

# HEALTHY LIVING CHRONICLES

## Diabetes Self- Management Tips



# DIABETES

According to the World Health Organization, diabetes is one of the top 10 leading causes of death in the world. It is also estimated that about one third of people who have diabetes do not know they have this disease.

“It’s very important to see your primary care physician or provider (PCP) annually to learn about your risk of diabetes or pre-diabetes. You can also take advantage of various community resources that provide free diabetes screenings at convenient locations,” said Adeola Akindana, DNP, CRNP, CDE, program coordinator at Joslin Diabetes Education Center affiliate at Doctors Community Hospital. For example, some of the places where we provide free diabetes screenings include:

- ✦ Local community health fairs
- ✦ Wellness on Wheels mobile health clinic

To help you manage this complex disease, here are a few self-management tips:

- ✦ Consult with an endocrinologist or diabetes specialist who can provide assessments and guidance
- ✦ Attend comprehensive diabetes self-management education/skills training classes
- ✦ Take your medications as instructed by your healthcare team

- ✦ Follow the diet plan prescribed by your healthcare team or see a dietitian to develop a meal plan
- ✦ Check food nutrition labels and pay attention to portion sizes
- ✦ Attend diabetes support groups to learn from others who have this disease
- ✦ Maintain exercise and healthy sleep routines to contribute to your overall wellness

Doctors Community Health System provides comprehensive diabetes care that includes experienced endocrinologists, educators and nutritionists. If you need help managing this disease, schedule an appointment at one of our convenient locations:

- ✦ Doctors Community Practices at Riverdale  
301-927-7239
- ✦ Doctors Community Practices at Laurel  
301-725-5652
- ✦ Joslin Diabetes Education Center Affiliate at Doctors Community Hospital  
301-552-8661



# LET OUR SYSTEM CARE FOR YOURS

Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – **Doctors Community Hospital** in Lanham, Maryland. For your convenience, we complement the hospital's medical and surgical programs with more than a dozen centers of care located throughout the area:

- ✚ Ambulatory Surgery
- ✚ Bariatric and Weight Loss Program
- ✚ Breast Health
- ✚ Diabetes Education
- ✚ Digestive Care
- ✚ Emergency Services
- ✚ Endocrinology Services
- ✚ Imaging Services
- ✚ Infusion Care
- ✚ Orthopedic Service
- ✚ Primary Care
- ✚ Radiation Oncology
- ✚ Rehabilitation Program
- ✚ Sleep Care
- ✚ Surgical Services
- ✚ Wellness Center
- ✚ Wound Care

Contact us for more information or to schedule an appointment.

301-DCH-4YOU | 301-324-4968 | [DCHweb.org](http://DCHweb.org)

**STAY CONNECTED!**



**Main Campus**

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