

# Greater Rochester Pre-Diabetes and Diabetes Education and Support Services Guide



 **American Diabetes Association®**



**Monroe County Department of Public Health**

(Revised November 2018) <https://www2.monroecounty.gov/files/health/Diabetes.pdf>

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# What is Diabetes?

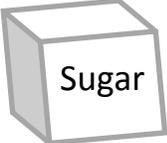
## What is Diabetes?

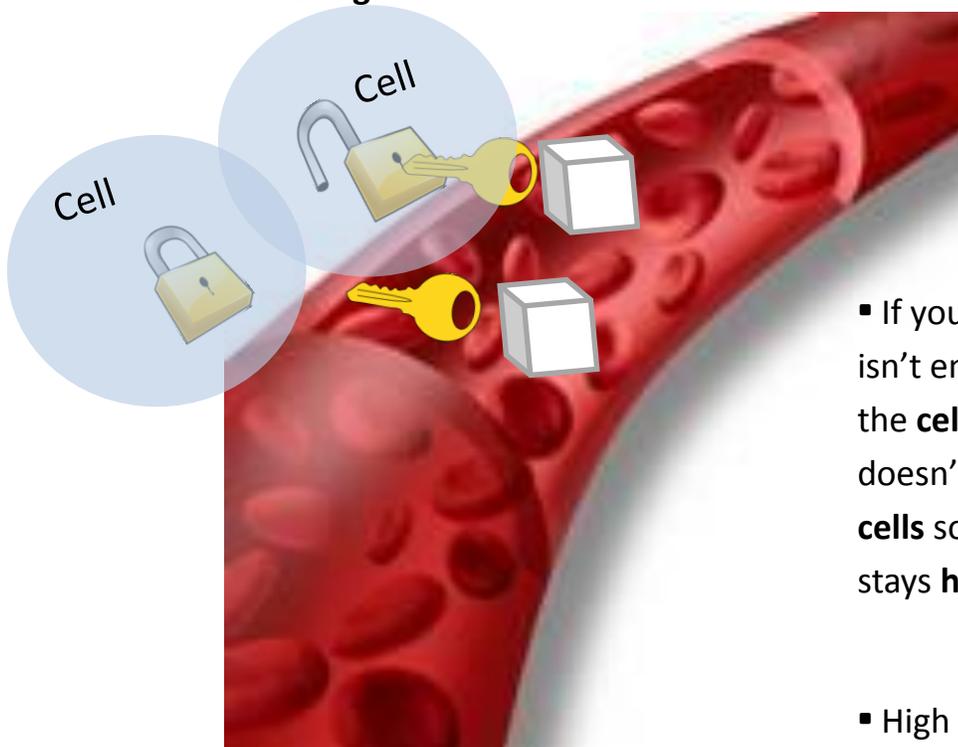
- **Diabetes** means you have too much sugar in your blood.
- **Diabetes** is caused by not having enough insulin or insulin not doing its job.

## What is insulin?

- **Insulin** is a hormone that helps move **sugar** from the blood into the **cells** so that it can be used for energy.

## How does this work?

- When you eat food, some of it is broken down to **glucose**, often called **sugar**. 
- Your pancreas releases **insulin** 
- The **sugar** and **insulin** travel through the bloodstream to your **cells**
- The **insulin** acts as a key to open the lock on the **cells** for the **sugar** to go in. This lowers the **sugar** in the blood.



- If you have **diabetes**, there isn't enough **insulin** to open the **cells** or the **insulin** doesn't work to open the **cells** so the **sugar** in the blood stays **high**.
- High blood **sugar** leads to problems.

# Types of Diabetes?

## Type 1 Diabetes:

- Your body cannot make **insulin** because it destroys your own pancreas
- Mainly **KIDS** have **Type I Diabetes**
- **WHAT IS THE TREATMENT?**
  - **Insulin** shots, diet and exercise

## Type II Diabetes:

- **MOST COMMON** type of diabetes
- Typically **ADULTS** get **Type II Diabetes**, but kids can also get it
- Your body makes **insulin**, but it **doesn't work**
- **WHAT IS THE TREATMENT?**
  - Diet, exercise and sometimes medicine or insulin.

## Gestational (During Pregnancy) Diabetes:

- The body makes **insulin**, but it **doesn't work** due to pregnancy hormones
- Usually develops during **LATE PREGNANCY**
- Usually goes away after birth of child
- Is a risk factor for developing **Type II Diabetes**

## Prediabetes:

- Higher than normal blood **sugar**
- When you have **prediabetes** your chances of getting **Type II Diabetes** is high
- Can be **reversed** through diet and exercise

## How do they test for diabetes and prediabetes?

Testing for diabetes and prediabetes can be done in three different ways:

	Diabetes	Pre-Diabetes	Normal
A-1 C (average blood sugar for past 3 months) (%)	≥6.5	6.4-5.7	<5.7
Fasting Blood Sugar Level (mg/dl)	≥126	125-100	<100
Blood Sugar Level After you Eat (mg/dl)	≥200	199-140	<140

## **Risk Factors for Diabetes**

Your chance of developing Type 2 diabetes depends on a many risk factors. Some of these you can change like your diet, exercise, and smoking. Risks you can not change include your family history, race/ethnicity, age or genes.

You are more likely to develop type 2 diabetes if you:

- Are not physically active
- Are obese or overweight
- Smoke
- Have a family history
- Are certain races/ethnicities - African American, Hispanic/Latino, Native American, Asian American or Pacific Islander descent, are at a higher risk
- Are age 45 or older
- Have high blood pressure, heart disease or stroke
- Have low levels of HDLs in your blood (HDL is the good cholesterol)
- Have high levels of triglycerides in your blood
- Have a history of gestational diabetes (diabetes during pregnancy)
- Experience a lot of stress or have depression
- Take certain medications

## **Symptoms of Diabetes**

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unexplained weight loss
- Extreme fatigue
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

## Next Steps

### Find out if you may be at risk for Diabetes

- Take the Diabetes Risk Test (on page 7) and talk to your doctor about the results

### If you have Prediabetes:

- You can cut your chance of developing **diabetes** in half through a **Diabetes Prevention Program (DPP)** where you will work on improving your diet and exercise more (more starting on page 11)
- Read about prediabetes and how you can prevent diabetes (on page 9)

### If you have Diabetes:

- Ask your doctor what type of **diabetes** you have.
- **Ask your health care team** to help you learn how to manage your diabetes including:
  - Physical activity
  - Diet and nutrition
  - Medications and possibly insulin
  - Blood sugar monitoring and control

Next we will provide an introduction to the health care providers who will assist you along with how to talk to them and more resources (starting with management programs on page 12)



# Are you at risk for type 2 diabetes?

WRITE YOUR SCORE  
IN THE BOX.

