

## 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 managing stress, exercise and heart disease, sick days and emergencies.

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



## CONTACT US

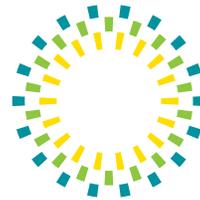
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Pennington, NJ 08534  
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## ADDITIONAL LOCATION

1445 Whitehorse-Mercerville Road  
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## ENDOCRINOLOGY SPECIALISTS



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2/2018



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## OUR TEAM

At Capital Health – Endocrinology Specialists, we are committed to partnering with you and your referring physician to design a treatment plan that meets your individual healthcare needs. Our highly trained staff specializes in the treatment and care of people living with all forms of diabetes, thyroid disorders, metabolic bone diseases (such as osteoporosis) and other problems involving the endocrine (or gland) system.

Our board certified, fellowship trained endocrinologists and nurse practitioner provide patient-centered care for adults ages 18 and older. We value you — our patients and referring physicians — as an integral part of our healthcare team. An initial visit includes an individualized assessment, which will help guide your treatment plan. We will continue to work with your primary care physician to make sure that the plan we develop collaborates with your overall health plan.

Individuals living with diabetes play a crucial role in managing their glucose. Our primary focus is to empower patients to become more knowledgeable about their disease. Our certified diabetes nurse educator works together with our providers to help you self-manage your diabetes for everyday living. She works individually with people living with diabetes to promote healthy lifestyle changes designed to optimize diabetes management and overall health.



### NAZISH AHMAD, MD

Dr. Ahmad completed her endocrinology and metabolism fellowship training at Thomas Jefferson University Hospital in Philadelphia, PA. Prior to this, she completed her internal medicine residency at Capital Health Regional Medical Center. She received her medical degree from Baqai Medical College in Karachi, Pakistan. Dr. Ahmad speaks fluent Spanish and Urdu/Hindi.



### SHERI GILLIS FUNDERBURK, MD MEDICAL DIRECTOR

Dr. Gillis Funderburk received her medical degree from the University of Medicine & Dentistry of New Jersey – Robert Wood Johnson Medical School where she also completed an internal medicine residency and fellowship training in endocrinology and metabolism. She is board certified in endocrinology. She is also the medical director of Capital Health's Diabetes Education Program.



### SUNIL R. THOMAS, MD

Dr. Thomas completed his fellowship training in adult endocrinology at Henry Ford Health System in Detroit, MI and his internal medicine residency at Metrohealth Medical Center in Cleveland, OH. He is board certified in internal medicine and endocrinology.



### ERIKA VILLANUEVA, MD

Dr. Villanueva received her medical degree from Rutgers New Jersey Medical School. After completing her residency in internal medicine at Thomas Jefferson University Hospital in Philadelphia, Dr. Villanueva completed fellowship training in endocrinology, diabetes, and bone disease at the Icahn School of Medicine at Mount Sinai in New York, NY. She is board certified in internal medicine and endocrinology, diabetes, and metabolism.



### CATHERINE "BETH" SHALTIS, MSN, ACNP-BC

Catherine "Beth" Shaltis is a board certified advanced practice nurse with more than two decades of clinical experience. She earned her Bachelor of Science in Nursing from Allegheny University of the Health Sciences (currently Drexel University) in Philadelphia, PA and completed her acute care nurse practitioner training at the University of Medicine and Dentistry of New Jersey (UMDNJ).

## DIABETES EDUCATION

In addition to our practice, we also offer a diabetes education program that is certified by the American Diabetes Association. This intensive program is widely recognized as the best model for improving the lives of patients with diabetes through personalized diabetes evaluation, one-on-one physician consultation, nutrition counseling, fitness and rehabilitation programs, wound care, and community diabetes lectures. The program empowers individuals to take control in order to live comfortably with diabetes.

Patients enter the program through a referral from their primary care physician. Once the program is completed, patients then continue to work with their regular primary care physicians for their overall health plan.

The program's trained professionals include certified diabetes educators, exercise physiologists, pharmacists, and registered dietitians.

