

# Have Diabetes?



Hi. I'm Emily Hammond, a certified diabetes educator with Hudson Headwaters. I work closely with medical staff here to support and educate patients who have diabetes. Our goal is to help guide you on the path to a healthier you—one that will help you get and keep your diabetes under control.

Your primary care provider may refer you to me, and I look forward to meeting you. Our appointment would last for about an hour, and you are welcome to bring family members or friends with you.

Please let your primary care provider know if you would like to talk with me, or if you have questions about diabetes education. I look forward to helping you.

## I want to help you:

- ▶ Understand how diabetes affects your body.
- ▶ Learn how to deal with blood sugar levels: how to test, the best time to test, and what the levels should be at different times of the day.
- ▶ Get started with a physical activity plan.
- ▶ Understand how to cope with the daily challenges of living with diabetes — financial, emotional, and more.
- ▶ Learn what your medications do and how to take them so they work properly.
- ▶ ...and much, much more.

Ask your health center doctor or nurse for an appointment to discuss your concerns about diabetes.

