

Resources for Diabetes

- 1. See your Primary Care Provider regularly**, as recommended, for direction on diet, exercise, monitoring of glucose and medication therapy.
 - Find a St. Thomas physician by calling 284-LIFE (5433) or visit <http://carenet/> and click on the “Physician/AHP Directory” link under the “Reference” section.
 - Find a participating physician by calling Blue Cross Blue Shield at 1-800-565-9140 or visit www.bcbst.com.
- 2. The American Diabetes Association (ADA)**. Contact them at www.diabetes.org or call the local ADA office at 298-3066.
- 3. The St. Thomas Center for Diabetes**. Located on the 3rd floor of the hospital. For more information, contact their office at 222-4923 or visit their website at <http://carenet/cdmed/>.
- 4. The Nutrition Therapy Department**. Call Lynn Henderson at 369-0907 to make an appointment with a registered dietitian for an **individualized evaluation** and a comprehensive weight management plan that features counseling, dietary changes, and behavior therapy. The Nutrition Therapy Department is located on the 5th floor in the St. Thomas Hospital.
- 5. Get physical activity most days of the week**. Less active people have a greater risk for developing diabetes. After seeing your primary care provide, contact The Wellness Center at 222-2056 to find out how to get assistance starting an exercise program. The Centers for Disease Control, the American Heart Association, and the American College of Sports Medicine recommend for healthy adults to participate in:
 - Moderate intensity aerobic activity (example: walking) for a minimum of 30 minutes 5 days each week.
 - OR**
 - Vigorous intensity aerobic activity (example: running) for a minimum of 20 minutes 3 days each week.
 - AND**
 - 8-10 Strength training exercises 8-12 repetitions each a minimum of 2 days each week.
- 6. Maintain a healthy weight or lose weight if you are overweight**.
 - Call The Wellness Center at 222-2056 to find out how to get assistance starting an exercise program.

- The Nutrition Therapy Department, located on the 5th floor of the St. Thomas Hospital, offers a weight management program called ***Action with Balance***. Call Blair Blair at 222-3726 for more details.

Questions? Contact The Wellness Center at 222-2056.