

Are you at Risk?

Diabetes can be a silent disease. That's why regular screenings are essential, given the critical impact of early detection and treatment.

Risk factors for type 2 diabetes include:

- ❖ Over age 45
- ❖ Family history of diabetes
- ❖ Overweight
- ❖ Lack of regular exercise
- ❖ Low HDL cholesterol, or high triglycerides, high blood pressure
- ❖ Certain racial and ethnic backgrounds (e.g. African Americans, Hispanic Americans, Asian Americans)

Source: American Diabetes Association

Community Medical Center frequently offers free blood glucose screenings. Call 732.349.5757 for an upcoming schedule.

Center for Diabetes Education



Living Well with Diabetes

Diabetes is a serious and complicated disease. But it doesn't have to control your life. Armed with knowledge, routine health care – and a little motivation, you can learn to control your disease.

The Center for Diabetes Education at Community Medical Center can show you how to take that first step toward living wisely... and living well.

Incidence on the Rise

According to the American Diabetes Association (ADA), nearly 26 million people in the United States have diabetes and another 79 million people have been diagnosed with prediabetes, a condition that leads to diabetes when left unchecked.

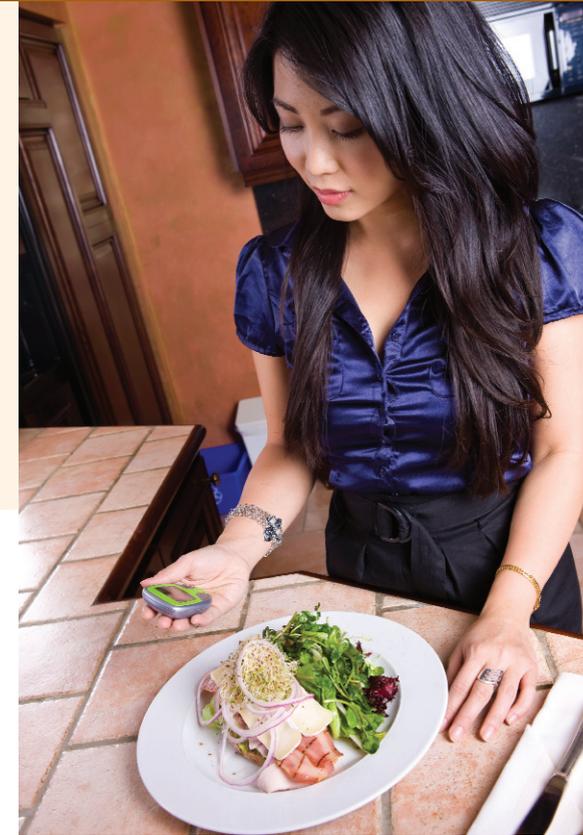
While the disease is chronic and increasingly prevalent, it can be treated, managed – and sometimes even prevented – with the right intervention.

A Partner for Healthier Living

The Center for Diabetes Education is exclusively dedicated to helping adults and children affected by type 1, type 2 or gestational diabetes. Whether you're newly diagnosed or challenged by an existing condition, our

experienced professionals can provide the tools and support you need to control your diabetes, ward off complications, and live healthfully.

Community Medical Center is certified by the ADA, which means our program meets the highest standards of diabetes education and is led by a staff of registered nurses and registered dietitians who are certified diabetes educators. They'll work in partnership with your physician to help you set and achieve your health goals through education, one-on-one counseling, support groups and other resources.

