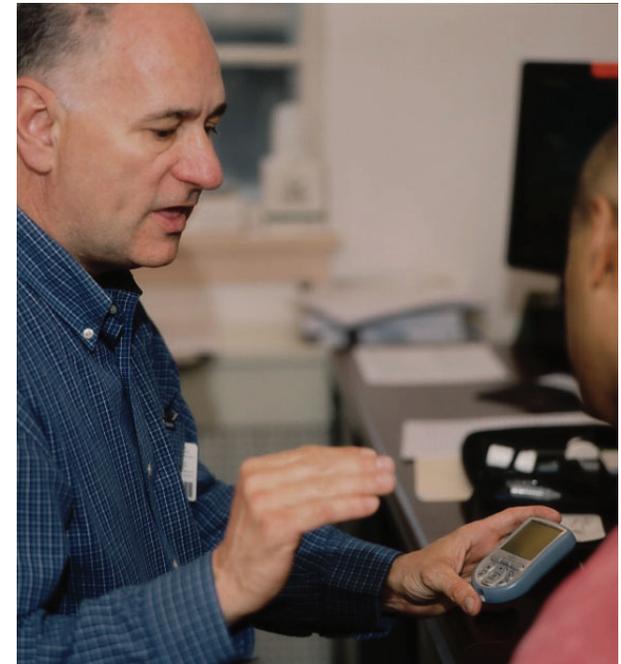


Diabetes Education & Counseling

Providing the educational leadership and support you need to take charge of your condition



Our Mission

We provide community-based quality health services delivered with compassion and respect.

Our Vision

The best patient care experience....every patient....every time



Brattleboro Memorial Hospital
EXCEPTIONAL CARE FOR OUR COMMUNITY

17 Belmont Avenue, Brattleboro, VT 05301
802-257-0341 • www.bmhvt.org



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Taking Charge

A Disease you can live with

Almost 20 million people in the United States have diabetes, and half of them are not even aware that they do. Yet those who are aware, and who make a commitment to taking charge of their condition, can significantly reduce their chances of developing the more serious complications associated with diabetes.

Taking Charge

The Diabetes Education and Counseling Services Program at Brattleboro Memorial Hospital is designed to give you the support you need to gain control over your condition. Our team of a certified diabetes educator and registered dietitians works with you and your physician to develop an individualized plan that you can live with. Your instructions session - all based on standards set by the American Diabetes Association - may include:

- general information about diabetes
- coping with a chronic condition
- complications of diabetes and how to avoid them
- nutrition and meal planning
- exercise guidelines
- blood glucose monitoring techniques
- use of medications (insulin and oral drugs)
- healthy travel
- managing sick days
- weight control
- handling hypoglycemia

Instructions may be given one-on-one, or in small groups. Physician referral is required for individual consultation, and is strongly encouraged for classes as well. Family members of persons with diabetes are welcome to attend.

Lifelong Learning

You can always learn something new about diabetes management, and also about developments in treatments and research. Our program staff remains available to you after you have completed your initial class or individual instruction - whether you want to keep in touch by phone or schedule periodic follow-up visits.

General Information

The cost of individual sessions and group classes is covered by most insurance companies operating in the State of Vermont. You are encouraged to call you insurance company and inquire about coverage.

For more information about the Diabetes Education and Counseling Services Program at BMH, call 802-251-8429.

To schedule an individual appointment at the Diabetes Clinic, call 802-257-3145 between 8:00 a.m. - 4:30 p.m., Monday through Friday.