

Benefits of Diabetes Support & Education

Did you know?

People living with diabetes who participate in education and support have been shown to have lower A1C and blood sugar levels?

This is because you receive information and support on 7 Healthy Habits proven to lower blood sugar:

- Healthy eating
- Healthy Coping
- Being Active
- Taking Education
- Monitoring
- Reduce Risk (treating acute and chronic complications)
- Problem Solving and behavior change strategies

When is Diabetes Education and Support needed:

Anytime, but there are 4 times when it can be helpful.

- At diagnosis
- Annually and/or not meeting treatment targets
- When complicating factors develop
- When transitions in life or care occur

Other Burgess Health Center services to support you:

- Specialty clinics
- Burgess Wellness Center
- Cardiac rehabilitation
- Tele-health Endocrinology clinic
- Mental health counseling
- Burgess Family Pharmacy - *Whiting*

BURGESS Diabetes Center

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 diabetes:

Available in-person or telehealth.

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

Diabetes services are covered by Medicare, Medicaid and most private insurances.

Financial assistance and payment plans are available. Appointments available on Tuesday, Thursday & Friday.

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.

Available online.

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.

**To make an appointment
call 712.423.9268**

Meet the Staff



Michele Kirkendall
*Certified Diabetes Care
& Education Specialist -
Registered Dietitian*



Sue McLaughlin
*Certified Diabetes Care
& Education Specialist -
Registered Nurse*

Contact Information

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of Diabetes Educators

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Management & Support



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Phone: **712.423.9268**
www.BurgessHC.org/diabetes