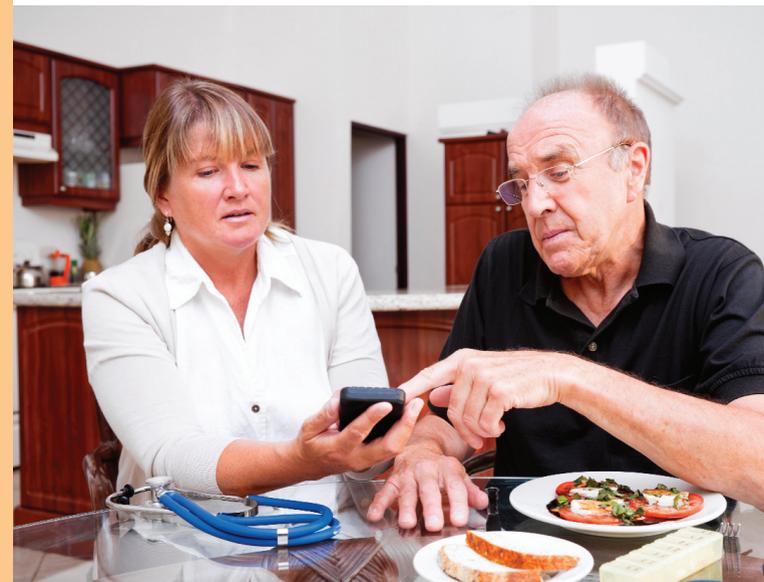


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Education

Our mission is focused on diabetes education, empowering patients with valuable knowledge and confidence to successfully manage their disease.

Diabetes Self-Management Series

This comprehensive, outpatient program provides a wealth of information for individuals who have diabetes and those who care for them. (In fact, we encourage patients to bring a companion – free of charge.) This four session series is devoted to different aspects of managing the disease, including:

- ❖ Overview of diabetes and how it affects your body
- ❖ Monitoring blood sugar levels
- ❖ Treatment options
- ❖ Meal planning, healthy cooking and eating, portion control, dining out
- ❖ Smart shopping and how to read food labels
- ❖ Staying fit
- ❖ Preventing complications
- ❖ Identifying carbohydrates and determining daily intake

Convenient day and evening sessions are offered. Participants are welcome to attend a complimentary follow-up session to track their progress.



Did you Know?

There is NOTHING that someone with diabetes can't eat.

As long as you watch portion size and eat a balanced, healthy diet.

Sugar does not cause diabetes.

No one developed the disease because of too many sweets.

You can't catch diabetes from someone else.

While genetics play a role, the disease is not contagious.

Source: American Diabetes Association

Community Outreach

The Center for Diabetes Education is committed to raising awareness about diabetes and the importance of early detection. Our staff participates in health fairs and offers free classes on diabetes-related topics.

Inpatient Diabetes Unit

Our goal is to keep you out of the hospital. But should you ever require that level of care, Community Medical Center has a dedicated inpatient unit for patients with diabetes, including adults who are newly diagnosed and those suffering complications of a pre-existing condition. The unit is staffed by nurses who are skilled and experienced in diabetes management, as well as a certified diabetes educator who can provide counseling at the bedside. Our health care team is focused on your specialized needs, so you can focus on your recovery.



One-on-One Counseling

For those who prefer a more individual approach, the Center offers private, one-on-one counseling with a certified diabetes educator. Each outpatient session is customized to meet the patient's specific needs.

Sessions address such issues as:

- ❖ Personalized meal planning
- ❖ Weight loss
- ❖ Carbohydrate counting
- ❖ Insulin/insulin pump instruction
- ❖ Setting health goals
- ❖ Overcoming personal challenges

Support Groups

Managing diabetes is a life-long commitment. With that in mind, our program offers free monthly support groups for participants to share experiences, concerns and coping strategies with others living with diabetes while also keeping abreast of the latest news and information about diabetes care. We currently offer two Diabetes Support Groups (day and evening) as well as an Insulin Pump Support Group.

Additional Services

The Center for Diabetes Education works collaboratively with other departments to provide a full continuum of care, including:

- ❖ Center for Wound Healing & Hyperbaric Medicine
- ❖ Outpatient Nutrition Counseling
- ❖ The Weight Loss Institute of New Jersey
- ❖ Cardiology Services

To Learn More

If you or a loved one has been diagnosed with diabetes, the Center for Diabetes Education welcomes you to learn more about our many programs and services.

Services are generally covered by Medicare and most major insurances. A prescription from your physician is required. Support groups, outreach classes and screenings are free and open to the community.

For more information, call the Center for Diabetes Education at 732.349.5757.

