

YOUR DIABETES RESOURCE

St. Francis Hospital's diabetes treatment program is recognized by the American Diabetes Association. This means that we are formally recognized for our quality programs and meet Standards for Diabetes Self-Management Education. St. Francis Hospital is an excellent resource for people with diabetes.

YOU CAN BENEFIT IF YOU:

Just found out you have diabetes

Have diabetes and are having difficulty with blood sugar

Have developed complications related to diabetes

Need help with a specific topic such as proper foot care, meal planning or traveling

Are admitted to Roper, St. Francis or Mount Pleasant Hospitals for inpatient treatment

Have pre-diabetes

For more information about St. Francis Hospital's diabetes treatment program, please call (843) 402-1099.



The American Diabetes Association recognizes this education service as meeting the national standards for diabetes self-management education.

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**St. Francis Hospital Diabetes Treatment –
East Medical Office Building**

2093 Henry Tecklenburg Drive, Suite 201-E
Charleston, SC 29414

www.rsfh.com/diabetes



WHAT IS DIABETES?

Diabetes is a disease in which your body cannot properly use the food that you eat for energy. In South Carolina, one out of every seven patients admitted to the hospital has diabetes. The Center for Disease Control reports that in 2010, 25.8 million or 8.3% of the U.S. population are affected by diabetes and seven million people are undiagnosed. Diabetes is a serious problem, because when left untreated, diabetes and its complications can lead to other serious problems and even death.

Studies have proven conclusively that controlling blood sugar levels can reduce the long-term complications of diabetes. Helping you control your blood sugar levels for enhanced longevity and health is what St. Francis Hospital's diabetes treatment program is all about.

We may be able to help you answer these questions and more.

What can I eat now?

Can I still have starchy foods and carbohydrates?

Can I still drink soda or sweet tea?

Will I have to go to dialysis or have an amputation?



COMPREHENSIVE DIABETES CARE

The St. Francis Hospital diabetes treatment team is a group of multi-disciplinary specialists who care for adults with pre-diabetes, Type I, Type II and gestational diabetes. While there is no cure for diabetes, we offer education and support to help control the disease and prevent or manage the complications related to diabetes.

Through the expertise of our certified diabetes educators working under the supervision of a board certified Endocrinologist, St. Francis Hospital's diabetes treatment program offers a broad range of treatment and educational components including:

Blood glucose monitoring

Insulin injection training

Oral medication management

Diabetes management during pregnancy

Nutritional counseling and meal planning

Exercise

Stress management

A variety of day, evening and Saturday classes for your convenience

PRE-DIABETES

Pre-diabetes, sometimes called borderline diabetes, is a condition that many people get before they are diagnosed with diabetes. Exercising, healthy eating habits and losing weight can prevent or delay diabetes. Meet with our dietitian for more information on how to help prevent or delay diabetes. We can refer you to specialists to help with other conditions common to people with diabetes, such as high cholesterol, high blood pressure, sleep apnea, foot care and heart problems.

NUTRITIONAL COUNSELING

St. Francis Hospital's diabetes treatment program offers individual and group nutritional counseling to give you the tools to help you take control of your health. Our professional staff of registered dietitians and nurses is eager to assist you with weight loss, cholesterol management, diabetes management skills or any other nutrition-related goals.