1. **How old are you?** .....   
 Less than 40 years (0 points)  
 40–49 years (1 point)  
 50–59 years (2 points)  
 60 years or older (3 points)
2. **Are you a man or a woman?** .....   
 Man (1 point)      Woman (0 points)
3. **If you are a woman, have you ever been diagnosed with gestational diabetes?** .....   
 Yes (1 point)      No (0 points)
4. **Do you have a mother, father, sister or brother with diabetes?** .....   
 Yes (1 point)      No (0 points)
5. **Have you ever been diagnosed with high blood pressure?** .....   
 Yes (1 point)      No (0 points)
6. **Are you physically active?** .....   
 Yes (0 points)      No (1 point)
7. **What is your weight category?** .....   
*See chart at right.*

Height	Weight (lbs.)		
4' 10"	119–142	143–190	191+
4' 11"	124–147	148–197	198+
5' 0"	128–152	153–203	204+
5' 1"	132–157	158–210	211+
5' 2"	136–163	164–217	218+
5' 3"	141–168	169–224	225+
5' 4"	145–173	174–231	232+
5' 5"	150–179	180–239	240+
5' 6"	155–185	186–246	247+
5' 7"	159–190	191–254	255+
5' 8"	164–196	197–261	262+
5' 9"	169–202	203–269	270+
5' 10"	174–208	209–277	278+
5' 11"	179–214	215–285	286+
6' 0"	184–220	221–293	294+
6' 1"	189–226	227–301	302+
6' 2"	194–232	233–310	311+
6' 3"	200–239	240–318	319+
6' 4"	205–245	246–327	328+
	<b>1 point</b>	<b>2 points</b>	<b>3 points</b>
If you weigh less than the amount in the left column: <b>0 points</b>			

ADD UP  
YOUR SCORE.

## If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at [diabetes.org/alertday](http://diabetes.org/alertday) or call **1-800-DIABETES (800-342-2383)**.

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.

Original algorithm was validated without gestational diabetes as part of the model.

# ¿Está usted en riesgo de padecer diabetes tipo 2?

ANOTE EL PUNTAJE EN EL RECUADRO.

- 1. ¿Qué edad tiene?** .....

Menos de 40 años (0 puntos)

40-49 años (1 punto)

50-59 años (2 puntos)

60 años o más (3 puntos)
- 2. ¿Es usted hombre o mujer?** .....

Hombre (1 punto)    Mujer (0 puntos)
- 3. Si es mujer, ¿tuvo alguna vez diabetes gestacional (glucosa/azúcar alta durante el embarazo)?** .....

Sí (1 punto)    No (0 puntos)
- 4. ¿Tiene familiares (mamá, papá, hermano, hermana) que padecen diabetes?** .....

Sí (1 punto)    No (0 puntos)
- 5. ¿Alguna vez le ha dicho un profesional de salud que tiene presión arterial alta (o hipertensión)?** .....

Sí (1 punto)    No (0 puntos)
- 6. ¿Realiza algún tipo de actividad física?** .....

Sí (0 puntos)    No (1 punto)
- 7. ¿Cuál es su peso?** .....

*Anote el puntaje correspondiente a su peso según la tabla a la derecha.*

Estatura	Peso (en libras)		
	119-142	143-190	191+
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
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5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

1 punto	2 puntos	3 puntos
<p><b>0 puntos</b> = Si pesa menos que lo indicado en la columna de la izquierda</p>		

Adaptado de Bang et al., Ann Intern Med 151: 775-783, 2009.  
El algoritmo original fue validado sin utilizar la diabetes gestacional como parte del modelo.

## Si obtuvo 5 o más puntos:

SUME SU PUNTAJE.

Existe un mayor riesgo de que usted tenga diabetes tipo 2. Solo su médico puede determinar si tiene diabetes tipo 2 o prediabetes (estado previo a la enfermedad con nivel de azúcar en la sangre más elevado de lo normal.) Consulte a su médico para ver si necesita hacerse pruebas adicionales.

La diabetes tipo 2 es más común en afroamericanos, hispanos/latinos, nativos americanos, nativos hawaianos, asiáticos americanos e isleños del pacífico.

Tener sobrepeso aumenta el riesgo de tener diabetes en todas las personas. Pero los estadounidenses de origen asiático corren un riesgo más alto con un peso corporal menor que el resto del público en general (alrededor de 15 libras menos).



**La buena noticia es que usted puede controlar su riesgo de padecer diabetes tipo 2. Algunos cambios pequeños hacen una gran diferencia y le ayudarán a vivir una vida más larga y saludable.**

Para más información, visite [diabetes.org/alerta](http://diabetes.org/alerta) o llame al **1-800-DIABETES (800-342-2383)**.

# PREDIABETES

## WHAT IS IT AND WHAT CAN I DO?



American Diabetes Association.

### What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it.

### If I have prediabetes, what does it mean?

It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke.

The good news is that you can take steps to delay or prevent type 2 diabetes.

### How can I delay or prevent type 2 diabetes?

You may be able to delay or prevent type 2 diabetes with:

- physical activity, like walking
- weight loss if needed – losing even a few pounds will help
- taking medication, if your doctor prescribes it

If you have prediabetes, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.



### Regular physical activity can delay or prevent diabetes

Being active is one of the best ways to delay or prevent type 2 diabetes. It can also lower your weight and blood pressure, and improve cholesterol levels. Ask your health care team about ways of becoming more active that are safe for you.

One way to be more active is to try to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

### Weight loss can delay or prevent diabetes

Reaching a healthy weight can help you a lot. If you're overweight, any weight loss, even 7% of your weight (for example, losing about 15 pounds if you weigh 200) may prevent or delay your risk for diabetes.



## Make healthy choices

Here are some steps you can take to change the way you eat. Small steps add up to big rewards.

- Cut back on regular soft drinks and juice. Have water or try calorie-free drinks.
- Choose lower-calorie snacks, such as popcorn instead of potato chips.
- Eat salad and at least one vegetable at dinner every night.
- Choose fruit instead of cake, pie, or cookies.

### *Cut calories by cutting serving sizes*

- Eat smaller servings of your usual foods.
- Share your main course with a friend or family member when you eat out. Or take half home for later.

### *Cut down on bad fat*

- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying.
- Use a small amount of oil for cooking instead of butter, lard or shortening.
- Try plant based proteins like beans instead of meat and chicken
- Choose fish at least twice a week
- Eat lean meats such as the round or loin cuts, or chicken without the skin.
- Cut back on high fat and processed meats like hot dogs, sausage, and bacon.
- Eat less high fat desserts such as ice cream, cake with frosting, and cookies.
- Avoid margarine and other foods with trans fat.

## Track your progress

Write down what and how much you eat and drink for a week. Writing things down makes you more aware of what you're eating and helps with weight loss.



## Summing it up

- Diabetes is a serious disease – if you delay or prevent it, you'll enjoy better health in the long run.
- Diabetes is common – but you can reduce your risk by losing a small amount of weight.
- Changing the way you eat and increasing your activity can delay or prevent type 2 diabetes.

### Get checked

If you are at increased risk for diabetes, ask your doctor about getting tested at your next visit. Take our risk test at [diabetes.org/risktest](http://diabetes.org/risktest) to find out if you are at risk.

### Get started

- Be physically active.
- Make a plan to lose weight.
- Track your progress.



## Diabetes Prevention Program (DPP)

The Diabetes Prevention Program is a year-long program that can help you gain skills to lose weight, be more physically active and manage stress. The program meets once a week for 16 weeks, then once a month for the remainder of the year.

