



8118 Good Luck Road
Lanham, Maryland 20706-3596
301-552-8118

Joslin Diabetes Center Offers Programs for People with Diabetes

LANHAM, Md.—The Joslin Diabetes Center at Doctors Community Hospital offers programs designed to help people with diabetes and their families. The groups meet in the Joslin Diabetes Center on the fifth floor of the Medical Office Building at Doctors Community Hospital (8118 Good Luck Road, Lanham, Md.). The programs follow:

Diabetes Circle Support Group

Participants share their experiences and how they and their family cope with diabetes. Discussions vary and include specialty topics and encouragement. The program is free, but requires registration.

Time: 6 to 7:30 p.m.

Upcoming days (third Monday of the month):

Feb. 16, 2009, March 16, April 20, May 18, June 15, July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16 & Dec. 21

Insulin Pump Support Group

Participants share their experiences and how they and their family cope with diabetes and using a continuous insulin delivery system. Discussions vary and include specialty topics and encouragement. The program is free, but requires registration.

Time: 6 to 7:30 p.m.

Upcoming days (third Monday of the month):

Feb. 16, 2009, March 16, April 20, May 18, June 15, July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16, & Dec. 21

Insulin Pump Therapy Orientation

The orientation addresses details about the insulin pump to help people with diabetes decide how an insulin pump may fit into their diabetes health care plan. The program is free.

Upcoming session: March 19 from 3 to 4 p.m.

Steps to Success

Participants learn about diet, exercise, complication prevention and interpreting glucose levels to gain a greater understanding of diabetes. This comprehensive, 10-hour course is offered through five interactive sessions. Before entering the program, participants must register and complete an assessment. Program costs are covered by most insurance plans.

Time: 6 to 8 p.m.

Upcoming days: Feb. 17 & March 31

Diabetes Today

This eight-and-a-half-hour program provides an overview of how to effectively manage your diabetes. It is offered through two half-day interactive sessions followed by an individual follow-up appointment. The program is designed for participants who have been diagnosed with diabetes within the last six months or have never met with a diabetes educator. Participants will learn basic diabetes self-management skills for medication, nutrition, meal planning, physical activity and blood glucose monitoring. Before entering the program, participants must register and submit a signed referral from their physician. Program costs are covered by most insurance plans.

Monday Series

Time: 9 a.m. to 12:30 p.m.

Upcoming days: Feb. 16, March 9, & March 3

Tuesday Series

Time: 9 a.m. to 12:30 p.m.

Upcoming days: Feb. 24 & March 17

Wednesday Series

Time: 7:30 a.m. to 11 a.m.

Upcoming days: March 4, March 25,

Ask the Doc

Joslin Diabetes Center Medical Director, Dr. Karl B. Finley facilitates a diabetes discussion in a small group setting. Registration is required for the program. Program costs are covered by most insurance plans.

Time: 6 to 7:30 p.m.

Upcoming day (second Monday of the month): March 9

Fundamentals of Insulin Pump Therapy/Continuous Glucose Monitoring System

This course provides information to people with diabetes about the benefits and expectations of insulin pump therapy and continuous glucose monitoring systems. In addition, participants learn about the different types of pumps available. Before entering the program, participants must register and submit a signed referral from their physician. Program costs are covered by most insurance plans.

Time: 3 to 5 p.m.

Upcoming days: Feb. 12 & March 26

Diabetes Update

Participants learn the latest information about nutrition, diabetes treatments and research. This class also helps participants manage challenges, set goals and develop personal action plans. Basic diabetes education and pre-registration is required. Program costs are covered by most insurance plans.

Time: 1 to 2:30 p.m.

Upcoming days: Feb. 12, Feb. 26, March 12, & March 26

The Joslin Diabetes Center at Doctors Community Hospital also offers nutrition and diabetes counseling appointments in Spanish. To register or learn more information about the programs, contact the Joslin Diabetes Center at 301-552-8661.

Doctors Community Hospital (www.DCHweb.org) is a 186-bed acute care medical and surgical hospital. Founded in 1975 by leading physicians in Prince George's County, the hospital has continued to be in the forefront in providing state-of-the-art medical care while remembering the elemental human touch.