Support **Groups**

The Adult Diabetes Treatment Center in Endocrinology coordinates two types of support groups for patients with diabetes and their families.

- **The General Diabetes Support Group**: Support groups are run by certified diabetes educators and are for patients with all types of diabetes. Twice a year, physician speakers are scheduled to address different aspects of diabetes management.
- **The Insulin Pump Support Group**: Experienced pumpers and potential insulin pump candidates are urged to attend the quarterly meetings. Evaluating and treating "unexplained" hyperglycemia and hypoglycemia, reviewing pump features and their use, and troubleshooting tips for care are some of the topics discussed in the group.

The Diabetes **Team**

A multidisciplinary group of doctors, nurses, rehabilitation therapists, social workers, and other staff members are dedicated to the evaluation, treatment, and education of patients with any form of diabetes.

Educators:

Carol French, RD, CDE, BC-ADM
Rita Ketay, RN, CDE, BC-ADM

Clinicians:

Danielle Basta, NP, CDE
(inpatient diabetes team)
Paul Beisswenger, MD (Type 1 diabetes only)
Kathleen BelBruno, MD
Diane Bilotta, NP, CDE
Richard Comi, MD
Jeanne Jacoby, NP (inpatient diabetes team)
Jack Turco, MD

Office Coordinator:

Beverly Poirier

Contact Us

For more information about the Adult Diabetes Center at Dartmouth-Hitchcock Medical Center, please call us at (603) 650-8630 or visit our website at www.dhmc.org/goto/diabetes.

DARTMOUTH-HITCHCOCK MEDICAL CENTER

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DHMC PA/M 20070327

The Adult Diabetes Treatment Center

DARTMOUTH-HITCHCOCK MEDICAL CENTER

If you have diabetes, pre-diabetes (impaired glucose intolerance), or you know someone who has these conditions, the Adult Diabetes Treatment Center at Dartmouth-Hitchcock Medical Center is the place for expert care. We provide the education and support you need to take charge and keep your diabetes under control.

Clinical **Care**

Your primary care doctor can refer you to the Adult Diabetes Treatment Center. The center provides comprehensive inpatient and outpatient evaluation and treatment for adults with diabetes.

You will meet with an Endocrinologist, a physician who specializes in the treatment of diabetes, and/or a diabetes-dedicated Nurse Practitioner who will provide ongoing, personal diabetes care. You will also have access to Certified Diabetes Educators who will provide strategies for managing your diabetes.

When appropriate, patients can be referred to other programs and specialists at Dartmouth-Hitchcock Medical Center such as the clinics specializing in Foot Care, Ophthalmology, Cardiology, Transplantation Surgery, Neurology and Dialysis Services.

Our clinical offerings are covered by most insurance plans, including Medicare.

Special Programs and **Innovative** Technologies

Our providers work closely with patients to bring them the greatest benefits from exciting, new technologies.

- **Insulin Pump Program**: Insulin pumps can be a life-changing experience if you are the right candidate. Our team works with patients to determine if the pump is the right choice for them and provides extensive guidance on use of the pump, how to handle dietary changes, exercise and other common lifestyle issues. All types of insulin pumps are supported through our individualized instruction.
- **Glucose Sensor Program**: Glucose sensors are the newest device in diabetes care. This device monitors blood sugar continuously. Patients can trial this monitor through our loaner program. Come see what you are missing.

Education

Since 1994, the American Diabetes Association has recognized the Adult Diabetes Treatment Center in Endocrinology as a Diabetes Education Center of Excellence. Patients can benefit from a variety of classes, including:

- **Pre-Diabetes Class**: This weekly, hour-long class reviews how nutrition and exercise programs can delay or prevent progression of pre-diabetes to diabetes. An experienced, certified professional instructs this group.
- **Diabetes Classes**: The Jump Start Program is a series of three-hour classes with different certified diabetes educators teaching the basics of diabetes self-care, which includes nutrition, blood glucose testing, medication management, exercise, prevention of complications, and lifestyle issues.
- **Tune Up Conference:** Every May, the center sponsors a conference that examines innovations in all diabetes care areas: healthy eating, exercise, devices, medications, research and motivation.
- **One-on-One Counseling**: All aspects of diabetes care can be covered in depth with one-on-one sessions with our Registered Nurse, Certified Diabetes Educator (CDE) and/or Registered Dietitian, CDE.