

Diabetes Management

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 about healthy eating to manage your diabetes
- › You have developed complications related to diabetes
- › You are interested in the latest technologies or continuous glucose monitoring

How Our Registered Dietitian Can Help You

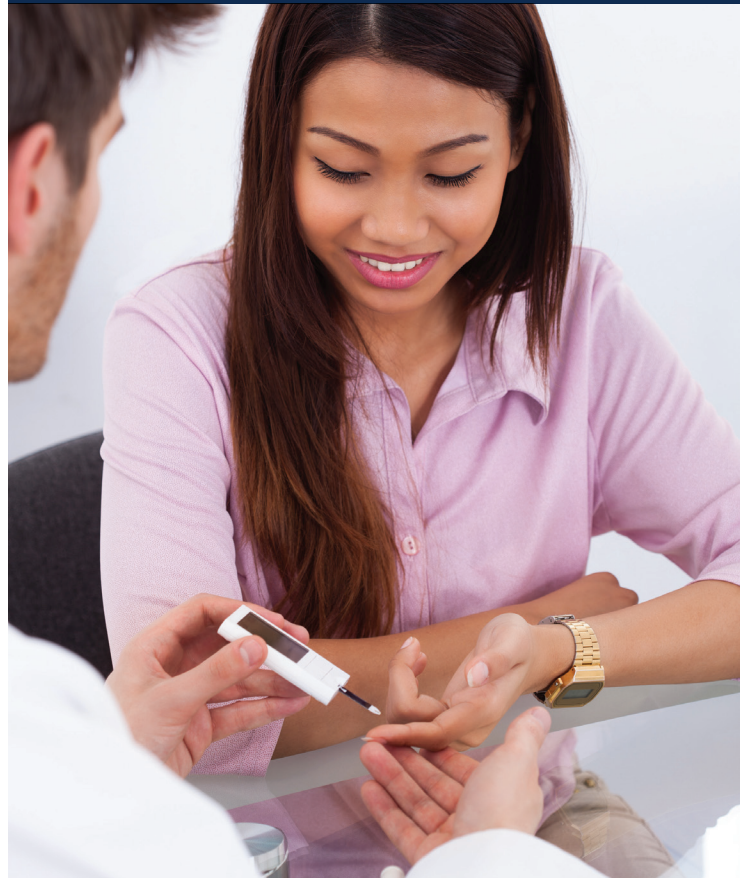
Using a non-judgmental, respectful approach, our dietitian's primary objective is to help you learn the skills required to manage your diabetes and reduce the risk of developing complications. Knowledge is power, we will educate you so you can take control of your diabetes. We will provide you with the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

For More Information

Please call 845.483.5188.
We are here to help.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network

Advancing Care. Here.

Center for Diabetes Management
1 Webster Avenue, Suite 400
Poughkeepsie, New York 12601
845.483.5188 | MidHudsonRegional.org



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The Center for Diabetes Management

At MidHudson Regional Hospital, we are committed to providing you with a healthy approach to managing diabetes. Our experienced registered dietitian will meet with you to develop a personalized plan to manage your diabetes on a daily basis, and gain the knowledge, 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 the dietitian will collaborate with your diabetes care team.

We offer individualized 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
- › Continuous glucose monitoring
- › Diabetes management during pregnancy
- › Coaching to help you overcome challenges to meet your personal health goals
- › Community education programs and support group

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



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.