



Diabetes Education Program

Diabetes – a chronic disease

Diabetes affects millions of people nationally and is estimated to afflict over 25,000 people in Broome County alone. (One third of them have not yet been diagnosed.) Approximately 300 deaths are caused by diabetes each year in our community, plus numerous occurrences of related blindness and amputations. Educating patients with diabetes in the management of this chronic disease will help to decrease these risks.

The UHS Diabetes and Endocrinology Center teaches the vital importance of patient responsibility and self-management in order for the person with diabetes to achieve and maintain optimal health.

For more information about our Diabetes Education programs:

UHS Diabetes and Endocrinology Center
93 Pennsylvania Avenue, Binghamton, NY 13903
(607) 763-6092 Fax: 763-6677

UHS Chenango Memorial Hospital
Diabetes Education Program
179 North Broad Street, Norwich, NY 13815
(607) 337-4040

UHS Delaware Valley Hospital
Diabetes Education Program
2 Titus Place, Walton, NY 13856
(607) 865-2159

UHS NurseDirect
UHS Stay Healthy Center, Oakdale Mall
Johnson City, NY 13790
8am – 8pm daily
(607) 763-5555 or (800) 295-8088

Learning to live healthy with Diabetes



NATIONAL RECOGNITION

The American Diabetes Association has attested that our Center's Self-Management Education Program meets ADA's standards for patient education. In addition, our Certified Diabetes Educators have been nationally credentialed by the American Association of Diabetes Educators and are certified pump trainers.



UHS Wilson Medical Center
UHS Binghamton General Hospital
UHS Physician Practices

UHS Chenango Memorial Hospital
UHS Delaware Valley Hospital
UHS Senior Living at Ideal

uhs.net



UHS Medical Group
UHS Home Care
UHS Foundation

UHS/LS/PS/04/17/2C

UHS Diabetes Education Series

For patients diagnosed with pre-diabetes and diabetes and their families, we recommend attending **one** of our introductory sessions:

- **Meal Planning and Meter Class**
a basic session for those individuals recently diagnosed (2.5-3 hours)
- **Diabetes Refresher Class**
for those needing a review of nutrition and meal planning for diabetes refresher (2 hours)

After your introductory session you will attend the UHS Diabetes Education Program. This will provide you with a comprehensive overview of diabetes, its care, treatment and resources for a lifetime of self-care. A meal will be served for the nutrition component. A program is scheduled each month to choose from. *(See our class schedule for choices of dates.)*

Lastly, you will be scheduled for a follow-up appointment to meet with a Diabetes Educator to review food records, blood sugars, lab values and your progress.

Our three-part instructional program helps educate patients to better understand the nature of diabetes and teach optimal self-care techniques. Slides, videos, games and handouts are utilized throughout the program.

A spouse, significant other and/or family member are invited and encouraged to attend. *(There is no charge for a guest.)*

Diabetes Education Program:

Part 1: Diabetes Overview

- Type 1 vs. Type 2
- Hemoglobin A1C blood test
- Oral medications vs. insulin
- Target blood sugar, blood pressure and cholesterol ranges
- Smoking cessation
- Support/Healthy coping

Part 2: Nutrition Basics

- Carbohydrates, proteins, fats
- Food label reading/Restaurant eating
- Fiber, sugar alcohols, sugar substitutes
- Lifestyle modifications/Being active

Part 3: Complication Prevention

- Acute complications (low and high blood sugar) vs. chronic complications (heart disease, eye/kidney disease, nerve damage)
- Sick day management
- Foot care

Attendance requirements:

To register for the diabetes education series, you will need to:

- 1) Call to register, **(607) 763-6092**.
- 2) Obtain a prescription from your physician or have your physician fax it to the UHS Diabetes and Endocrine Center (763-6677).
- 3) Schedule your introductory session.
- 4) At the introductory session you will be scheduled for the Diabetes Education Program.
- 5) The follow up individual appointment will be scheduled at the Diabetes Education Program.

Your Diabetes Educators:



Joy Forsberg, RN, BSN, CDE
Diabetes Educator763-5570

Joy is a registered nurse with a strong background in cardiac care. She is also a certified diabetes educator. She received her Bachelor of Science degree from Cedarville University.



Christine Foy, MS, RD, CDN, CDE
Diabetes Educator763-6884

Christine is a registered dietitian, and a certified dietitian nutritionist in the state of New York. She received her Bachelor of Science degree from Buffalo State College and her Masters of Science degree in human nutrition from the University of Alabama.



Judith Samsel, MSN, RN, CDE
Diabetes Educator763-5471

Judy is a Registered Nurse and a certified diabetes educator with a background in Cardiac Care and Nursing Education. She received her Bachelor of Science degree from Wilkes University and her Master of Science degree in nursing from Villanova University.

Payment

Your introductory session, self-management class, and follow-up appointment will be billed to your insurance company. **Please check with your insurance carrier for coverage. Many carriers will pay all, or a percentage, of the fee for classes and/or supplies if prescribed by a physician.**

Individual counseling

Individual counseling is also available for:

- Those who prefer or need individual counseling
- Type 1 Diabetes
- Insulin teaching
- Insulin pump therapy

You must have a physician referral for individual instruction. For information or an appointment, call **(607) 763-6092**.