

## DIABETES EDUCATION SERIES AT THE NOVO NORDISK FAMILY RESOURCE ROOM

In addition to individual and group education, there are informal sessions offered in the Novo Nordisk Family Resource Room, located at Capital Health Medical Center—Hopewell. Topics include pre-diabetes, dining out, diabetes and sleep disorders, exercise and heart disease, sick days and emergencies.



## LOCATIONS

Our diabetes education programs are now held at these two locations:

Capital Health—Hamilton  
1401 Whitehorse-Mercerville Road  
Hamilton, NJ 08619

Capital Health Medical Center—Hopewell  
One Capital Way  
Pennington, NJ 08534  
Tel: 609.537.7081 Fax: 609.537.7189

Directions to both facilities are available by visiting us online at [capitalhealth.org](http://capitalhealth.org) (click on the Our Locations tab and then the “View Map & Directions” link under each location).

To learn more about our comprehensive diabetes education program or classes offered at the Novo Nordisk Family Resource Room, please call

**609.537.7081**

or visit our website at

[www.capitalhealth.org](http://www.capitalhealth.org)



**capitalhealth**

Minds Advancing Medicine

[capitalhealth.org](http://capitalhealth.org)



## DIABETES EDUCATION



**capitalhealth**

Minds Advancing Medicine

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## DIABETES EDUCATION AT CAPITAL HEALTH

Diabetes Education at Capital Health is a comprehensive referral-based diabetes education program that empowers individuals to successfully self-manage their diabetes. Our educational approach is widely recognized as the best method to help you achieve optimal health related outcomes while living with diabetes.

Combined with the care you receive from your referring physician, our unique services will help you take charge of your own health under the supervision of a multidisciplinary team.

### THE DIABETES EDUCATION TEAM INCLUDES:

- Certified Diabetes Educators
- Registered Nurses
- Registered Dietitian
- Exercise Physiologist
- Pharmacist

## HELPING YOU SELF-MANAGE DIABETES

We offer day and evening programs to help you better manage your diabetes with the help of your physician. Benefits include:

- Initial assessment provided by a certified diabetes educator or nurse educator
- Meal planning provided by a registered dietitian (including carbohydrate counting, reading food labels, snacking, dining out and special occasions).



- Exercise management provided by an exercise physiologist
- Overview of medications used to treat diabetes by a pharmacist
- Daily blood glucose and blood pressure monitoring
- Tips on prevention and detection of acute and chronic complications, as well as possible treatment options, based on your referring doctor's recommendations
- Information on the psychosocial aspects of diabetes
- Interaction and support from other program participants
- Personalized progress reports sent to your referring doctor
- An eight week follow-up appointment
- Information about the importance of sleep and the association between sleep apnea and diabetes

- Individual appointments are available regarding insulin injection, blood glucose monitoring, and meal planning.

By participating in our program, you and those who support you have an opportunity to better understand the complications of diabetes. Our program provides individualized consultation or group sessions. Family members or significant others are encouraged to attend.

The comprehensive monitoring and education provided by our team adheres to the national standards set forth by the American Diabetes Association (ADA)\*. Our team communicates with your referring physician who will continue to monitor your medical condition.

*\* Our program has been recognized by the ADA since 2005.*