

Partnerships For Success

Because people with diabetes need to be concerned about complications, our staff works closely with specialists within the Arnot Health system to manage quality of life and overall health as effectively as possible.

Specialists include:

- Kidney specialists (nephrologists)
- Cardiologists, cardiothoracic surgeons, and exercise physiologists associated with the Heart and Vascular Institute
- Vascular surgeons and podiatrists
- Specialists in obstetrics and maternal-fetal medicine (high-risk obstetrics)
- Ophthalmologists
- Psychosocial counselors

Individualized Services

The Diabetes Center also offers a range of services that can be assembled into an individualized program of care for people with diabetes, their families and their support networks. These services include:

- Medical diagnosis and management
- Self-management education classes
- Meal planning education and nutritional counseling
- Insulin pump training and support
- Referral to special services

For an appointment, please call 607-737-8151.

ArnotHealth

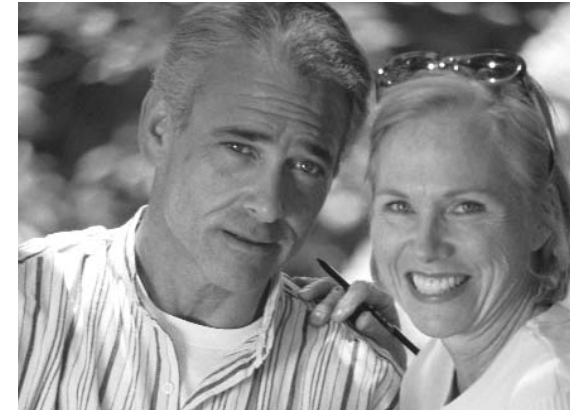
Diabetes Center

specializing in Endocrinology and Metabolism

Suites 202 and 203
 Second Floor, Health Center for Women
 Arnot Ogden Medical Center Campus
 600 Fitch Street
 Elmira, NY 14905
 607-737-8151

www.arnothealth.org

ArnotHealth Diabetes Center



Specializing in Endocrinology and Metabolism

The Arnot Health Diabetes Center joins the skills and talents of a team of healthcare professionals who specialize in the treatment of diabetes, endocrinology and metabolism.

The Diabetes Center team provides diagnosis, treatment and management for all types of diabetes:

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes

Our patients set healthcare goals and learn to incorporate proper nutrition, weight control, and exercise into everyday activities. The center offers people with diabetes experts to coordinate individual patient and family care.

These professionals include:

- Endocrinologist
- Nurse Practitioner
- Diabetes nurse educators
- Diabetes nutrition educators



Diabetes Education

Education is the cornerstone for successful self-management of diabetes. When you understand what diabetes is and how nutrition, exercise and medication work together, you'll have the tools you need to handle your diabetes and reduce the chance of serious medical complications.

The Arnot Health Diabetes Center can help you manage your diabetes right from the start. We'll be with you through the step-by-step process of learning how to manage your illness as you continually improve your skills and gain confidence.

The Arnot Health Diabetes Center provides a comprehensive series of educational classes designed around your special medical and lifestyle needs. All classes are coordinated by ADA certified Diabetes educators.

Insurance covers one comprehensive class per lifetime. After taking the comprehensive class, most insurance plans cover review classes and specialized classes. Arnot Health billing staff will be happy to answer any of your insurance related questions at 607-271-2050.

Comprehensive Class

This class meets in two separate 3.5-hour sessions scheduled one week apart. Ten content areas specified by the American Diabetes Association are covered in these sessions:

- Disease process in Type 1 and Type 2 diabetes
- Nutritional management with meal plan
- Physical activity and its relationship to diabetes
- Medications related to diabetes
- Blood glucose monitoring
- Acute and chronic complications related to diabetes
- Goal setting and problem solving
- Emotional and social issues
- Pregnancy planning and pregnancy care

The Comprehensive Class is offered in our Elmira, Erwin and Horseheads locations, and is a **prerequisite for all of our diabetes classes.**

Diabetes Review Class

This two-hour session will help you adjust your self-management plan and is offered one on one with a Diabetes Educator. Topics include:

- Updating current meal plans for improved glycemic control
- Reviewing and adjusting current monitoring schedules
- Setting goals for an updated self-management
- Reviewing carbohydrate counting
- Discussing appropriate exercise

These classes meet once a month in Elmira. *The Comprehensive Class is required before you can take these classes.*

Carbohydrate Counting Class

This two-hour session will help you get used to counting carbs in your diabetes meal planning and is offered one on one with a Diabetes Educator. Topics covered include:

- Using food labels and other resources to find carbohydrate counts
- Portion sizes and food measurements
- Association between blood glucose values and carbohydrates
- Protein and fats in foods

Is the Insulin Pump Right for You?

This two-hour session will help you decide if an insulin pump is the right choice for you. During this class you'll learn the basic concepts of this specialized diabetes therapy, find out what it takes to be successful and receive information about the various pumps currently on the market. You'll review carbohydrate counting and decide what needs to be discussed with your diabetes counselor.

Insulin Pump Training

This is a two-day series dedicated to teaching you how to begin using your insulin pump and is offered one on one with a Diabetes Educator. At the end of the class you'll be scheduled to start using your pump with saline. Topics covered include:

- Basic use of your selected insulin pump
- Checking basal and bolus insulin rates
- Using your selected insulin pump supplies
- Practicing your new skills

These classes meet once a month in Elmira. *The Comprehensive Class is required before you can take these classes.*

Insulin Pump Refresher Class

This two-hour session is a review class for people already using insulin pump therapy. You'll review meal planning, carbohydrate counting and how to check basal and bolus insulin rates. One hour is dedicated to helping you learn about the advanced features on your pump.

This class meets once a month in Elmira. *The Comprehensive Class is required before you can take these classes.*

Intensive Insulin Management

This three-hour session is only offered to patients of the Diabetes Center who want to learn how to adjust their insulin doses throughout the day. You'll learn how to calculate your insulin dose based on your carbohydrate intake and blood glucose value. You'll then use an insulin pump or multiple daily injections to apply this therapy for your specific needs. Instruction includes personalized blood glucose follow-up.

This class meets once a month in Elmira. *The Comprehensive Class is required before you can take this class and it is only available to patients of the Diabetes Center.*

For an appointment, please call 607-737-8151.