Please contact us if:

- You want more information about our program
- You have any questions about diabetes and other nutrition-related conditions
- You would like to make an appointment

The Diabetes and Nutrition Education Center at St. Mary’s Healthcare Memorial Campus
4988 State Highway 30
Amsterdam, New York 12010
Phone: (518) 841-3717

HOURS OF OPERATION
The Diabetes Center is open Monday through Friday 8:00 AM—4:00 PM.
The Diabetes and Nutrition Education Center at St. Mary’s Healthcare Memorial Campus is dedicated to providing outstanding, comprehensive, and accessible education for diabetes self-management while always following Christian ideals. We believe that knowledge and support are critical to empowering individuals with diabetes to better manage their disease and achieve optimal health.

The Diabetes & Nutrition Education Center at St. Mary’s Healthcare is an American Diabetes Association recognized education program that provides comprehensive Diabetes Self Management Training (DSMT) to our participants.

The Diabetes and Nutrition Education Center also offers nutrition education. Medical Nutrition Therapy is an integral part of managing your overall health and well-being. We provide nutrition education and counseling to people with a multitude of medical nutrition therapy needs including: weight management for adults, teens, and children, cardiovascular health, cholesterol management, hypertension, food allergy and intolerance (example: Celiac Disease and Gluten free diet), digestive disorders, and general nutrition and wellness.

A Comprehensive Approach for Diabetes and Nutrition Care

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Expert Assistance

- Education for adults, adolescents, and children provided by a Registered Dietitian/Certified Diabetes Educator (RD/CDE)

- Monthly Diabetes Support group, Diabetes Busters

- Currently we provide one-on-one sessions

- The Diabetes and Nutrition Education Center works in partnership with area physicians to provide quality Diabetes Self-Management Training and Medical Nutrition Therapy for people with diabetes and other nutrition-related medical conditions.

What Will You Learn About Your Diabetes?

- **What is Diabetes and How to Manage It**
  - Types of diabetes
  - Diabetes Medications
  - Blood sugar testing

- **Nutrition A-Z**
  - Carbohydrate Counting
  - Low Cholesterol/Low Fat

- **Preventing Diabetes Complications**
  - Recommended exams and tests to prevent diabetes complications
  - Blood glucose control

- **Exercise and Stress Management**
  - How to incorporate exercise into your lifestyle
  - Techniques for stress reduction