

Education Is the Key to Understanding and Managing Diabetes

Nearly 29.1 million individuals in the United States have diabetes. Diabetes can have a devastating effect on one's life.

If you are one of those 29.1 million, Montefiore New Rochelle's Diabetes Education Program will teach you and your family about the changes that occur in your body and show you ways to minimize the potential complications associated with diabetes.

If you are 18 years of age or older and have been diagnosed with or have uncontrolled type 1, type 2 or gestational diabetes, the program staff will give you the tools to help you successfully control your diabetes.

Remember, the most important member of the Diabetes Education team is YOU.

Your team of nurses and registered dietitians, who are specially trained in diabetes management, are available during regular office hours to address your questions, as well as consult at each visit. Another important member of the team is your primary care physician. The diabetes educators at Montefiore New Rochelle will work closely with your doctor, providing detailed information on your progress.



The Diabetes Education Center
16 Guion Place
New Rochelle, New York 10802
914-365-4059

Montefiore | New Rochelle

Part of the Montefiore Health System, Montefiore New Rochelle Hospital is a 242-bed, community-based teaching hospital offering primary, acute and emergency care to the residents of southern Westchester County.

www.montefiorehs.org

Montefiore is a registered 501c3

MNR-22753

Montefiore | New Rochelle



The Diabetes Education Center

ADA Certified Outpatient Program

"I wish I knew about this program two years ago."



The Diabetes Education Program

Are you newly diagnosed with or having trouble controlling your diabetes?

Your physician will refer you to Montefiore New Rochelle's Diabetes Education Center for managing your diabetes. **The Diabetes Education Outpatient Program at Montefiore New Rochelle has been recognized by the American Diabetes Association (ADA) for quality self-management education.**

This program is staffed by certified diabetes educators who are specially trained in diabetes management.

You will learn through one-on-one, as well as group, sessions about your disease and the steps you can take to improve your health.

Included will be information on: diet, medications, home blood glucose monitoring, hyper/hypoglycemia management, foot care, exercise, sick-day guidelines, stress management and insulin pump training.



"Staff was very helpful and took extra time to explain everything—and did not rush!"



For pregnant women and their unborn children, the Gestational Diabetes Program at Montefiore New Rochelle focuses on a successful pregnancy outcome. Since diabetes represents a high-risk pregnancy, close monitoring and collaboration with your obstetrician is a hallmark of the program, along with immediate control of blood glucose levels. While the Gestational Diabetes and Diabetes Education Programs are both offered as outpatient sessions, should you, as a program member, find yourself hospitalized at Montefiore New Rochelle, one of the certified diabetes educators will monitor your progress.

Sweet Talk

Montefiore New Rochelle offers an educational support group for individuals with diabetes and their families. Each month a guest speaker presents a topic of interest, with members given an opportunity to ask questions and share their concerns.

Meetings are held at:

Montefiore New Rochelle, 5th floor, eight times a year on the fourth Tuesday of each month from 7:00 to 8:30 pm. Please call for information and to confirm the meeting date.

This program offers a unique outreach component. An annual supermarket tour is conducted at a local food store, during which registered dietitians and certified diabetes educators instruct participants in making healthy food choices and the importance of reading and understanding food labels. In addition, we offer free educational programs and diabetes risk assessments that are conducted in the community on an ongoing basis.

Take Action . . .

Call for an appointment with a Montefiore New Rochelle diabetes educator who will assess your needs.

Hours

Monday, Tuesday, Thursday and Friday 9:00 am to 5:00 pm; Wednesday hours vary. Please call for more information.
Evening classes 6:00 to 8:00 pm as scheduled.

Location

Main Hospital Building, 5th Floor, at the Jaycee Lynn Cappelli Diabetes Center

Payment

Diabetes education is covered by Medicare and many insurance plans. Check with your provider to determine coverage and referral requirements.

For more information or to schedule an appointment, please call 914-365-4059.

"This is the best diabetes class I have ever attended, and the staff was excellent."

