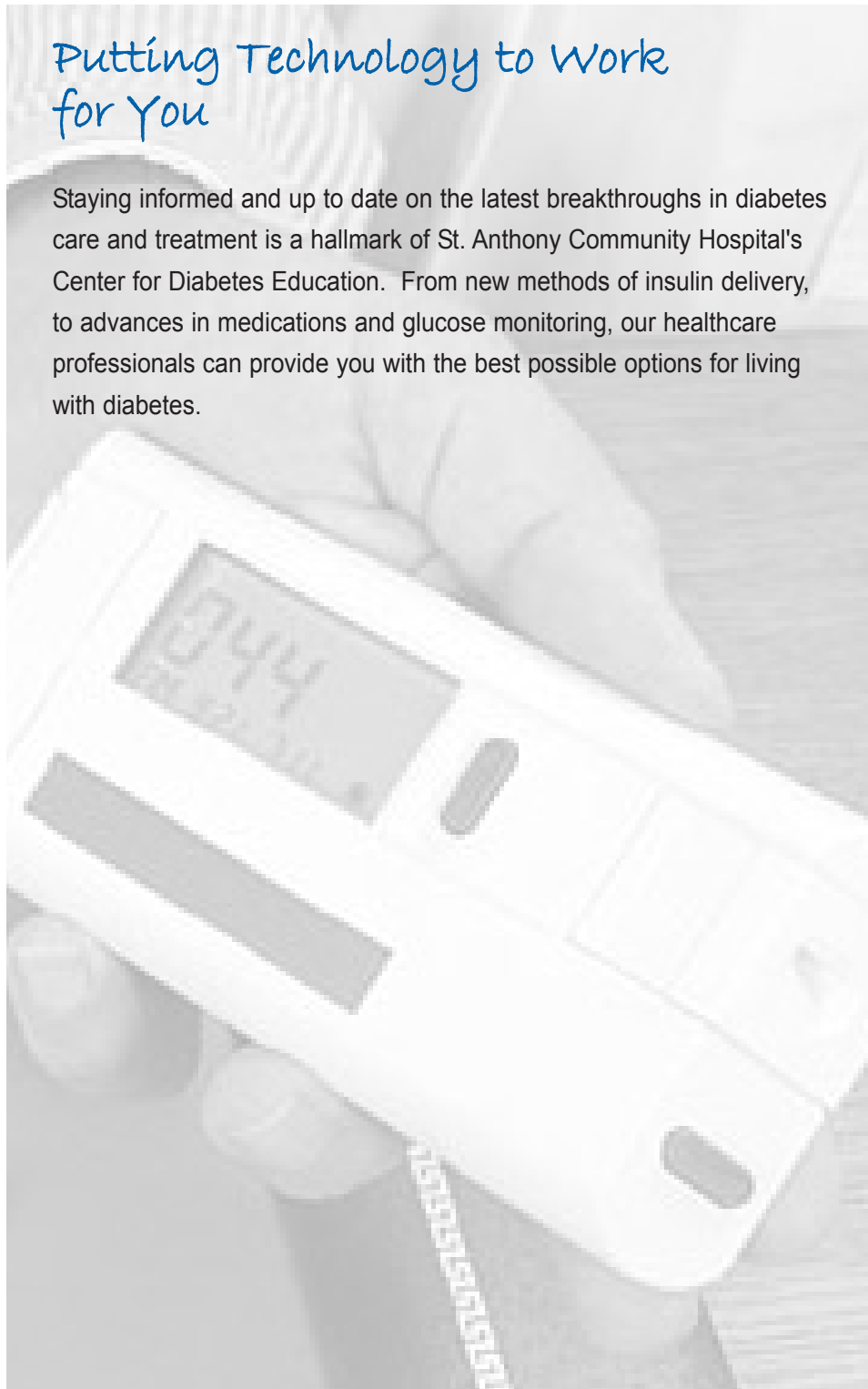
NUTRITION COUNSELING

Recognizing that making healthy food choices is a key factor in managing diabetes, our Registered Dietitians are Certified Diabetes Educators who provide diet analysis to help you make healthy food choices. During one-on-one counseling or in group classes, we can help you with individual meal plans and recipe changes along with proper blood sugar monitoring to meet your special nutritional needs.



Putting Technology to Work for You

Staying informed and up to date on the latest breakthroughs in diabetes care and treatment is a hallmark of St. Anthony Community Hospital's Center for Diabetes Education. From new methods of insulin delivery, to advances in medications and glucose monitoring, our healthcare professionals can provide you with the best possible options for living with diabetes.



