

What is Diabetes?

Diabetes is a disease in which the body does not make enough insulin or does not properly use insulin. Insulin is a hormone that is needed in order for the body to use blood glucose (sugar) for energy that is necessary for daily life.

If your blood sugar is too high you may develop:

- Kidney problems
- Eye problems
- Heart disease or stroke
- Nerve damage that can lead to problems with feet (loss of feeling or pain, burning, tingling or numbness), sexual function and/or stomach and bowel function

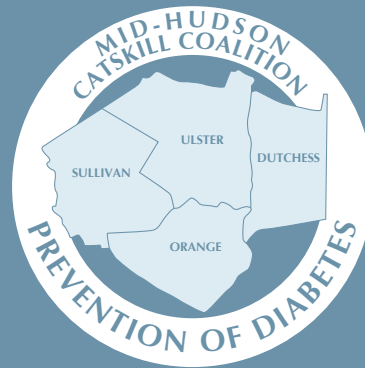
Symptoms of high blood sugar:

- More thirst than usual
- Increased urination, especially at night
- Unexplained weight loss
- Feeling extremely tired or sleepy
- Blurred vision
- More hunger than usual
- Recurring infections
- Slow healing of cuts and scratches

Directions to CRMC's Harris Campus

From New York City and Westchester, NY: New York State Thruway to Exit 16. Route 17 West to Exit 102. Follow the signs to Catskill Regional Medical Center.

From Binghamton, NY: Route 17 East to Exit 102. Follow the signs to Catskill Regional Medical Center.



*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



Catskill Regional Medical Center
Diabetes Self-Management Training
845.794.3300, Extension 2106
P.O. Box 800 · 68 Harris Bushville Road
Harris, NY 12742



Catskill Regional Medical Center
**Diabetes Self-Management
Training**



Sullivan County's Premier Diabetes Management Resource

Catskill Regional Medical Center's Diabetes Self-Management Training Program has provided world-class diabetes care and education since 1999. The Center first earned American Diabetes Association (ADA) Recognition in 2001 and has maintained its accreditation since. We know that knowledge and empowerment are the keys to management of diabetes. At Catskill Regional Medical Center, we are committed to helping you learn the skills necessary to manage diabetes and avoid complications. We continually strive to meet the needs of people with diabetes and their families.

It Takes a Team

Working under the direction of a Board Certified Endocrinologist, our team of Certified Diabetes Educators includes:

- Registered Nurse
- Registered Dietitian
- Certified Exercise Physiologist

We Have What You Need

Whether you are newly diagnosed or have had diabetes for years, we work with your doctor to design a management plan just for you. We offer comprehensive diabetes training for people with diabetes along with their family members and caregivers.

Training topics include:

- Diabetes self-management classes
- Diabetes management during pregnancy
- Nutrition counseling
- Blood glucose monitoring
- Medications
- Insulin management
- Insulin pump therapy training
- Exercise
- Goal setting
- Acute and chronic complications
- Continuous glucose monitoring



For more information about CRMC's Diabetes Self-Management Training, please contact us Monday through Friday at 845.794.3300, extension 2106 or visit us anytime online at www.crmcnny.org.

For more information on diabetes, please refer to the American Diabetes website at www.diabetes.org, the North Eastern New York Diabetes Educators website at www.nenyde.org or the Mid-Hudson Catskill Diabetes Coalition website at www.mhdiabetes.org.

Referrals

We recognize the importance of working in conjunction with your primary care provider. Therefore, a referral is required for admission to our program. Please call us for assistance in getting the referral you need. Diabetes self-management training is covered by most major health insurance plans, including Medicare and Medicaid. Please call your carrier to verify coverage.

