

OUR GOAL:

To help empower you to take responsibility for managing your diabetes through education, support and resources.

Taking a team approach

YOU are the more important member of the diabetes management team.

Other primary team members include:

- Registered Dietitian/Certified Diabetes Cate and Education Specialist
- Registered Nurse/Diabetes Educator

This team works together to develop a 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

Consultation fees are reimbursed by most insurance carriers, but we recommend consulting your insurance company prior to your visit for co-pay information.

If you don't have insurance, or your insurance does not cover diabetes education services, please call us to discuss other options.

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

Noyes-DiabetesCenter@URMC.Rochester.edu

3 Convenient Locations

Noyes Memorial Hospital

111 Clara Barton St.
Dansville, NY 14437

Kidney and Dialysis Center

4616 Millennium Dr.
Geneseo, NY 14454

Hornell Family YMCA

118 Center St.
Hornell, NY 14843

Learning to live with DIABETES



Things I wish I knew when I was diagnosed with diabetes:

- You can still live a long, healthy life
- Complications are not inevitable
- You can do everything you did before your diagnosis
- There are more good days than bad
- You can still enjoy food
- Your diabetes does not define you as a person



UR
MEDICINE

NOYES
HEALTH

Diabetes Program Topics

The following will be covered at your one-to-one appointment:

Food and Beyond

- What to eat (carbs, proteins, fats and more)
- Solving the serving size mystery
- Sorting through labels (bring your own)
- Learn about pattern management with your glucometer

Complications & Exercise

- HGArc - What is this and how did I get here?
- Impact of illness on blood sugar
- Exercise basics and your local options
- Diabetes and its connection with our eyes, feet, kidneys, heart and more

Medications: Why do I need them and how do they work?

- Hypoglycemia—recognize it and treat it
- Advanced carbohydrate counting
- Using your meter to your advantage
- Developing an emergency plan

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

AADE American Association
of Diabetes Educators



Ongoing Education

Continuous Glucose Monitoring

- A screening test for patients to help evaluate current medications, low blood sugar and more
- Real-time monitoring for those on insulin pumps

Insulin Pump Support

- Review features to make sure you are maximizing the use of your pump.



SCAN ME

noyes.urmc.edu/diabetes

Funding from the Dansville Lions Club started this program, and it continues with the support of other community members and organizations.

ONE-ON-ONE EDUCATION

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

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

Glucometers can be brought to the visit where the Diabetes Educator can train how to use it.

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.

CONTINUED COUNSELING

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