

Diabetes Education Program Goals

To empower you to assume responsibility for the effective management of your diabetes.

To provide the information, support and resources that you and your support person need for self-management.

The Diabetes Team

Effective diabetes management requires a team approach, starting with you as the most important member. Other primary team members involved in your care include:

The Diabetes Education Team

- Registered Nurse/Certified Diabetes Educator
- Registered Dietician
- Health Care Provider

This team works well together to develop the most comprehensive plan for the management of your diabetes.

Additional support may include professionals specializing in:

- Podiatry
- Ophthalmology
- Pharmacy
- Social Work
- Physical Therapy
- Mental Health
- Dentistry
- Nephrology
- Cardiology & Cardiac Rehab

Fees / Insurance Information

Individual consultation fees are reimbursed by most insurance carriers. It is recommended that you consult your insurance company prior to your visit for co-pay information.

Individuals without insurance or with insurance that does not cover diabetes education services, should contact the program to discuss options.

For information and or to make an appointment, please call the Diabetes Education Program at (585)335-4355.

Convenient Locations:

Noyes Memorial Hospital
111 Clara Barton Street
Dansville, NY 14437

Noyes Health Services
50 East South St. (Rte. 20A)
Geneseo, NY 14454

Tri-County Offices in
Wayland, Nunda & Cohocton

Creekside Family Medicine
12 North Church Street
Canaseraga, NY 14822

St. James Mercy Hospital
411 Canisteo Street
Hornell, NY 14843



Diabetes Education Program

*Learning to Live
with Diabetes*

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

AADE American Association
of Diabetes Educators

Step 1 One-to-One Counseling

Private Educational Sessions

Meet with one of our Diabetes Educators for a general diabetes information and education session to begin to gain the necessary skills needed to manage your diabetes.

Ongoing support is only a phone call away and you can call us anytime with questions. We will follow up with you at three and six month intervals to check on your status and answer your questions.

Free Glucometers

Free glucometers can be obtained from the Diabetes Educator along with training on how to use them.

Starting on Insulin

If your physician has determined that it is time to start insulin, you can meet individually with a Diabetes Educator to learn about storage and administration of insulin, site selection, and more.

Insulin Pump

Our educators are certified pump trainers and are available to assist you with insulin pump starts and ongoing pump support.

Step 2 Free Life with Diabetes Classes

Free Classes: Sponsored by Rural Health Grant

What Do I Eat If I have Diabetes?

Current recommendations for protein, fat, and carbohydrates in your diet. Information on the food pyramid, sugar substitutes, meal planning, label reading, stocking your cupboard, restaurant eating, weight management, special occasion meals and more.

Complications, Exercise, & Stress Management

Physical activity, exercise and your blood sugar; establishing a safe exercise program; stress and diabetes; suggestions for managing stress; sick day guidelines; and avoiding diabetes complications that affect your kidneys, eyes, nerves, heart and foot care.

Monitoring Diabetes & Managing Blood Glucose

Enhance your understanding of diabetes, glucometer testing, handling high and low blood sugars, oral medications, insulin, and the latest in diabetes pattern management.

Carbohydrate Counting Basics for Diabetes

In-depth look at carbohydrates, the glycemic index, and how to apply information to meal plans. Learn terms, including net carbs and net impact carbs. Advanced carbohydrate counting available.

Step 3 Ongoing Education

Continued Counseling

Additional follow-up education sessions are available with a Diabetes Educator.

Continuous Glucose Monitoring

- A screening test for patients to help evaluate current medications, identify low blood sugars and more.
- Real time glucose monitoring for those on insulin pumps.

Insulin Pump Support

If you are on an insulin pump, this service gives you a chance to review features to make sure you are maximizing the use of your pump.

Go to Noyes-Health.org.

Select "Thank You for Choosing Noyes Health" and see what others are saying about this program.

This program started with seed money from the Dansville Lions Club and continues with the support of additional Community Based Organizations.