For help with being referred into a Diabetes Prevention Program please contact Daniela Castro at (585)-224-2067

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**YMCA's Diabetes Prevention Program (YDPP) is offered at these YMCA sites in the Rochester area. Call (585) 341-4064 or go to:**

<http://rochesterymca.org/social-responsibility/diabetes-prevention-program/>

### **Bay View Family YMCA**

1209 Bay Rd, Webster, NY 14580

### **Carlson Metro Center YMCA**

444 East Main St., Rochester, NY 14604

### **Eastside Family YMCA**

1835 Fairport Nine Mile Point Rd.  
Penfield, NY 14526

### **Maplewood Family YMCA**

25 Driving Park Ave. Rochester, NY 14613

### **Monroe Family YMCA**

797 Monroe Ave. Rochester, NY 14607

### **Southwest Family YMCA**

597 Thurston Rd, Rochester, NY 14619

### **Northwest Family YMCA**

730 Long Pond Rd. Rochester, NY 14612

### **Westside Family YMCA**

920 Elmgrove Rd. Rochester, NY 14624

*\*\*\*If you have a group or organization you that could benefit from the DPP, contact Christine Stanford at (585) 341-4064 to inquire how the Y can bring this program to you!\*\*\**

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### **Weight Loss and Diabetes Prevention Program**

#### **Center for Community Health and Prevention**

46 Prince Street Rochester, NY 14607

Call 585-530-2050 or go to: <https://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

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### **Rochester Regional Health**

#### **Preventing Diabetes Class – One 2 hour session**

Unity Diabetes & Endocrinology  
2655 Ridgeway Avenue, Suite 220  
Phone: 585-368-4560

Offered quarterly – call for registration info

Alexander Park  
224 Alexander Street, Suite 200  
Phone: 585-922-8400

Offered monthly – call for registration info

# Diabetes Management Programs

Diabetes can be managed so you can enjoy the best of health. Below are organizations that offer group diabetes education classes and/or individual sessions with diabetes educators to help you manage your diabetes. Insurance coverage varies.

*The American Diabetes Association recognizes these educational services as meeting the National Standards for Diabetes Self-Management Education.*



## **HCR Home Care Services**

85 Metro Park

Rochester, NY 14623

Phone: (585) 272-1930

Fax: (585) 672-2520

<http://www.hcrhealth.com/services/specialty-care/diabetes-management>

## **Rochester Regional Health System Endocrine-Diabetes Care &**

### **Resource Center**

### **Rochester General Hospital**

224 Alexander Street, Suite 200

Rochester, NY 14607

Phone: (585) 922-8400

Fax: (585) 922-8405

<http://www.rochestergeneral.org/center-s-and-services/rochester-general-medical-group/services/diabetes>

## **Unity Diabetes & Endocrinology Services**

2655 Ridgeway Avenue, Suite 220

Rochester, NY 14626

Phone: (585) 368-4560

<https://www.rochesterregional.org/services/diabetes-endocrinology/unity-diabetes/appointment/>

## **University of Rochester Medical Center**

### **Highland Diabetes HealthSource**

Clinton Crossings

2400 S. Clinton Avenue

Building H, Suite 135

Rochester, NY 14618

Phone: (585) 341-7066

Fax: (585) 341-7945

<http://www.urmc.rochester.edu/highland/departments-centers/diabetes.aspx>

### **Strong Diabetes Program**

### **Division of Endocrinology and Metabolism**

University of Rochester

601 Elmwood Ave., Box 693

Rochester, NY 14642

Phone: (585) 275-2901

<http://www.urmc.rochester.edu/medicine/endocrinology/patientcare>

## **University of Rochester**

### **Healthy Living Center**

Many locations across Monroe County

(585) 530-2050

<http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

# Diabetes Management Programs

**Living Healthy with Diabetes** - FREE 6 week workshop, offered at these YMCA sites  
Main Contact: Sara Otis (585) 287-6439

## **Eastside YMCA**

1835 Fairport Nine Mile Point Rd.  
Penfield, NY 14526  
14613

Contact Nancy Szembrot - 341-3084

## **Maplewood YMCA**

25 Driving Park Ave.  
Rochester, NY

Contact Michelle LeBoo - (585) 341-4013

## **Westside YMCA**

920 Elmgrove Rd  
Rochester, NY 14624

Contact Tracy LaFountain - (585) 341-3075

## **Lifespan's Diabetes Care Coordination**

### ELIGIBILITY:

For patients age 55 or older

Residents of Monroe, Ontario, Wayne, Livingston or Yates Counties.

Difficulty navigating health care system

History of missed appointments/non-adherence to treatment plans

Aging or stressed caregiver

Lives alone

Two or more ED visits or hospitalizations within the last year

Low health literacy

Co-morbidities, especially those that limit ADLs.

### ***For Referrals Contact:***

Mary Law, RN

Intake Coordinator

585-244-8400, ext. 170

[mlaw@lifespanrochester.org](mailto:mlaw@lifespanrochester.org)

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

# Diabetes Support Groups

Support groups offer many benefits for both you and your loved ones. Whether it is sharing information about diabetes, attending events, or just being available to talk and listen. Support groups are a great way to meet people and understand a condition that affects so many.

## Diabetes Sisters of the Rochester Area

<https://diabetessisters.org>

### Westside Diabetes Sisters of Rochester

Meets once a month

6:00-8:00 P.M.

Location: Patti's Pantry

2485 Dewey Ave

Rochester, NY 14616

Contact: Cindy Campaniello

[cindyc@diabetessisters.org](mailto:cindyc@diabetessisters.org)

### Diabetes Sisters of Rochester

Meets the 4th Tuesday of each month

From 6:30-8:30 P.M.

Location: St. Anne's Church

1600 Mt Hope Ave

lower level meeting room 3

Contact: Julie Ann Wilson

[juliew@diabetessisters.org](mailto:juliew@diabetessisters.org)

(585) 314-7183

### Eastside Diabetes Sisters of Rochester

PODS Meetup

Meets the third Tuesday of each month

From 6:00-8:00pm

Location: Perinton Manor Apartments

Community Room

62 Manorshire Dr.

Rochester, NY 14450

Contact: Andrea Herndon

[andrea@diabetessisters.org](mailto:andrea@diabetessisters.org)

### Brockport Diabetes Support Group

Meets every 2nd Wednesday of the month

At Strong West

156 West Avenue

Rochester, NY 14420

in the main conference room

From 6:30 to 7:30 pm

Contact person: Amy L. Stacy, 585-737-2944

Email: [amy.stacy@rochesterregional.org](mailto:amy.stacy@rochesterregional.org)

## Living With Type 2 Diabetes program

### A FREE 12 month education program through the mail

- Information to help you learn to live well with diabetes
- Tasty and healthy recipes for you and your family



- A monthly e-newsletter with tips, stories and more resources
- 6 free issues of our award winning *Diabetes Forecast*® magazine



- Access to our online community and local events
- Receive text messages from *Care4life* to help you learn healthy eating habits, remember medications and appointments, and stay motivated (optional)

To sign up for this program call 1-800-DIABETES (1-800-342- 2383) or go to :  
<http://www.diabetes.org/living-with-diabetes/> then scroll down to:  
[Enroll in the FREE Living With Type 2 Diabetes Program](#)

# Who is On Your Team?

Below is a list of people who can help you live healthy with diabetes. Ask your doctor about getting in contact with any of these people.

