

**Don't get
overwhelmed . . .**

**Let Our
DIABETES
EDUCATOR
Help YOU!**

Our diabetes educator will assist you
in achieving and maintaining good
diabetes control.



**Sara Walker
RDN, LD, CDCES**

Registered Dietitian/Certified
Diabetes Care and Education Specialist



Diabetes Education

2305 S. Highway 65
Marshall, MO 65340

(660) 831-3265 | Fax (660) 831-3391
www.fitzgibbon.org

Additional Services . . .

Fitzgibbon Hospital offers a wide range
of outpatient services for people living
with diabetes.

Wound Care

provided by Certified Wound Specialist,
Suzanne Vogelsmeier, ANP-BC, CWS
(660) 886-8414

Mental Health

(660) 886-7800

Lymphedema Therapy

(660) 831-3236

Outpatient Rehab

(660) 831-3236

For more information on these and
other services offered at Fitzgibbon
Hospital, please visit our website at:

www.fitzgibbon.org



*The Fitzgibbon Hospital Diabetes
Self-Management Education Program
is ADCES accredited.*

*The purpose of Fitzgibbon Hospital's Diabetes Self-
Management Education program is to positively
impact the lives of community members with
diabetes through individualized, comprehensive
education, and disease management strategies.*

Fitzgibbon Hospital is a 501(c)3 not-for-profit organization

*Fitzgibbon Hospital complies with applicable Federal civil
rights laws and does not discriminate on the basis of race,
color, sex, national origin, disability, religion, age, sexual
orientation or gender identity.*

**DIABETES
EDUCATION
PROGRAM**



**Let us
help YOU
manage
your
diabetes!**



FITZGIBBON HOSPITAL

DIABETES EDUCATION PROGRAM

Diabetes is a complex disease and requires regular care. Our Diabetes Education Program will help you get the information you need to better manage your disease to stay healthy and free from complications.

BENEFITS of Diabetes Education

- ✓ People who see a diabetes educator have fewer hospitalizations.
- ✓ For every 1% your A1c drops, you reduce the risk of damage to your kidneys, eyes and blood vessels by 23-37%.
- ✓ You can reduce your risk of stroke and heart attack by 33-50% if you keep your blood pressure and blood sugars in good range.



GOAL of Diabetes Education



The goal of diabetes education is to help you achieve and maintain good diabetes control by:



1. Eating healthy
2. Becoming more active
3. Monitoring blood sugars
4. Understanding how diabetes medications work and taking them as prescribed
5. Identifying problems and learning cause and effect
6. Reducing risk of complications
7. Developing healthy ways to cope with stress

Getting Started is Easy!

1. Your physician will fax a referral form to Fitzgibbon Hospital Diabetes Education.
2. Our Diabetes Educator will contact you to schedule an appointment.

- *Physician referral required.*
- *Covered by Medicare.*
- *Commercial insurance can be billed directly, but coverage may vary based on your plan.*
- *Financial assistance is available for individuals who qualify. Contact Fitzgibbon Hospital Patient Accounts (660-831-3730).*

Take the first step toward improving your health and give us a call today!

(660) 831-3265

Control Your Diabetes
... FOR LIFE