



### American Diabetes Association Events

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. As an ADA recognized program, Altru's Diabetes Center participates in and promotes the following ADA events:

#### Alert!Day

Free blood sugar screenings are the fourth Tuesday in March at Altru Main Clinic, 1000 S. Columbia Rd., Grand Forks, ND.

#### American Diabetes Month

American Diabetes Month® (ADM) is designed to focus the nation's attention on the issues surrounding diabetes and the many people who are affected by the disease. Free blood sugar screenings are offered the month of November at Altru Main Clinic, 1000 S. Columbia Rd., Grand Forks, ND.

#### ADA Step Out Walk to Stop Diabetes

We step out to do our part to stop diabetes and take steps to improve our health. Participants are changing the future and making a positive impact in the lives of those who are affected by diabetes. You can too! For more information go to: [stepout.diabetes.org](http://stepout.diabetes.org).

#### 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

### Financial Assistance

Altru's Diabetes Center offers financial assistance for patients diagnosed with pre-diabetes, gestational diabetes, type 1 and 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). You should expect to receive a reply to your request within two weeks.

### How to Schedule an Appointment

To schedule an appointment with Altru's Diabetes Center, ask your primary care provider for a referral or call 701.780.6400 to schedule an appointment directly with one of our six providers specializing in diabetes:

- » James Brosseau, MD
- » Eric Johnson, MD
- » Jessica Kotrba, FNP (Pediatrics)
- » Ann Mason, FNP
- » Lori Sondrol, MD, FAAP (Pediatrics)
- » William Zaks, MD, PhD

### Diabetes Center Contact Information

Email: [diabetescenter@altru.org](mailto:diabetescenter@altru.org)  
Website: [www.altru.org/services/diabetes](http://www.altru.org/services/diabetes)  
Phone: 701.780.1838



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# Altru's Diabetes Center

We turn  
**DiabEtes**  
into  
**LIVabEtes.**



Diabetes Center

# Altru's Diabetes Center



## We turn diabetes into livabetes.

Our team approach will help you reach your health care goals of complying with the American Diabetes Association's Preventative Care Guidelines:

- » Hemoglobin A1c < 7% (2 - 4 times per year)
- » Dilated Eye Exam (Annually)
- » Blood Pressure < 140/90 (Each visit)
- » Lipid Profile (Annually)
  - LDL < 100
  - HDL > 50 in women and > 40 in men
  - Triglycerides < 150
- » Kidney function (microalbumin < 30) (Annually)
- » Flu and Pneumovax Vaccine (Annually)
- » Foot Exam (Each visit)
- » Diabetes Self-Management Education (At time of diagnosis and as needed thereafter)
- » Nutritional Assessment (At time of diagnosis and as needed thereafter)
- » Aspirin (75-162mg/day) for all adults with cardiovascular disease and diabetes. Most men > 50 and women > 60
- » Don't smoke

## Why take care of your diabetes?

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 changes of having health problems caused by diabetes (i.e. heart attack, stroke, eye problems, nerve damage, kidney problems, & mouth problems).

## Diabetes Medical Services

Our physicians, nurse practitioners, licensed registered dietitians, and certified diabetes nurse educators work as a team to bring lifestyle, medications, and current technology (including insulin pumps and continuous glucose monitoring) together to develop personal plans for patients of all ages. Altru's Diabetes Center offers a complete range of treatments for all types of diabetes, including:

- » Type 1
- » Type 2
- » Gestational (pregnancy)

## Diabetes Self-Management Education

Diabetes self-management education and training (DSME) is a collaborative process through which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions.

The overall objectives of DSME are to support the following in order to improve clinical outcomes, health status, and quality of life:

- » Informed decision-making
- » Self-care behaviors
- » Problem-solving and active collaboration with the health care team

## BASICS Classes

BASICS classes are designed for people who have been recently diagnosed with type 2 diabetes and are not taking insulin. This class is a three part series (1.5 hours each). Classes are taught by certified diabetes nurse educators and registered dietitians.

## Diabetes Presentations

Presentations are held from 6:30-7:30 p.m. at Altru Rehabilitation Center, 1300 S. Columbia Rd., Grand Forks, ND. Cost | \$10/person.

If you are interested in attending any of Altru's Diabetes Center presentations, register by:

- » Going online: [www.altru.org/calendar](http://www.altru.org/calendar)
- » Calling: 701.780.1838
- » E-mailing: [diabetescenter@altru.org](mailto:diabetescenter@altru.org).

## Let's Talk Type 2 Diabetes

Patients with type 2 diabetes are encouraged to attend this provider-led discussion. Sessions are held the second Thursday of March, September and December.

## Pump and Sensor Success

Patients interested in or currently using an insulin pump or blood glucose sensor are encouraged to attend this provider-led discussion. Sessions are held the second Thursday of January, April and October.

## Type 1 Diabetes Family Forum

Families of children with type 1 diabetes are encouraged to attend this presentation to learn about caring for children with type 1 diabetes and network with other families. Child care will be provided. Sessions are held the second Thursday of February, May, and November.

