

Our Staff



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DIABETES CARE AT INLAND HOSPITAL

- **Comprehensive Diabetes Management and Education**
- **Diabetes Care Series**
- **Pre-Diabetes Class**
- **Telephonic Diabetes Education and Support Program**
- **Inpatient Diabetes Management**
- **Community Diabetes Education Programs**
- **Gestational Diabetes Education**

Diabetes and Nutrition Wellness

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www.inlandhospital.org



EMHS members work together to bring quality healthcare to you.
TOGETHER WE'RE STRONGER

8/09



*Diabetes &
Nutrition
Wellness
at Inland Hospital*



Inland Hospital
Where YOU come first



TOGETHER We're Stronger



At Inland Hospital we provide the tools to help you take control of your diabetes and live a healthier life.

Our Comprehensive Diabetes Management Program consists of:*

- Expertise from Certified Diabetes Educators/Certified Family Nurse Practitioner
- Intensive insulin management
- Insulin pump evaluations and adjustments
- Medication adjustments
- Byetta training and management (medication management)

**Physician's referral required*

Diabetes Self-Management Education Program consists of:*

- A 1-hour visit with a Nurse to learn the basics of diabetes management including how to monitor blood sugar
- A 1-hour visit with a Dietitian to develop a meal plan that works for you
- A series of group classes on all aspects of managing diabetes
- Three follow-up visits with a Certified Diabetes Educator

**Physician's referral required*

Diabetes Care Series

Join our diabetes educators and other people living with diabetes for support and strategies to live a longer, healthier life. Offered free of charge at physician offices and community centers throughout the year. For dates, series topics and locations, call 861-7150 or visit www.inlandhospital.org.

Pre-Diabetes Class

Free quarterly classes where you will learn how making a few simple lifestyle changes can help you reduce the risk of developing diabetes.

Telephonic Diabetes Education and Support Program

Monthly individual education and support offered in the work setting for Maine State Employees, Medical Care Development, and Maine Municipal Health Trust over the course of one year. Initial personal assessment, then monthly contact by phone with an Inland Diabetes Educator.

Inpatient Diabetes Management

A comprehensive approach to provide the highest quality of care to patients with diabetes during their hospital stay.

Community Diabetes Education Programs

Contact us for more information about our Diabetes Educators visiting your organization or workplace to provide education about diabetes.

Gestational Diabetes Education

Comprehensive education following the American Diabetes Association standards of care for gestational diabetes. Topics discussed include how diabetes occurs during pregnancy, complications of gestational diabetes, monitoring blood sugar, and nutrition.

To register for any of these programs call 861-3333. For more information call 861-7150.