## Primary Care Provider MD, DO\*, NP, PA

- Who you see for general check-ups and when you get sick
- Refers to specialists of other team members listed below

## Certified Diabetes Educator, CDE

- Registered Nurse, Pharmacist, or Registered Dietitian with special training in caring for people with diabetes
- Can help you learn the day-to-day aspects of diabetes self-care

## Registered Dietitian Nutritionist, RDN

- The nutrition expert
- Can help you figure out your food needs based on your desired weight, lifestyle, medication, and health goals; such as lowering your blood sugar, blood pressure, and cholesterol
- Can help you learn how the foods you eat affect your blood sugar and blood fat levels



## Endocrinologist, MD or DO\*

- A doctor who specializes in treating diabetes and other diseases of the endocrine system, which includes the pancreas and the thyroid
- Most people with Type 1 diabetes see an endocrinologist, especially when they are first diagnosed
- People with Type 2 diabetes may see an endocrinologist if they are newly diagnosed, having trouble getting their diabetes under control, or are developing complications

## Eye Doctor, MD, DO, or OD\*\*

- Can be either an ophthalmologist or optometrist and checks for any changes in your eyes
- The American Diabetes Association guidelines say you should see your eye doctor at least once a year for a dilated eye exam



\*DO = Doctor of Osteopathy

\*\*OD = Doctor of Optometry

## Who is On Your Team? (continued)



### Podiatrist, DPM

- A doctor trained to treat problems of the feet and lower legs
- Any foot sore or callus needs to be checked by your primary care doctor or podiatrist, who can also trim your toe nails
- It is important to check your feet daily for signs of trouble

### Pharmacist, RPh, or PharmD

- Provides advice on how some medications you are taking can affect your blood sugar levels
- Lets you know about potential side effects of any drug you are going to take
- Reviews what you are taking to see if any new medications will interact with ones you are already taking
- Recommends over-the-counter medicines
- Keeps an accurate record of your medications, your medical history, and allergies
- Find a pharmacy you like and stick with it



### Dentist, DDS, DMD

- People with diabetes are at somewhat greater risk of gum disease
- Excess blood sugar in your mouth makes it a good home for bacteria, which leads to infections
- See your dentist every six months and be sure to let your dentist know you have diabetes



### Exercise Physiologist, MS

- Trained in the scientific basis of exercise
- Your doctor can help you look for and refer you to a certified professional
- Always get your doctor's approval for any exercise program

### Mental Health Professional, LCSW, MSW, PhD, PsyD, MD

- Helps with personal and emotional side of living with diabetes
- Can help with feelings of depression and anxiety
- May be able to help you find resources to help with your medical or financial needs, and help you cope with any concerns related to diabetes, including problems with the family and coping with workplace situations

## Who is On Your Team? (continued)

Use the chart below to keep track of your team

Team Member	Name	Telephone Number
Primary Care Provider, MD, DO, PA, NP		
Certified Diabetes Educator, CDE		
Registered Dietitian Nutritionist, RDN		
Endocrinologist, MD, DO		
Eye Doctor, MD, DO, OD		
Podiatrist, DPM		
Pharmacist, RPh, PharmD		
Dentist, DDS, DMD		
Mental Health Professional, LCSW, MSW, PhD, PsyD, MD		
Nurse, RN, LPN, CNA		
Other		
Other		

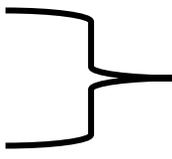
**Family members are very important members of your team!**



# How to Talk With Your Health Care Team

**You** are the expert on how you feel and what is going on with controlling your **diabetes** day to day. It's important for your doctor and rest of the team to know what is going on with you so that they can help you better manage your **diabetes**. Be sure to talk about:

- What type of **diabetes** you have
- Your blood glucose meter readings – including high and low **sugars**
  - take your meter with you and discuss your goal **sugars**
- Your medicine and **insulin** (if you take it)
  - any side effects they might be causing
  - over-the-counter pills, herbs, vitamins, or supplements you take
  - if you should be on aspirin or cholesterol lowering medication to prevent heart problems and stroke
- If you need help with:
  - Health insurance
  - Paying for medicines or food
  - Transportation to health care appointments
- Your diet and exercise
  - Ask for suggestions for improvement
  - Ask to be referred to a registered dietitian if you would like help with your diet
  - Gradually increasing your physical activity to 150 minutes as week is a good starting goal
- If you are feeling down or blue
- Any problems with:
  - seeing things
  - sexual function
  - going to the bathroom
  - numbness, burning, or pain in your feet or arms
  - other symptoms you may be experiencing
- Ways to quit smoking if you smoke
- If you need any tests and exams/shots listed on the following page



Ask if social work can help you with these things!

## Tests, Exams and Shots

Test/Exam	How often	Why is it done?	Date done	My Result
Blood Pressure (BP)	Every visit	High Blood Pressure can cause stroke, heart, eye, and kidney problems		
Weight	Every visit	Losing weight can help control your diabetes		
Hemoglobin A1C or estimated average glucose	Every 3 to 6 months	Checks average blood sugar for the last 2-3 months - keeping below 7% helps prevent complications		
Urine test	Every year	Checks certain proteins to make sure kidneys are working well – if this is elevated you may need an additional medication to protect your kidneys		
Blood fats and cholesterol	Every year	High cholesterol can cause heart attack and stroke		

Exam/shot	How often	Why is it done?	Date done
Dentist	Every 6 months	Check for tooth and gum disease	
Foot exam	Every visit	Checks the feet for sores, ulcers, and sensation	
Eye exam by eye doctor	Every year	Check for problems in back of eye to prevent blindness	
Flu shot	Every year	Protect against flu – people with diabetes are more prone to infection	
Pneumonia shot	Once in life	Protect against pneumonia – people with diabetes are more prone to infection	

## Managing Your Diabetes – the ABCs

At times all the visits to health care providers, tests, exams, and medications can be overwhelming. Remember to ask your health care team for support and that many complications of **diabetes** can be prevented by simply remembering the **ABCs**:

- **A1C** – try to keep it below 7%
- **Blood Pressure** – keep it below 140/90
- **Cholesterol** – keep it low

You **CAN** control your **diabetes** and the health care team is there to help you.

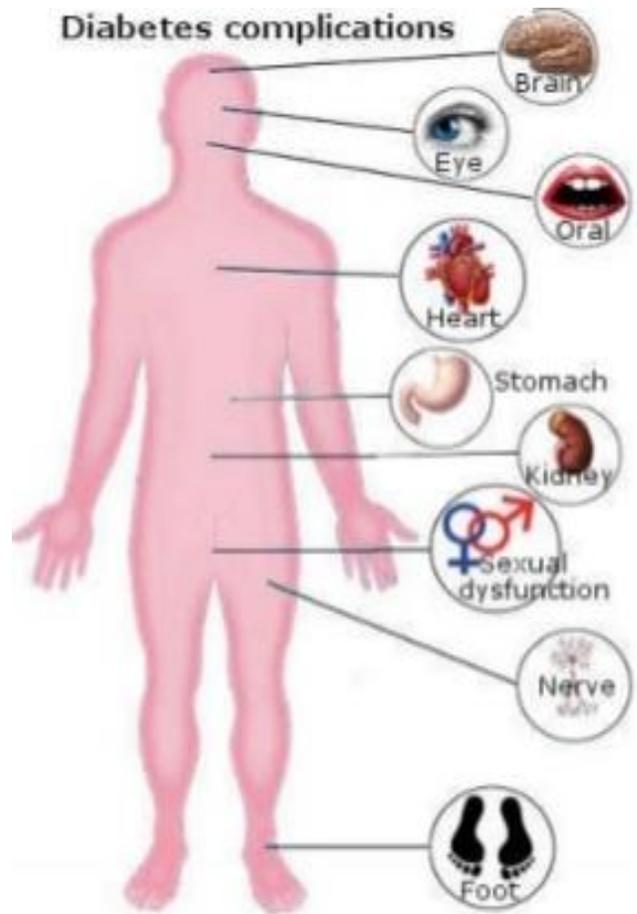
Additional programs for managing **diabetes** are provided in the upcoming pages as well as resources regarding:

