

## Program Goals

*To empower you to assume responsibility for the effective management of your diabetes.*

*To provide the information, support and resources that you and your support person need for self-management.*

## The Diabetes Team

*Effective diabetes management requires a team approach, starting with you as the most important member. Other primary team members involved in your care include:*

*The Diabetes Education Team*

- *Registered Nurse/Certified Diabetes Care and Education Specialist*
- *Registered Nurse Diabetes Care and education Specialist*
- *Health Care Provider*

*This team works well together to develop the most comprehensive plan for the management of your diabetes.*

*Additional support may include professionals specializing in:*

- *Podiatry*
- *Ophthalmology*
- *Pharmacy*
- *Social Work*
- *Physical Therapy*
- *Mental Health*
- *Dentistry*
- *Nephrology*
- *Cardiology & Cardiac Rehab*

## Fee / Insurance Information

*Individual consultation fees are reimbursed by most insurance carriers. It is recommended that you consult your insurance company prior to your visit for co-pay information.*

*Individuals without insurance or with insurance that does not cover diabetes education services, should contact the program to discuss options.*

*For information and or to make an appointment, please call the Diabetes Education Program at (585)335-4355.*

### Convenient Locations:

Noyes Memorial Hospital  
111 Clara Barton Street  
Dansville, NY 14437

Noyes Health Services  
50 East South St. (Rte. 20A)  
Geneseo, NY 14454

Tri-County Offices in  
Wayland & Cohocton



# Learning to Live with Diabetes

THINGS I WISH I KNEW  
WHEN I WAS DIAGNOSED  
WITH DIABETES

You are not alone.

You can still live a LONG, HAPPY, HEALTHY life

Complications are NOT inevitable  
You can do everything you did before

There are MORE good days than bad

You can still enjoy food

It does not define you

**DEAP**  
DIABETES EDUCATION  
ACCREDITATION PROGRAM

**AADE** American Association  
of Diabetes Educators

## One-to-One Education

### Private Educational Sessions

*Meet with one of our Diabetes Educators for a general diabetes information and education session to begin to gain the necessary skills needed to manage your diabetes.*

*Ongoing support is only a phone call away and you can call us anytime with questions. We will follow up with you at three and six month intervals to check on your status and answer your questions.*

### Free Glucometers

*Most glucometers can be obtained, at no charge, from the Diabetes Educator along with training on how to use them.*

### Starting on Insulin

*If your physician has determined that it is time to start insulin, you can meet individually with a Diabetes Educator to learn about storage and administration of insulin, site selection, and more.*

### Insulin Pumps & CGM

*Our educators are certified pump trainers and are available to assist you with insulin pump starts and ongoing pump support.*

## Diabetes Program Topics

*The following topics will be covered at your one-to-one appointment(s):*

### Food and Beyond

1. *What to eat, carbs, protein, fats & more*
2. *Solving the serving size mystery*
3. *Sorting through labels (bring your own)*
4. *What to do with that glucometer - learn about pattern management.*

### Complications & Exercise

1. *HGA1c—what is this? How did I get here?*
2. *The impact of illness on my blood sugar*
3. *Exercise basics, local options*
4. *The diabetes connection with our eyes, feet, kidneys, heart and more*

### Medications

*Why do I need them? How do they work?*

1. *Hypoglycemia—recognize it and treat it*
2. *Advanced carbohydrate counting*
3. *Using your meter to your advantage*
4. *Do you have an emergency plan?*

## Ongoing Education

### Continued Counseling

*Additional follow-up education sessions are available with a Diabetes Educator.*

### Continuous Glucose Monitoring

- *A screening test for patients to help evaluate current medications, identify low blood sugars and more.*
- *Real time glucose monitoring for those on insulin pumps.*

### Insulin Pump Support

*If you are on an insulin pump, this service gives you a chance to review features to make sure you are maximizing the use of your pump.*

***Go to [Noyes-Health.org](http://Noyes-Health.org).***

***Select “Thank You for Choosing Noyes Health” and see what others are saying about this program.***

*Funding from the Dansville Lions Club started this program and it continues with the support of additional Community Based Organizations.*