Self-Management Education Classes

WHAT IS DIABETES SELF-MANAGEMENT AND WHY IS IT IMPORTANT FOR PEOPLE WITH DIABETES TO MANAGE THEIR CONDITION?

Self-management is confidence in the knowledge and skills necessary to prevent complications and lead a healthy life with diabetes. It is the ability to successfully manage your diabetes.

People with diabetes need to stay informed and up-to-date on the latest advances in diabetes care and treatment. The knowledge and special skills required for proper management of diabetes will help you to enjoy all that life has to offer. From controlling blood sugar levels to the basics of meal planning, you can take better control of your diabetes and avoid the complications that people with diabetes often experience.

The Center for Diabetes Education has designed a series of classes for people with diabetes who need to learn how to manage their condition. These classes are conveniently offered on an ongoing basis.





BEGINNER PROGRAM

The St. Anthony Community Hospital Center for Diabetes Education's Beginner Program gives you a thorough introduction into self-management of diabetes for effective glucose control. This program features goals of good management, lifestyle changes, healthcare tips, sick day management, blood sugar monitoring, blood glucose testing, and the importance of exercise in diabetes management.

INTERMEDIATE CLASS

The Intermediate Class goes beyond the basic information presented in the Beginner Program and addresses staying healthy and avoiding diabetes complications. Special focus will be on meal planning, foot and eye care, managing blood sugar patterns, medical review of diabetes and safety precautions that you need to be aware of.

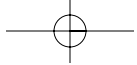


ADVANCED CLASS

The Center's Advanced Class will help you to determine carbohydrate intake for meals and snacks as well as help you plan your meals and balance medications. Successful carbohydrate counting, meal planning, recipe modification, tips for healthy cooking and planning for dining out are also covered in this class.

REFRESHER CLASS

The Center's "Gaining Better Control" Refresher Class has been designed for people who have the basic skills and knowledge needed to manage their condition who could benefit from some updating and review of self-management for better control. This class is geared toward helping you avoid diabetes complications and maintaining quality of life.



All Self-Management Education Classes are taught and/or facilitated by healthcare professionals from the St. Anthony Community Hospital Center for Diabetes Education. This includes Certified Diabetes Educators who are Registered Dieticians or Registered Nurses with a wealth of experience in helping people to live well with diabetes. Private insurance and/or Medicare may cover the cost of the classes. We will be happy to work with you determining individual coverage for these classes.



PROPER FOOT CARE: A STEP IN THE RIGHT DIRECTION

Diabetic foot care is an integral part of managing diabetes. Prevention and treatment of lower extremity complications brought on by diabetes are important to maintaining overall good health. Our healthcare team provides patient education programs focusing on proper diabetic foot care and our Physician Referral Service (1-800-972-4023) can provide you with the name of podiatrists associated with St. Anthony Community Hospital who specialize in diabetic foot care.



TAKING CARE OF YOUR EYES

Proper eye care for people with diabetes is another major concern. Elevated blood sugar levels can cause retinopathy, an eye disease caused by diabetes, which can become serious, and if left untreated, may lead to blindness. Our Center for Diabetes Education healthcare professionals provide you with information on proper diabetic eye care and the importance of regular checkups. In addition, our 24