- Medications
- Physical Activity
- Food and Nutrition
- Quitting smoking
- Any many more

# Why it is Important to Control Your Diabetes

If your **diabetes** is not controlled, over time it can damage organs and cause complications including:

- Stroke
- Eye damage
- Problems with your gums
- Heart attack
- Digestive problems
- Sexual problems
- Kidney problems – including needing dialysis
- Damage to nerves
- Burning, sores, and poor blood supply in the feet



There are things you can do to control your **diabetes** and prevent or delay complications.

- Choosing healthy foods
- Being physically active
- Checking blood sugars and making sure they are within your goal range
- Taking your medication
- Going to your doctor for check-ups and getting recommended tests

**You are NOT alone. Your health care team** can help you learn about how to control your **diabetes** and **prevent complications**.

# Taking Medication as Prescribed

Taking your medication as directed by your health care provider is an important part of controlling your diabetes.

Here are some tips to help you:

- Use a pill box to organize your medications 
- Set an alarm to remind you when it is time to take your medications 
- Set up a routine to take your medications at the same time every day. Do it with other tasks you do every day, like with a meal or when you brush your teeth. 
- If you experience any side effects – talk to your doctor or pharmacist before stopping your medication, they may be able to help!
- At the pharmacy:
  - Fill 90 day supplies (when able)
  - Sign up for automatic refills at the pharmacy (if available)
  - Sign up for medication syncing (if available). This means the pharmacy will fill all of your prescriptions on the same day and save you trips to the pharmacy
  - Request your refill 3 days before you will run out. If you are out of refills or going on vacation, ask 7 days early. \*Not available for controlled substances

## Questions to Ask at the Pharmacy

Take this list of questions to your local pharmacies and speak to the pharmacists. They can help you access discount programs and resources to help you better manage your diabetes.

- Are these medications and supplies available?
- Are they covered by my insurance?
- Can I sign up for automatic refills?
- Will you call me when they are ready?
- Is there a dietitian or nutrition information available?
- Is medication delivery available?
- When and how should I take this medicine?
- Are there differences in the cost of medications? (use the chart on the next page to compare costs)

## Medication and Equipment Comparison Chart

Pharmacy Name			
Medication/Dose	Cost	Cost	Cost
Blood Glucose Meter			
Test Strips/# per box			
Lancing Device			
Lancets			
Glucose Tablets			
Ketone Strips/Stix			
Glucagon			
Total Cost			

## If You Need Help Paying for Your Medication- These Programs May Help

**+New York State Elderly Pharmaceutical Insurance Coverage (EPIC) Program** - provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after any Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D. For more information go to [https://www.health.ny.gov/health\\_care/epic/](https://www.health.ny.gov/health_care/epic/) or call 1-800-332-3742 or email [epic@health.state.ny.us](mailto:epic@health.state.ny.us)

### **+Extra Help With Medicare Prescription Costs**

This program helps people with limited income or resources pay their Medicare prescription drug costs. If you don't already have Extra Help, you can apply online at: <https://secure.ssa.gov/i1020/start> or call 1-800-772-1213 to get help filling out the application. The application must be turned in every year to get benefits from year to year.

**+Lilly Cares Program**- A physician's office must call (800) 545-6962 for an application. Once approved, a voucher is issued for a four-month supply of insulin at a local pharmacy. <http://www.lillycares.com/findprogram.aspx>

## If You Need Help Paying for Your Medication- These Programs May Help (continued)

**+Needy Meds** - Prescription drugs available through patient assistance programs, pharmaceutical companies who offer assistance, discount card comparisons, patient assistance program applications and links to Medicaid sites. <http://www.needymeds.org/>

**+Novo Nordisk's Cornerstones4Care™ Patient Assistance Program (PAP)** Provides free medicine to those who qualify. Call 1-866-310-7549 to access program or for more information. Download the application at: <https://www.cornerstones4care.com/patient-assistance-program.html>

### **+NY Prescription Saver Card**

Must be a resident of New York State and not already receiving Medicaid and have an annual income of under \$35,000 if single or \$50,000 if married.

Call 1-(800)-931-2297. <https://www.newyorkrxcard.com/>

**+PPARx**-Partnership for Prescription Assistance offers free information about pharmaceutical company programs for brand name and generic medications. For more information, call 1-(888) 477-2669. <https://www.pparx.org/>

**+PrescriptionHope** -Serves those who earn up to \$30,000/year as a single person or up to \$50,000/year as a couple. For information, call 1-(877) 296-4673.

<https://prescriptionhope.com/>

**+Rite Aid Wellness Plus Program (diabetes specific)**-For more information visit <http://www.riteaid.com/diabetes> or call 1-800-7483-243

**+RxAssist**-Helps locating patient assistance programs. For info, call 1-(877)537-5537.

<http://rxassist.org/> or <http://rxassist.org/patients>

**+RxHope** - A web-based resource that helps people get their medications for free or for a small co-payment. For more information visit: <https://rxhope.com/Patient/Home.aspx>

**+Sanofi-Aventis Pharmaceuticals Patient Assistance Program** -Lantus is available for those who meet specific income requirements. Call for an application at 1-(800) 221-4025.

**+Walgreen's Prescription Savings Club** - Varied discounts on diabetes medications and supplies. Visit or call a local Walgreens Pharmacy or go to

<http://www.walgreens.com/rxsavingsclub>

# What to Do With Used Syringes, Insulin Pens and Lancets (Sharps)

All used syringes (also called sharps) should be put in a heavy duty plastic container with screw on cap, like an empty laundry detergent container.

When the container is  $\frac{3}{4}$  full, put the cap on it and take it to one of the disposal sites below or on the following pages. You can also call to find a disposal site near you - 1-800-643-1643. (M-F, 9am-5pm)



For a map of sites, go to: <http://www.thepointny.org/#>



## MONROE COUNTY SHARPS DISPOSAL SITES

### **Highland Hospital**

1000 South Ave. Rochester, NY 14620  
(585) 341-6833  
Hours: Monday to Friday 7:00 AM – 4:00 PM  
Location: Office of Support Services (Room N180A)

### **Lakeside Memorial Hospital**

170 West Avenue, Brockport, NY 14621  
(585) 395 - 6095  
Hours: 12:00 PM – 4:00 PM on  
The second and fourth Friday of the month  
Location: Administrative Office

### **Monroe Community Hospital**

435 East Henrietta Rd. Rochester, NY 14620  
(585) 760-6500  
Hours: Monday to Friday 7:00 AM – 8:00 AM  
Location: Faith Building, First Floor at Reception Desk

