

# BURGESS Diabetes Center

Living with diabetes or preventing diabetes can be a challenge but you don't have to go at it alone. Burgess Diabetes Center is committed to offering the support you need to live with diabetes. You will receive:

- Information to understand how to manage your diet, medications, and exercise.
- Tips on how to live well with diabetes.
- Updates on the latest technology to manage blood sugar.
- Coordinate care with your provider.
- Personalized goal plan.

## Services Offered

**For persons with type 1, type 2, diabetes in pregnancy, pre-diabetes:**

- Diabetes group sessions
- Individual management sessions
- Personalized meal plan with dietitian
- Medication review
- Continuous glucose sensor

Other services to support you:

- Specialty clinics
- Burgess Wellness Center
- Cardiac rehabilitation
- Tele-health Endocrinology
- Mental health counseling
- No-cost Diabetes Update Program
- Technology support

Diabetes services are covered by Medicare, Medicaid and most private insurances. Financial assistance and payment plans are available.

**To make an appointment  
call 712.423.9268**

# Classes Held at Burgess

## Diabetes Toolbox Sessions

Includes individual appointment with diabetes educators to discuss your personal goals and any questions you have before your first session. You may attend all four sessions or pick the sessions you want to attend. Also includes a meal.

### SESSION 1

- Why do I have diabetes, and what is happening in my body?
- What tools can I use to stay healthy with diabetes?
- Introduction to carbohydrate counting.

### SESSION 2

- How do I take my diabetes medications?
- How do I check my blood sugar at home?
- What do the numbers on my machine mean, and what do I do with them?

### SESSION 3

- Carbohydrate counting continued.
- Keeping my heart healthy.

### SESSION 4

- How does exercise affect my diabetes?
- Stress management.
- What do I need to know to keep my body healthy for the rest of my life?

## Diabetes Update NO COST

This class is for anyone who wants to prevent diabetes or information on how to live with diabetes. Support persons are welcomed.

**MUST PRE-REGISTER**

## Diabetes Testimonials

*"I think the biggest thing is I know what to eat, when to eat, and how I react to what I eat. Before wearing the sensor I was just guessing."*

*John Maule, Onawa*

*"I like the education classes at Burgess. They are personable and I felt more connected."*

*Wilma Hightree, Whiting*

## Continuous Glucose Sensor

This sensor continually measures your sugar levels for up to 14 days. The sensor helps:

- Identify high or low blood sugars.
- Show food is affecting your blood sugar.
- Your provider make changes in your diabetes treatment.
- Lower your A1C.

It is small and comfortable and placed on the back of your arm. Most patients report they don't even know it's there.

This service is covered by Medicare, Medicaid and most of the private insurances for patients with diabetes.

## Meet the Staff



**Michele Kirkendall**  
*Certified Diabetes Educator*  
*Registered Dietitian*



**Sue McLaughlin**  
*Certified Diabetes Educator*  
*Registered Nurse*  
*Certified Health Coach*

## Contact Information

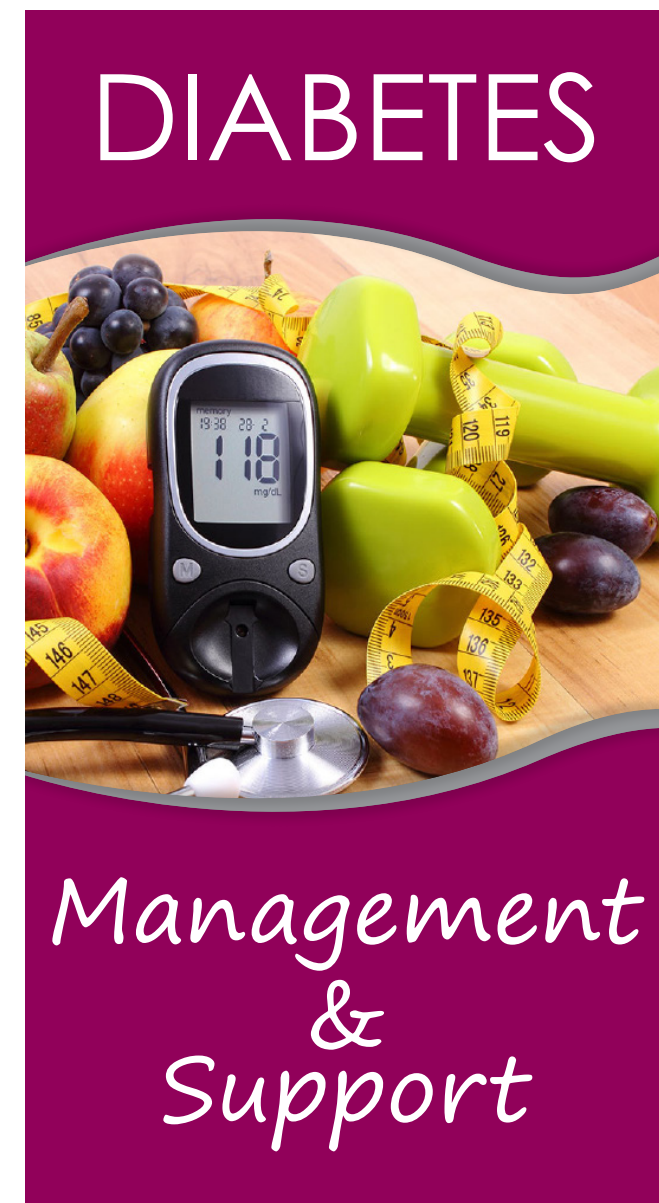
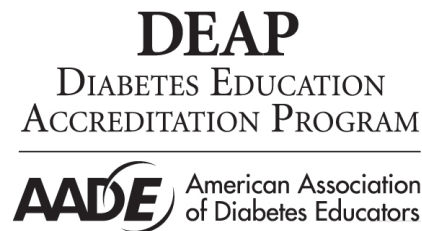
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