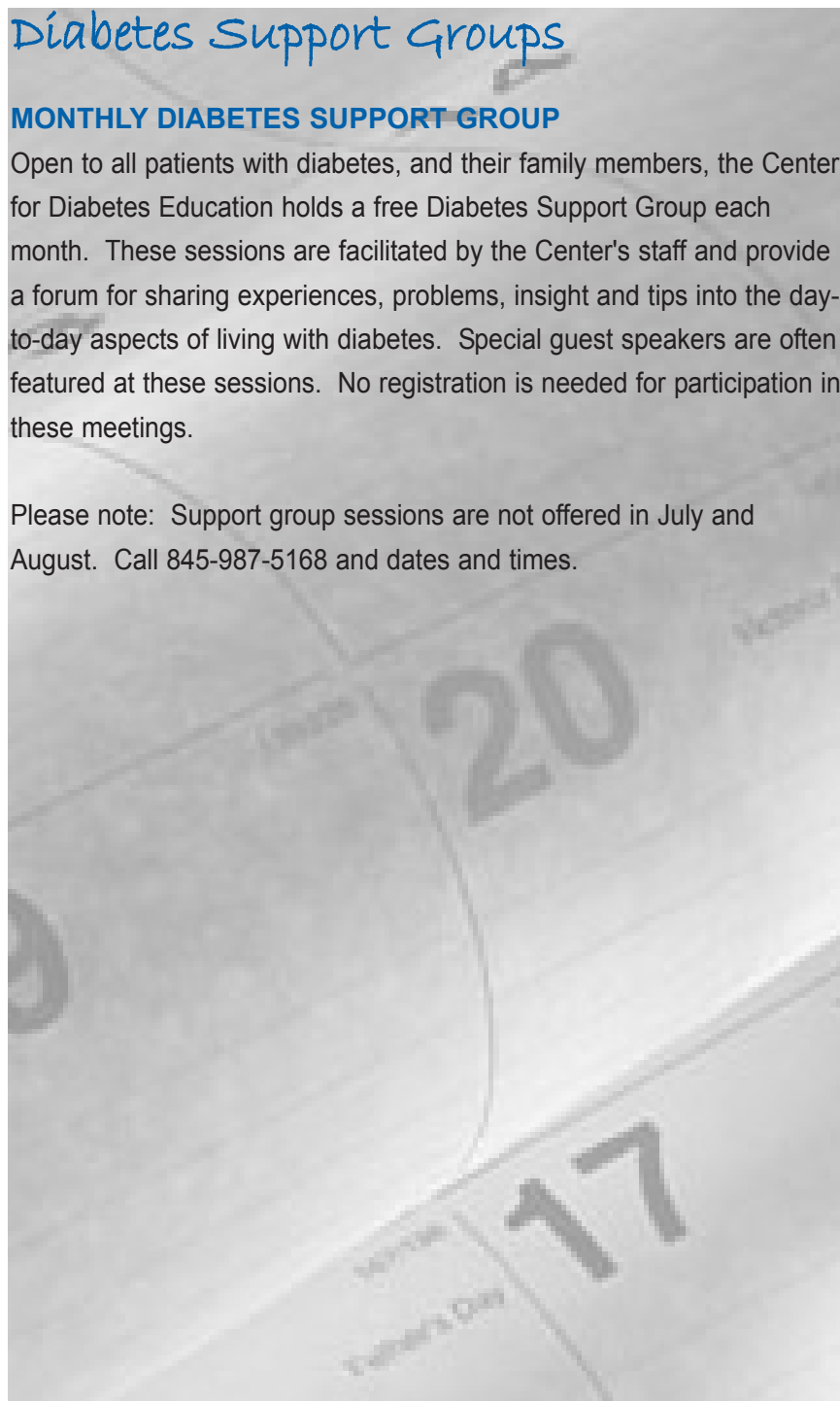
hour Physician Referral Service can provide you with the names of ophthalmologists associated with St. Anthony Community Hospital who are well experienced in detecting and treating retinopathy. Please call 1-800-972-4023 if you need to be referred to an ophthalmologist who can assist you in taking proper care of your eyes.

Diabetes Support Groups

MONTHLY DIABETES SUPPORT GROUP

Open to all patients with diabetes, and their family members, the Center for Diabetes Education holds a free Diabetes Support Group each month. These sessions are facilitated by the Center's staff and provide a forum for sharing experiences, problems, insight and tips into the day-to-day aspects of living with diabetes. Special guest speakers are often featured at these sessions. No registration is needed for participation in these meetings.

Please note: Support group sessions are not offered in July and August. Call 845-987-5168 and dates and times.



Beyond the Diabetes Education Center

IN-PATIENT DIABETES CARE AT ST. ANTHONY COMMUNITY HOSPITAL

St. Anthony Community Hospital provides a wide range of custom-tailored medical services to our patients with diabetes. Working in full cooperation with the Center for Diabetes Education, our hospital healthcare professionals deliver direct patient services designed to give you the best possible care. Nutrition counseling and social services, along with patient and family education are essential components of diabetes care while at St. Anthony Community Hospital.

Post-discharge instructions help maintain the continuum of diabetes care. Certified Diabetes Educators, Registered Dieticians and Registered Nurses on staff at the hospital are available to meet the needs of those patients with diabetes, their families and their caregivers.

The spectrum of topics that can be covered by our in-hospital staff include general diabetes care, blood glucose monitoring, nutrition counseling, medication instruction, physical activity and exercise guidelines, special needs for healthcare emergencies and the latest in treatment options.

Reaching Out

The St. Anthony Community Hospital Center for Diabetes Education offers a wide variety of programs and services aimed at public awareness of diabetes. The Center offers regularly scheduled community screening programs, special lectures, workshops, classes and more.



For further information about community programs, please contact the Center for Diabetes Education directly at 845-987-5168.

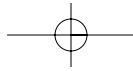
Physician Referral Service can help if you are seeking the services of a St. Anthony Community Hospital physician. Please call toll free Physician Line at 1-800-973-4023 for up-to-date information on our member physicians.

