

# Altru's Diabetes Center



## Diabetes Self-Management Education

Taking care of yourself and your diabetes can help you feel good today and in the future. When your blood sugar (glucose) is close to normal, you are likely to:

- » Have more energy
- » Be less tired and thirsty
- » Need to urinate less often
- » Heal better and have fewer skin or bladder infections
- » Have less chances of having health problems caused by diabetes (i.e. heart attack, stroke, eye problems, nerve damage, kidney problems, and mouth problems).

Our licensed registered dietitians and certified diabetes educators work as a team with you and your provider to bring lifestyle, medications, and current technology (including insulin pumps and continuous glucose monitoring) together to develop personal plans for patients of all ages and types of diabetes.

Certified diabetes educators will help you understand your diabetes, medications, how to monitor yourself and provide support and encouragement in guiding your choices in the self-management of diabetes.

Licensed registered dietitians will teach you how to follow a proper diet, limit the amount of medication you need and reduce the risk for episodes of excessively high or low blood sugars.

Regular follow up for self-management support has been shown to improve control of diabetes, lessen the chances of diabetes related complications and lower health care costs.

## Financial Assistance

Altru's Diabetes Center offers financial assistance for patients diagnosed with pre-diabetes, gestational diabetes, type 1 or 2 diabetes who meet financial criteria.

Assistance may be used for:

- » Clinical visits with provider, certified diabetic nurse educator, or registered dietitian
- » Weight management programming
- » Prescription medications
- » Travel to/from Altru Health System

Please complete the financial assistance application found under "Financial Assistance" at [altru.org/services/diabetes](http://altru.org/services/diabetes) and email to [diabetescenter@altru.org](mailto:diabetescenter@altru.org) along with proof of income. You should expect to receive a reply to your request within two weeks.

## How to Schedule an Appointment

It is important to be seen when you are diagnosed with diabetes, annually, if you have any new complications of diabetes or changes in your ability to care for your diabetes.

Ask your primary care provider for a referral to Altru's Diabetes Center or call to schedule an appointment directly at 701.780.6400.

## Diabetes Center Contact Information

Email: [diabetescenter@altru.org](mailto:diabetescenter@altru.org)  
Website: [altru.org/services/diabetes](http://altru.org/services/diabetes)  
Phone: 701.780.6926



## American Diabetes Association

Altru's Diabetes Center is recognized by the American Diabetes Association (ADA). Recognition requires Altru to fully implement the national standards for diabetes self-management education and support.

## ADA Camp Sioux

The purpose of Camp Sioux is to provide a fun and safe camping experience for children living with diabetes. We want to give kids the opportunity to meet other kids just like them as well as help them gain confidence and independence in managing their diabetes. Two sessions are held annually at the Park River Bible Camp in Park River, North Dakota:

- » Session 1: second week in June
- » Session 2: third week in June