

You are not alone with your diabetes



More than 18 million Americans have this chronic medical condition and, like you, require a lifetime of treatment. We are here for you.

Self-management means taking charge of your diabetes by watching your nutrition, blood sugar, medication and talking to your healthcare team. Self-management paves the way for better health and independence in lifestyle choices. Let us partner with you so you can live life to the fullest.

Theresa Davis is a Family Nurse Practitioner and Certified Diabetes Educator (CDE) with over 14 years experience in the treatment of people with diabetes.

She can help you learn new skills you will need and can promote independence by teaching you self-management skills throughout your lifetime with diabetes.

Diabetes is a very personal disease. By getting to know you as an individual, we can create a self-management plan that works for you...one based on your age, school or work schedule, your daily activities, family demands, eating habits and health problems.

Because successful diabetes management is a team effort, family and friends are often encouraged to join you in the process.

There are seven key self-care behaviors that promote successful self-management...

1 **Healthy eating**

Making healthy food choices, understanding portion size and learning the best times to eat are important in managing your diabetes. By making appropriate food selections, children and teenagers with diabetes grow and develop as they would if they didn't have diabetes. And, by controlling their weight, many adults may be able to manage their condition for a time without medications.

2 **Being active**

Regular activity is important for overall fitness, weight management and blood sugar control. We can work to develop an exercise plan that is right for you and one you will enjoy doing.

3 **Monitoring**

It's critical that you monitor your blood sugar on a daily basis. Testing your blood sugar can help you learn how the food you eat, your daily activity, stresses and medication all affect your blood sugars.

4 **Taking Medication**

Diabetes is a progressive condition. If your diabetes cannot be managed with diet and exercise alone, we may prescribe insulin or diabetes pills to help improve your blood sugar. We will help you understand how your medications work and how to take them.

5 **Problem solving**

Managing changes in blood sugar levels is vital to managing your diabetes. We can help you move from novice to expert as you learn how to recognize and respond to low and high blood sugar and sick days.

6 **Reducing risks**

Having diabetes puts you at risk for a multitude of related complications. In addition to regular examinations and blood testing, people with diabetes need periodic eye, foot and dental exams. You also need to avoid behaviors such as smoking and excessive alcohol consumption that can increase the risk for other complications.

7 **Healthy coping**

We are here to provide support by encouraging you to talk about your concerns or fears about diabetes. We will help you learn the things you can control and offer ways for you to cope with the things you cannot.

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On-Site Laboratory Testing
Most insurances accepted

live life to the fullest!