### **Rochester General Hospital**

1425 Portland Ave. Rochester, NY 14621  
(585) 922-4300  
Hours: 24/7  
Location: Main Emergency Department Entrance

### **Strong Memorial Hospital**

601 Elmwood Ave. Rochester, NY 14642  
(585) 275-4931  
Hours: Monday to Friday 8:30 AM – 7:00 PM  
Saturday 9:00 AM – 3:00 PM  
Sunday 9:00 AM – 1:00 PM  
Location: Rm 1-1303 in Lobby, opposite silver elevators

### **Eco Park**

10 Avion Dr. Rochester, NY 14624  
(585) 753-7600  
Hours: Wednesday 1:00 PM -6:30 PM  
Saturday 7:30 AM – 6:30 PM

### **The Unity Hospital of Rochester**

1555 Long Pond Rd. Rochester, NY 14626  
(585) 723-7205  
Hours: Monday to Friday 9:00 AM – 5:00 PM  
Location: Apothecary in Timothy R.  
McCormick Transitional Care Center

### **The Unity Hospital of Rochester**

1561 Long Pond Road, Rochester NY 14626  
(585) 723-7205  
Hours: Monday to Friday 9:00AM – 5:00 PM  
Apothecary in Professional Office Building

### **The Unity Hospital of Rochester**

89 Genesee St. Rochester, NY 14611  
(585) 368-3928  
Hours: Monday to Friday 9:00 AM – 5:00 PM  
Location: Apothecary in Unity at St. Mary's  
Campus

# Physical Activity –How to fit it in Your Life

Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes. Exercise, or physical activity, can include anything that gets you moving throughout the day.

## AT WORK

- Take the stairs instead of the elevator at the office and in the parking garage
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant
- If you take the bus to work, get off a stop earlier and walk the rest of the
- Use a speaker or mobile phone so you can pace around your office during calls

## AT HOME

- Make it fun!!! Enjoy dancing with your family.
- Take the dog for a walk around the block
- Play with the kids – play catch or throw the Frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone
- While you are watching TV, move your arms and legs to improve circulation, build muscle, and keep yourself loose.
- Do yard work such as mowing the lawn or raking leaves
- Do housework such as vacuuming, dusting, or washing dishes

# Physical Activity Resources

## FREE PROGRAMS

**City R-Centers** –Fitness centers are open to *City Residents free of charge*. All participants have to fill out an application for an ez-pass to gain access to the facility. Go to <http://www.cityofrochester.gov/ezpass/> to download the registration form.

Below are R-Centers that have fitness centers.

<u>Adams Street Fitness Center</u> 85 Adams St. Rochester, 14608 428-7456	<u>Avenue D Fitness Center/pool</u> 200 Avenue D Rochester, 14621 428-7934	<u>David F. Gantt Fitness Center</u> 700 North St. Rochester, 14605 428-7149	<u>Flint Street Fitness Center</u> 271 Flint St. Rochester, 14608 428-7001	<u>Frederick Douglas Fitness Center</u> 999 South Ave. Rochester, 14620 428-6015
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For more information about R-Center go to <http://www.cityofrochester.gov/rcenters/>

### **Rochester Walks!**

Maps of marked walking routes in several neighborhoods in the City of Rochester are available at <http://www.cityofrochester.gov/rochesterwalks/>.

## PROGRAMS THAT OFFER REDUCED FEES FOR THOSE WHO QUALIFY

**Join a Fitness Program for a Low Yearly Fee** – Some Medicare Advantage insurance programs offer enrollees low annual fees for fitness facilities/programs. Call your Medicare insurance provider or go to these websites to see if you qualify. Silver&Fit <https://www.silverandfit.com/>  
Silversneakers <https://www.silversneakers.com>

### **Exercise Express**

Various exercise classes available  
232 S Plymouth Avenue Rochester NY 14608  
<http://www.theexerciseexpress.com/> or call (585)967-4356

### **Greater Rochester YMCA**

Exercise facilities and programs at several sites throughout Monroe County  
<http://rochesterymca.org> or call (585) 341-4064

### **Jewish Community Center of Greater Rochester**

Exercise facilities and programs.  
1200 Edgewood Avenue, Rochester, NY 14618  
[www.jccrochester.org](http://www.jccrochester.org) or call (585) 461-2000

## Next Steps

Once you've mastered the plate method, you can begin to make your meals even healthier.

The next thing to think about is the types of fat you use on your food. This includes what you use for cooking and the spreads or dressings you add at the table too. Keep your portions small and try these tips:

- For cooking: use liquid vegetable oils instead of butter, margarine, shortening or lard.
- For spreads: use light or reduced fat spreads without trans fat.
- For dressings: use reduced fat or light salad dressings. Vinaigrette are a better choice than creamy dressings because not as much sticks to the salad. Or try flavored vinegar and oil on a salad.

## What About Desserts?

Yes, you can still eat dessert sometimes. You can keep blood glucose on track by eating a small portion of sweets in place of other starchy foods, fruit or milk. But remember, sweets don't have the vitamins and minerals in these foods. Save desserts for special occasions.

## Things to Remember:

- Try not to eat too much food at one time.
- Space your meals evenly throughout the day.
- Don't skip meals

## The American Diabetes Association is Here to Help You

Healthy eating is one of the biggest challenges you face in managing diabetes. Let us be your source of up to date information and support.

For more information on diabetes and nutrition go to [www.diabetes.org/nutrition](http://www.diabetes.org/nutrition) or call 1-800-DIABETES (1-800-342-2383)



Ask for a free copy of our 32 page booklet, *What Can I Eat? The Diabetes Guide to Healthy Food Choices*.

## GOOD WAYS TO CUT BACK

...

Sugary drinks are wasted calories. Avoid regular soda, fruit punch, sweet tea and other sugary drinks. Choose water and calorie-free drinks instead.

...

Snacks and desserts don't have to be diet-busters. Try having popcorn for a snack or fruit for dessert.

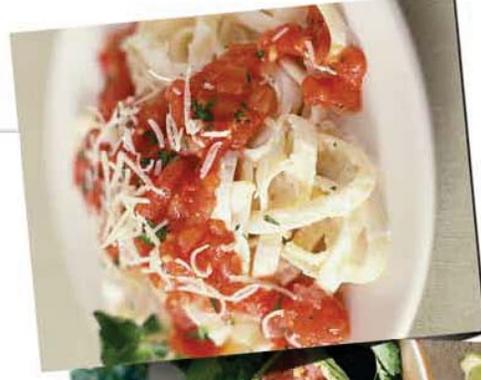
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# Create Your Plate

## An Easy Way To Eat Well

Having diabetes may mean making changes in what and how much you eat. But that doesn't mean you have to dump all the foods you know and love. With a little planning, you can still include your favorite dishes.

One easy way to do this is by using the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It is simple and it works, whether you are cooking at home or eating out.



# Create Your Plate!

**1** Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.

**2** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.

**3** Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.

**4** The other small section is for meat, fish, chicken, eggs, or tofu.

**5** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

## Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn

## Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

## Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit



## Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

## How Deep?

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.



## Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese

## Próximos pasos

Media vez haya dominado el método del plato, usted puede comenzar hacer que sus comidas sean aun más saludables. Próximamente debe pensar en los tipos de grasa que usted utiliza en sus comidas. Esto incluye lo que use para cocinar y también las salsas para untar o aderezos que usted incluye en su mesa. Mantenga sus porciones pequeñas y pruebe estos consejos útiles:

- Para cocinar: Utilice aceites vegetales líquidos en lugar de la mantequilla, margarina o manteca.
- Para las salsas para untar: Utilice las que sean reducidas en grasa o ligeras sin grasas trans.
- Para los aderezos: Utilice los reducidos en grasa o ligeros. Las vinagretas son una mejor opción en lugar de los aderezos cremosos debido a que no se adhieren tanto a las ensaladas. O pruebe un aceite o vinagre de diferentes sabores en las ensaladas.

## ¿Y los postres?

Si los puede comer de vez en cuando. Usted puede mantener su glucosa en la sangre bajo control al comer una porción pequeña de postre o algo dulce en lugar de otras comidas con almídon, frutas o leche. Pero recuerde que los postres o dulces no contienen las vitaminas y minerales que se encuentran en éstas comidas. Reserve los postres para ocasiones especiales.

## Algo para recordar

- Trate de no comer mucha comida a la vez.
- Reparta sus comidas uniformemente a través del día.
- No deje de comer a las horas indicadas

## La Asociación Americana de la Diabetes está aquí para ayudarle

Comer saludablemente es uno de los retos más grandes que usted enfrenta para poder controlar la diabetes. Permítanos ser su fuente principal de apoyo e información actualizada.

Para obtener más información sobre la diabetes y nutrición visite [www.portufamilia.org](http://www.portufamilia.org) o llame al 1-800-DIABETES (342-2383).

Solicite una copia gratuita de nuestro folleto de 30 páginas *¿Qué puedo Comer?*

La Guía de la Diabetes sobre Opciones de Alimentos Saludables.



## MANERAS ADICIONALES PARA COMER SALUDABLE

• • •

Las bebidas azucaradas son calorías desgastadas. Evite tomar sodas regulares, ponche de frutas, té frío endulzado y otras bebidas azucaradas. En lugar de éstas elija agua pura y bebidas sin calorías.

• • •

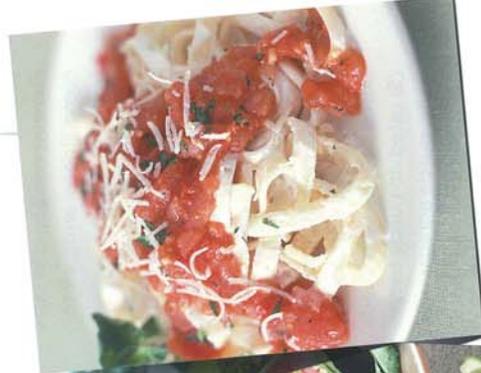
Los refrigerios y los postres no tienen porque ser un impedimento en su dieta. Trate de comer palomitas de maíz (popcorn) como un refrigerio o una fruta para el postre.

• • •

# CREANDO SU PLATO

## CREANDO SU PLATO

Tener diabetes puede significar que tenga que hacer cambios en lo que come y en las cantidades. Pero eso no significa que tenga que abandonar todas las comidas que a usted le gustan y que conoce. Con un poco de planificación, usted aun puede incluir sus comidas favoritas.



# ¡CREANDO SU PLATO!

**1** Imagínese dibujando una línea en el centro de su plato hacia abajo. Luego en un lado, haga otra línea para que de ésta manera tenga 3 secciones en su plato al igual que en la foto al lado derecho.

**2** Llene la sección más grande con vegetales sin almidón tales como, ensalada, habichuelas verdes (ejotes), brócoli, coliflor, repollo, zanahorias y tomates.

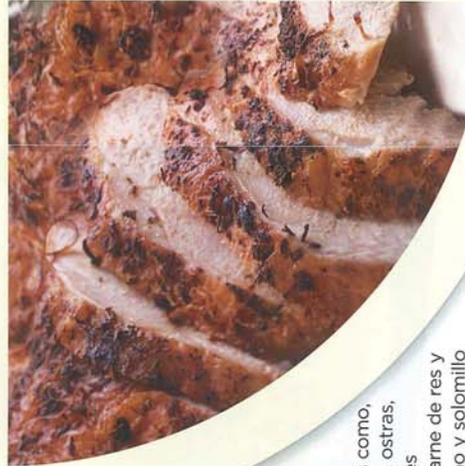
**3** Ahora en una de las secciones pequeñas, coloque comidas con almidón tales como, fideos, arroz, elote (maíz) o papas.

**4** La otra sección pequeña es para la carne, pescado, pollo, huevos o tofu.

**5** Agregue un vaso de 8 onzas de leche y una fruta pequeña o ½ taza de ensalada de frutas y usted obtendrá una buena comida balanceada. (Si usted no puede tomar leche, puede agregar una pieza adicional de fruta, un yogur bajo en grasa o un panecillo pequeño).

## Granos y vegetales con almidón

- panes de granos enteros, como el pan integral o de centeno (rye)
- cereales integrales o con alto contenido de fibra
- cereales cocidos tal como avena, sémola de maíz, maíz descascarillado o crema de trigo
- arroz, pasta, cebada, tortillas
- frijoles (habichuelas) y guisantes (arvejas) cocidos, como los frijoles negros, rojos, pinto
- papas, arvejas, elote (maíz), habas, camotes, calabaza de invierno, plátanos
- galletas y chips bajas en grasa, pretzels, y palomitas de maíz (popcorn) sin grasa



## Proteína

- pollo o pavo (sin piel)
- pescado, como el atún, salmón, bacalao o bagre
- otros mariscos tales como, camarones, almejas, ostras, cangrejo o mejillones
- cortes magros de carne de res y puerco como el lomo y solomillo
- tofu, huevos, queso bajo en grasa

## Leche

- descremada o de ½% o 1% de contenido de grasa, yogur descremado o bajo en grasa, leche de soya natural



## Vegetales sin almidón

- frescos, congelados o enlatados
- espinaca, zanahorias, lechuga, hojas verdes como la acelga, repollo, repollo chino (bok choy), habichuelas verdes (ejotes), coliflor, tomates, jugo de vegetales, salsa fresca, cebolla, pepino, remolacha, quingombó (okra), hongos, pimientos, nabo

## Fruta

- fresca, congelada o enlatada en su jugo o en almibar
- durazno, piña, banano, manzana, pera, mango, uvas, arándanos rojos o azules, melón, papaya, albaricoque, naranja, toronja



## ¿Qué profundidad?

Para el método del plato, su comida en el plato puede tener el grosor de un mazo de naipes o de la palma de su mano.



## Food and Nutrition Resources

### Affordable Healthy Food

**Foodlink Curbside and Farmers Markets-** Cash, debit, EBT and WIC accepted. Go to the link for information on where these programs are located and the dates and times [http://foodlinkny.org/fight\\_hunger/programs-initiatives/#tab-3](http://foodlinkny.org/fight_hunger/programs-initiatives/#tab-3) or call 211.

