

# Diabetes Center

## NUTRITIONAL COUNSELING

The Diabetes Center offers individual and group education that will give you the tools to take control of your health. Our professional staff of registered dietitians and nurses are eager to assist you with weight loss, cholesterol management, diabetes management skills, or any other nutrition related goal.

## WOUND MANAGEMENT

Diabetes and a variety of other medical conditions may result in wounds that may be slow to heal or may not heal properly. The Diabetes Center offers comprehensive assessment of the lower extremities. Care is directed at controlling risk factors and preventing complications.

If needed, the Diabetes Center will facilitate a referral to the Roper St. Francis Wound Management Center. Services available through the Wound Management Center include:

- Comprehensive lower extremity evaluation
- Care for vascular or diabetes related ulcerations
- Lower extremity wound care
- Preventative care for diabetes related foot complications
- Toenail and callus care for diabetics and others at risk for lower extremity problems

For more information about the Wound Management Center call 402-1840.

For more information about the Diabetes Center at Bon Secours St. Francis Hospital, please call 402-1099.



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



[www.rsfh.com](http://www.rsfh.com)





## COMPREHENSIVE DIABETES CARE OUR TEAM APPROACH

The Roper St. Francis Diabetes Center offers a team of specialists that care for people with any stage of diabetes. While there is no cure for diabetes, the Diabetes Center offers comprehensive services to help control the disease and prevent or manage the complications that are common to diabetes.

Through the expertise of our certified diabetes educators working under the supervision of a board certified Endocrinologist, the Diabetes Center offers a broad range of treatment and educational components including:

- Intensive self-management training
- Blood glucose monitoring
- Insulin injection techniques
- Oral medication management
- Diabetes management during pregnancy
- Nutritional counseling and proper meal planning
- Exercise training
- Support groups
- Diabetes seminars
- Stress management
- Foot and nail care

Every 60 seconds at least one person is diagnosed with diabetes – making it the sixth leading cause of death in the United States. There are 300,000 adults in South Carolina with known diabetes and at least 120,000 more who have diabetes but do not yet know it.

Diabetes is a serious problem, because when left untreated, diabetes and its complications can lead to heart and kidney diseases, amputation, blindness and other serious problems. In fact, it costs South Carolina an estimated \$1.8 billion annually for direct medical care and lost productivity related to diabetes.

But studies have proven conclusively that controlling blood sugar levels can reduce the long-term complications of diabetes. And effectively controlling blood sugar levels over the long term is what the Roper St. Francis Diabetes Center is all about.

## YOUR DIABETES RESOURCE

Our Diabetes Center is recognized by the American Diabetes Association. This means that our center is formally recognized for its quality programs and meets National Standards for Diabetes Self-Management Education. The center is an excellent resource for people with diabetes at any stage. You can benefit if you:

- Just found out you have diabetes
- Have had diabetes for some time and are having difficulty with blood sugar control
- Have developed complications related to diabetes
- Are interested in the latest technology and treatment
- Need help with a specific topic such as proper foot care, diet instructions or traveling
- Are in Roper or Bon Secours St. Francis Hospitals for any illness or surgery

For more information about the Diabetes Center please call 402-1099.