Internet Sites provide information on care, treatment and resources for people with diabetes. You can visit the St. Anthony Community Hospital website at www.stanthonycommunityhosp.org for information and links for great healthcare.

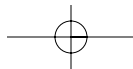
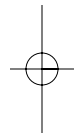
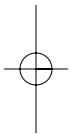
Insurance Coverage

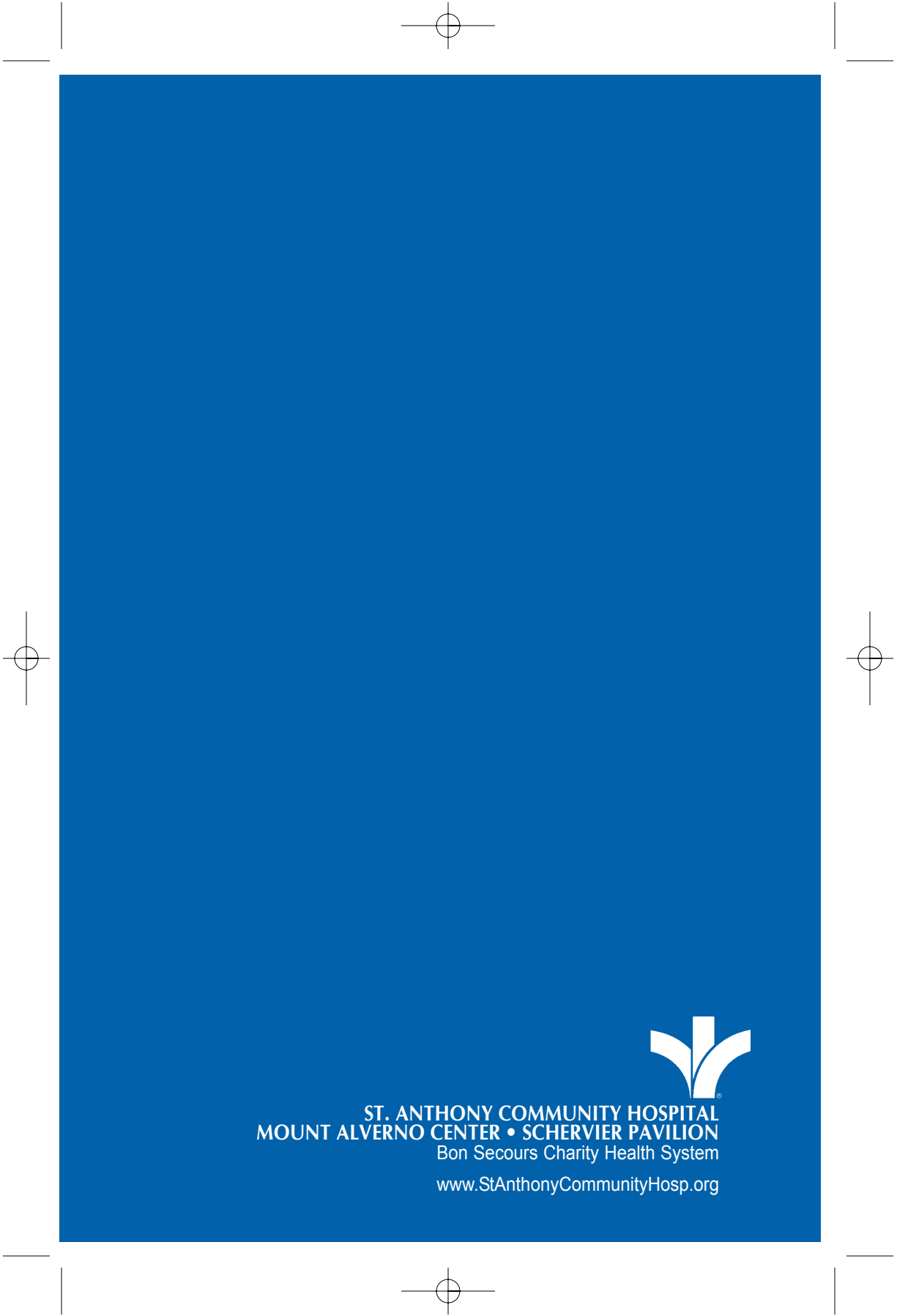
We will be happy to assist you in contacting your insurance carrier regarding insurance coverage relative to diabetes care. No person will be denied diabetes care services due to financial concerns. A physician's referral or prescription may be required for submission to your insurance provider in order for coverage to be in effect.





inside back cover





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