**Farmers Markets-** many local farmers markets accept EBT and WIC. The link below takes you to a map of markets in the community. Once you get to the map, scroll into Monroe County, then click on the blue dots to get information about the markets. <http://data.ny.gov/Economic-Development/Farmers-Markets-in-New-York-State-Map/gfni-eg8a>

### Food Programs for Older Adults

**Meals on Wheels** – home delivered meals for seniors. For more information go to this link

<https://www.vnsnet.com/meals-on-wheels> or call 787-8397 or e-mail [mow@vnsnet.com](mailto:mow@vnsnet.com)

**Senior Centers and Meal Programs** – senior centers that provide meals and activities can be found at this link <http://www2.monroecounty.gov/aging-centers.php> For more information about locations call 753-6280

### Emergency Food

For information on food pantries, call 211 and provide your zip code, or go to this map of food pantries. Go to <http://foodlinkny.org/need-food-map/> Once you get to the map, you can click on the red marker to find out information about the pantry.

### Help Signing up for Food Programs

**Nutrition Outreach and Education Program (NOEP), Legal Assistance of Western New York, Inc.** – Will prescreen to see if you may be eligible for SNAP (formerly called food stamps) and then will provide help with filling out and handing in the SNAP application.

Call for more information (585) 295-5624.



# New York State Smokers' Quitline

1-866-NY-QUITS (1-866-697-8487) / [www.nysmokefree.com](http://www.nysmokefree.com)

Supported through the New York State Bureau of Tobacco Control



## **Diabetes: Another reason to quit**

*Tobacco has many bad health effects, especially for people with diabetes. No matter how long you have smoked, your health will get better when you quit.*

### **Diabetes and Smoking**

*Problems can get worse*

- Smoking doubles the damage from diabetes because it damages the arteries.
- Diabetic smokers are more likely to get nerve damage and kidney disease.
- Diabetic smokers are 3 times more likely to die of heart disease.
- Smoking raises the blood sugar level making it harder to control diabetes.
- Smoking weakens the action of insulin.
- Smoking increases the risk of getting diabetes.

### **After you quit**

*Talk with your doctor about:*

- Weight gain or diet changes.
- Changing your insulin dose.
- Changing your diabetes pill schedule.
- Changing other medicines like high blood pressure or high cholesterol medicine.

### **The benefits of quitting are big**

*Diabetes and quitting*

- Better blood sugar control.
- Better circulation.
- Improves the action of insulin.
- Less risk of having diabetic nerve and kidney problems.
- Lowers blood pressure.
- Lowers cholesterol.



Check us out on...



1-866-NY-QUITS (1-866-697-8487) • [www.nysmokefree.com](http://www.nysmokefree.com)  
 • Call us: **Mon-Thurs 9am-9pm, Fri-Sun 9am-5pm** • Taped message library and tip of the day - 24 hours / 7 days • Join QuNitY, your smoke-free community <https://qunity.nysmokefree.com>

This literature was developed by the Tobacco Control Program at Roswell Park Cancer Institute.

## Other Health Resources and Programs

### **Anthony L. Jordan Health Center**

Healthy Weight & Wellness Program (For Jordan patients only)  
82 Holland St. Rochester, NY 14605  
585-423-5878 or email [lmoll@jordanhealth.org](mailto:lmoll@jordanhealth.org)

### **Foodlink**

Provides various nutrition and cooking classes/education sessions  
(585) 328-3380  
[http://foodlinkny.org/fight\\_hunger/programs-initiatives/#tab-4](http://foodlinkny.org/fight_hunger/programs-initiatives/#tab-4)

### **Ibero American Action League Centro de Oro Senior Programs**

(585) 256-8900 x 123  
<http://iaal.org/index.php/family-services/>

### **Interdenominational Health Ministry Coalition (IHMC)**

(585) 436-9397  
or email: [ihmcroc@gmail.com](mailto:ihmcroc@gmail.com) or go to: <http://www.ihmcroc.org>

### **Lifespan**

Offers older adults and their caregivers a wide-array of free and fee-based non- medical services.  
(585) 244-8400  
<http://www.eldersource.org/resources.html>

### **Rochester General**

**Nutrition and Weight Management Center** 224 Alexander St. Suite 200  
Rochester, NY 14607  
(585) 922-8446 or email  
[nutwtmgt@rochestergeneral.org](mailto:nutwtmgt@rochestergeneral.org)  
[www.rochestergeneral.org/weightmanagement](http://www.rochestergeneral.org/weightmanagement)

### **Unity Diabetes & Endocrinology Services Weight Loss & Exercise Program to Prevent Diabetes**

2655 Ridgeway Ave. Suite 220  
Rochester, NY 14626 (585) 368-4560  
<https://www.rochesterregional.org/services/diabetes-endocrinology/unity-diabetes/appointment/>

### **University of Rochester Healthy Living Center**

#### **Medical Weight and Nutrition Therapy, Stress Reduction, Tobacco Dependence Treatment**

Many locations across Monroe County  
(585) 530-2050

<http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

# Online Resources:

## Websites and Apps

### Websites

#### **American Diabetes Association**

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

#### **Children with Diabetes**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

#### **Choose My Plate**

<http://www.choosemyplate.gov/>

#### **Cornerstones4Care**

<https://www.cornerstones4care.com>

#### **Diabetes Health**

[www.diabeteshealth.com](http://www.diabeteshealth.com)

#### **Diabetes Research Wellness Foundation**

[www.diabeteswellness.net](http://www.diabeteswellness.net)

#### **Diabetes Self-Management**

[www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

#### **dLife – For Your Diabetes Life**

[www.dlife.com](http://www.dlife.com)

#### **Eat Right**

#### **Academy of Nutrition & Dietetics**

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

#### **National Diabetes Education Program**

[www.ndep.nih.gov](http://www.ndep.nih.gov)



### Apps for Mobile Devices

#### **DIABETES**

Cornerstone4care

#### **BLOOD GLUCOSE**

Diabetes Pal

My Glucose Buddy

#### **NUTRITION**

Bant

Calorie Counter

Go Meals

MyNetDiary

#### **KIDS**

Carb Counting with Lenny

#### **FITNESS**

Charity Miles

Map My Walk

#### **MEDICATIONS**

MedScape

#### **CAREGIVERS**

Blue Loop

Glucagon



Campers enjoy traditional camp activities, learn about managing their diabetes, and connect with other kids and adults living with diabetes.

Two sessions in July at the Rochester Rotary Sunshine Campus, Rush, NY

For more information:

[www.diabetes.org/adacampaspire](http://www.diabetes.org/adacampaspire)

(585) 458-3040 x3472



## Advocacy

Life isn't fair for people with diabetes. First, there is the simple fact of coping with a chronic illness. Second, there are the barriers that prevent people with diabetes from enjoying the same opportunities as the rest of the population. Our Advocacy program's efforts work to bring down the barriers and fund research to Stop Diabetes.

### Advocacy Priorities

- **Funding for Research and Programs**

A greater commitment to diabetes research and prevention funding is critical in the fight against diabetes. We are working to increase funding for diabetes research at the federal and state levels.

- **Prevention**

We are committed to supporting diabetes prevention issues which strengthen healthy lifestyles and address the alarming rise in child and adult obesity.

- **Legal Advocacy**

People with diabetes face discrimination at work, at school, and elsewhere in their lives. We are committed to ending this discrimination through our legal advocacy program.

- **Health Disparities**

Some communities are disproportionately affected by diabetes, which is why we advocate for increased diabetes research, treatment and education in minority populations.

### Take Action

Together we can transform the lives of all people with diabetes by working to find a cure, improving access to health care and protecting the rights of people with diabetes.

Please sign up to be a Diabetes Advocate at [www.diabetes.org/advocacy](http://www.diabetes.org/advocacy).

