

# DIABETES MANAGEMENT



**MidHudson  
Regional Hospital**

Westchester Medical Center Health Network



[MidHudsonRegional.org](http://MidHudsonRegional.org)

# What is Diabetes?

Diabetes is a disease that causes the body to not produce or properly use insulin.

- The most rapidly growing chronic disease
- Impacts one out of every 12 adult New Yorkers
- More than 21,000 adults diagnosed in Dutchess County alone
- Often goes undiagnosed, as the symptoms can be overlooked or misunderstood



# What are the Symptoms?

## **Type 1 diabetes**

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

## **Type 2 diabetes\***

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts or bruises that are slow to heal
- Tingling and numbness in the hands or feet
- Recurring skin, gum or bladder infections

\* People with type 2 diabetes often show no symptoms

**If you have any of these symptoms, it is important to contact your doctor.**

# The Center for Diabetes Management

At MidHudson Regional Hospital, we are committed to providing you with a healthy approach to managing your diabetes. Our highly experienced team consists of nationally certified diabetes educators, including nurse educators and registered dietitians. You will meet with them to develop a personalized plan to manage your diabetes on a daily basis, and to gain the knowledge and problem solving and coping skills needed to successfully manage the disease and prevent complications.

To develop the individualized plan of care that will best meet your needs, our certified diabetes nurse educator, our certified diabetes dietitian and the rest of the diabetes management team collaborates with your primary care provider or endocrinologist. We offer individual and group appointments that cover a broad range of treatment and education components.

Our services include:

- Comprehensive individual assessment
- Diabetes self-management classes that meet the National Standards for Diabetes Self-Management Education and Support
- Blood glucose monitoring
- Education on oral and injectable medications
- Nutrition counseling
- Insulin pump training and management
- Continuous glucose sensing
- Diabetes management during pregnancy
- Coaching to help you overcome challenges to meet your personal health goals
- Insulin administration support
- Community education programs and support groups

**To enroll, please call us at 845.483.5188 and we will help you get started on the road to wellness.**

## Choose Our Program If:

- You found out you have diabetes or pre-diabetes
- You have had diabetes for some time and are having difficulty with blood sugar control or need a review
- You want to learn more about healthy eating to manage your diabetes
- You have developed complications related to diabetes
- You are interested in the latest technologies and treatments, including insulin pump therapy or continuous glucose monitoring

## How Our Team Can Help You

Using a non-judgmental, respectful approach, our team's primary objective is to help you learn the skills required to manage your diabetes and reduce the risk of developing complications. Knowledge is power, and our team will educate you so you can take control of your diabetes. We provide you with the tools, skills and support to be successful in leading a healthy life.

## For More Information

For more information, please call 845.483.5188. We're here to help.



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