

# Diabetes Wellness Center of Atrium



Atrium's Diabetes Wellness Center helps individuals with diabetes learn new skills and lifestyle changes to better manage their diabetes. The center offers one-on-one counseling, group sessions, community programs, screenings, a resource library and a demonstration kitchen for cooking classes.

Diabetes self-management training is available to teens and adults of all ages. We counsel those with polycystic ovarian syndrome, pre-diabetes, Type 1, Type 2,



and gestational diabetes and can also help with insulin pump preparation. Support persons are encouraged to attend, as well.

## Diabetes Education\*

The Diabetes Wellness Center offers a wide range of innovative education programs.

Individual education:

- Our diabetes nurse educator and dietitian, work with the patient and physician to design a personalized, self-management training program.
- This program typically consists of one initial and one follow-up appointment in four weeks, with more follow-up if needed.

## Group education with limited individualized component:

- Group education consists of three sessions for a total of nine hours.
- Patients also meet one-on-one with the diabetes nurse educator and a dietitian for one hour.

Topics covered include:

- Disease process
- Healthy eating habits
- Stress and adjustment to the disease
- Medication management includes instruction on insulin administration and other injectable diabetes medications
- Exercise and activity
- Foot, skin, and dental care
- How to monitor blood sugar levels effectively
- Ways to modify behavior, set goals, and reduce risks
- Self care for diabetes during pregnancy
- How to use health care and community resources

A physician's referral is required prior to participate in individual or group education sessions.

## Contact

**Carolyn Fogarty, RD, LD, CDE**  
Manager  
(513) 727-5476  
CMFogarty@premierhealth.com

## Hours of Operation

10 a.m. to 6:30 p.m.  
Monday

8 a.m. to 4:30 p.m.  
Tuesday through Friday

## Diabetes Wellness Center

4218 Grand Avenue  
Middletown, Ohio 45044

(513) 727-5475  
(513) 727-5479 Fax



**Cure • Care • Commitment®**

\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.