

## About Valley Regional Healthcare

In addition to diabetes self management, the Valley Regional Healthcare system includes regional home care and hospice services, two primary care outpatient centers, and Sullivan County's only acute-care, critical access hospital. Valley Regional Hospital provides inpatient/outpatient and community-based healthcare services including:

- Maternal and Child Health
- Emergency Services
- Medical/Surgical Hospitalization
- Cardiac Rehabilitation
- Occupational Health
- Audiology
- Radiology (x-ray, mammography, CT scan, MRI)
- Rehabilitation (physical, occupational, and speech therapy)



Winner 2006 Press Ganey Compass Award for Patient Satisfaction



2007 Gold Seal of Approval by the Joint Commission



2007 Accreditation by Center for Medicare and Medicaid Services



2008 NH Business of the Year Healthcare

**Valley Regional Hospital** (603) 542-7771

243 Elm Street, Claremont, NH 03743

### Associates in Medicine

**Endocrinology** (603) 542-1370

241 Elm Street, Claremont, NH 03743

**Internal Medicine** (603) 543-6900

241 Elm Street, Claremont, NH 03743

**OB/GYN** (603) 543-6920

224 Elm Street, Claremont, NH 03743

**Pediatrics** (603) 542-6700

9 Dunning Street, Suite 1, Claremont, NH 03743

**Connecticut Valley Home Care** (603) 543-6800

958 John Stark Highway, Newport, NH 03773

### Kane Center

**Oncology/Cardiology** (603) 542-8603

5 Dunning Street, Claremont, NH 03743

**Valley Regional Primary Care Physicians** (603) 863-6400

17 Main Street, Newport, NH 03773

**Valley Regional Orthopaedics** (603) 542-7666

241 Elm Street, Claremont, NH 03743

**Valley Regional Surgical Associates** (603) 542-6777

251 Elm Street, Claremont, NH 03743



Valley Regional Hospital

243 Elm Street  
Claremont, NH 03743  
vrh.org

# Diabetes Self-Management Program



Valley Regional Hospital

2008 NH Healthcare Business of the Year

## What is Diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin, resulting in abnormal blood sugars. You can develop diabetes at various stages in life including childhood, adolescence, adulthood and pregnancy. It can often be controlled by diet and exercise alone or in combination with medication. By keeping blood sugar within a safe range, serious complications can be prevented or delayed. Over the last few decades, diabetes has become more common with 24 million Americans living with this condition, and 57 million Americans with pre-diabetes.

## Diabetes Self-Management Program

The VRH Self-Management Program can help you gain the skills, knowledge and abilities to control type 1,2 or gestational diabetes. Our educators and nurses work with you to review your medical history, health status, risk factors, diabetes knowledge, and lifestyle behaviors. Treatment goals and plans are specifically and individually designed for you to monitor and manage your illness. The rewards are great: reduced risk for complications and an improved quality of life!

## The Program Team

Our team consists of Primary Care providers, Diabetic Educators, and an Endocrinologist, who specializes in the care of Diabetes. In addition, we offer nutrition counseling and therapists that are available and committed to helping you achieve your goals.

## Program Overview

**General Facts:** Provides an overview of the various types of diabetes, risks, signs, symptoms, and treatments.

**Nutrition:** Learn how food affects diabetes, how to read food labels, and how to plan meals at home or when dining out.

**Medication:** When diet and exercise are not enough, medication is prescribed to help control diabetes. Your providers will review available medications, how they work and potential side effects and precautions.

**Monitoring Blood Sugar:** Provides education on the available blood glucose monitors, their use and when to test your sugars. Blood sugar targets are also reviewed, as well as their role in the prevention of complications.

**High and Low Blood Sugar:** Learn how to recognize the signs and symptoms of blood sugar extremes and how to manage these potentially dangerous situations. Blood sugar patterns are reviewed and treatment is individualized.

**Stress and Exercise:** Learn how to reduce the effects of stress and how regularly planned exercise can manage your blood sugars and reduce the risk of heart attack and stroke.

**Blood Pressure and Cholesterol:** These are contributing factors that increase the risk for heart attack and stroke in patients with diabetes. They will be evaluated on a regular basis with your Diabetes health care team.

**Eye and Foot Care:** A complete dilated eye exam should be completed once yearly to screen for development of diabetic eye complications. The daily self foot exam is reviewed. Additionally, routine foot exam is performed with your Diabetes Team at every visit. A specialist in foot care may be necessary for the management of calluses, nail trimming, and foot ulcers.

## VRH is committed to your wellness by offering:

### *FREE Diabetes Support Group*

Fourth Tuesday of each month at 11:00am  
Valley Regional Hospital  
Claremont, NH  
542-1370

### *Vital Signs Fitness Center*

Cardio and strength training options with fitness trainers who can create an exercise prescription personalized for you. Pay as you go or take advantage of 6-month or year-long memberships.  
542-1838

### *Foot Care Clinics*

Connecticut Valley Home Care, a program of VRH, offers foot care clinics in Claremont and Newport. Care takes about 15 minutes and costs \$15 per person. Reservations are required and can be made by calling (603) 543-6800.

### **Claremont Senior Center**

1st, 2nd, and 3rd Wednesday of each month  
8:15 to 3:00pm

### *Diabetes Team*

Clinician:

Colleen Digman, M.D.

Educators:

Lauri-ann Smerald, RN.MS, CDE

Ann Merritt, MS.LD, R.D.

Adam Lantas, CMA

Office Assistant:

Penny Davis

Contact the team at (603) 542-1370 for additional information or to schedule an appointment.