
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.**

**St. Mary's
Healthcare**
Care You Can Trust

**The Diabetes & Nutrition
Education Center at
St. Mary's Memorial Campus
4988 State Highway 30
Amsterdam, New York 12010**



**The Diabetes and
Nutrition Education
Center
at
St. Mary's
Memorial Campus**



A Comprehensive Approach for Diabetes and Nutrition Care

- ◇ 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.*

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