

We're Here to Help You!

Hope Williams, RD, CDE

Community Health Dietitian

715-588-3371 ext.1903

Sherry Ashby, RN, CDE

Community Health Nurse,

Diabetic Educator

715-588-3371 ext.1904

Call with questions, concerns or to set up an appointment to meet with one of our staff.



Diabetes Care Team



Your first step towards control!

Diabetes has a team approach

Your provider comes in and tells you the lab work shows you have diabetes.

Now what?



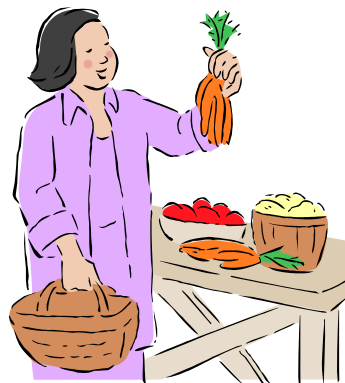
First it is very important to follow-up with your Staged Diabetes Management (SDM) appointments. Your SDM team consists of your doctor, podiatrist, ophthalmologist, among others whom you will see on a regular basis.

Two other SDM team members are in the Community Health Department. They are Sherry Ashby, RN, CDE and Hope Williams, RD, CDE. Sherry is a Diabetes Nurse Educator and Hope is a Registered Dietitian. They will teach you how to manage your diabetes by controlling your blood sugar through diet, exercise and education.

- We will set up an individualized program to help you manage your diabetes.
- Studies have proven that a team approach to Diabetes Management is the most effective way to maintain control and prevent complications.
- Your Diabetes Management Team will work with your Health Care Provider and other members of your Diabetes Management Team.
- We will work with you to set realistic goals that will fit into your lifestyle. In addition, your Diabetes Management Team will utilize education based on proven national guidelines to educate you and your family how to manage your diabetes.

The seven most important areas of education:

- **Healthy eating**
- **Being Active**
- **Monitoring**
- **Taking Medication**
- **Problem solving**
- **Healthy coping**
- **Reducing risks**



Risk factors:

- Overweight (body mass index over 25)
- Family history of Diabetes
- Low HDL cholesterol (good cholesterol)
- High triglyceride level
- High blood pressure
- History of gestational diabetes
- Having a baby with a birth weight of 9 lbs or more
- Having an ethnic background that is African American, Native American, Hispanic American, Asian American, or Pacific Islander

Diabetes can be prevented!

32 million plus people have Pre-Diabetes, almost twice as many as those with Diabetes. Now is the time to help prevent the onset of Diabetes. Know the risk factors and see our community health staff today to start towards lifestyle changes.