

Are You Eligible for This Program?

To see if you are eligible, request an order/referral form or authorization from your primary health care provider. Bring this with you to your first appointment.

Contact Us!

Call Health Connections at MedStar St. Mary's Hospital at **301-475-6019** to schedule an appointment with a diabetes educator. You may also call if you have any questions, or need help obtaining a referral.



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



25500 Point Lookout Road
Leonardtown, MD 20650
MedStarStMarys.org

MedStar Diabetes Institute at MedStar St. Mary's Hospital

A team approach to diabetes care for people with high blood sugars

If you have diabetes, you are not alone. More than 29 million Americans have the condition, while more than 8 million don't even know they have it. An additional 86 million people have pre-diabetes.

The word "diabetes" frightens many people. Others shrug it off, reasoning that, if they feel healthy, there's no need for them to worry.

Neither philosophy is healthy. Ignoring the problem can lead to serious health conditions such as heart disease, blindness, kidney disease and more. Take control by getting educated.

Diabetes Self-Management Education is provided by a team of certified diabetes educators including a registered nurse and a registered dietitian. They work together with your primary health care provider to get you on the right track.

Benefits of Diabetes Education

Recognized by the American Diabetes Association, our diabetes education program will cover all you need to know about living with diabetes, including:

- Treatment options
- Meal planning
- Activity and exercise
- Monitoring blood sugars
- Managing high and low blood sugars
- Chronic complications detection, treatment and prevention
- Goal setting and problem-solving for daily living
- Coping and resources
- Medications

