

Esse Health Diabetic Guide

Disease Management & Educational Packet



*“Keep in mind, this condition is a ‘marathon’ not
a ‘sprint’ - dig in and take action!”*

— Dr. Andrew Valleroy

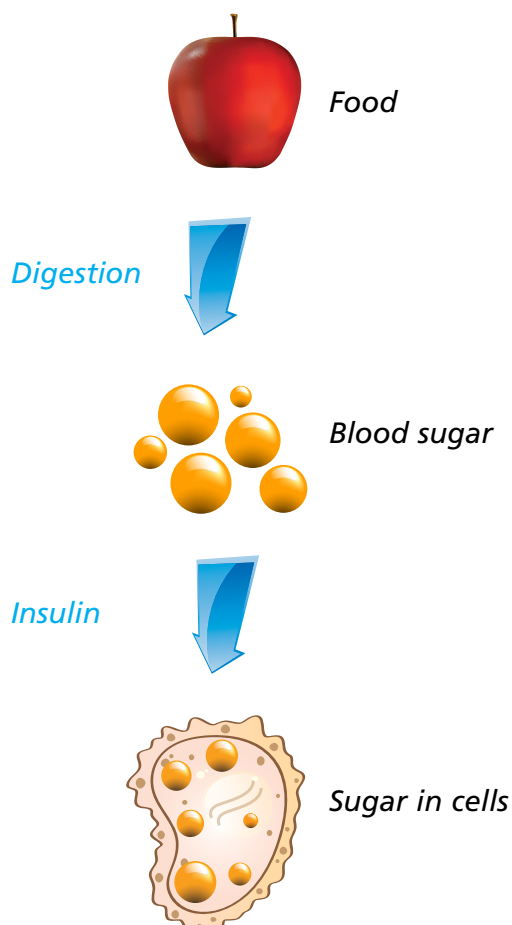
**Thank you, Dr. Andrew Valleroy, Dr. David Guss, Dr. Michael Richardson, Nicole Larrison FPN, and Jessica Humphries MS,
RDN, LDN, CDCES for contributing your extensive knowledge in helping better our community's overall health.**

What is diabetes?

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Diabetes is a condition in which sugar levels in your blood are high. When you eat, some of your food is broken down into sugar (also called glucose). Sugar from food can be sugar itself, or it can be from carbohydrates that the body turns into sugar. Sugar travels in your blood to all your body's cells. Insulin helps sugar move from your blood into your cells. Insulin is a hormone that is made by the beta cells in your pancreas.

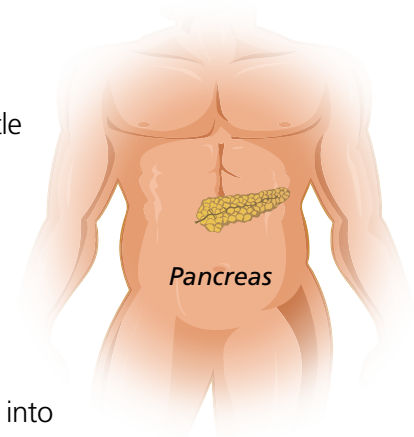
Your cells need sugar for energy. Sugar from food makes your blood sugar levels go up. Insulin lowers your blood sugar level by helping sugar move from your blood into your cells.



What happens when you have diabetes?

When you have diabetes:

- Your pancreas makes little or no insulin, and/or
- Your body prevents the insulin you do make from working right



As a result, sugar can't get into your cells. So it stays in your blood. That's why your blood sugar gets too high (also called hyperglycemia).

Types of diabetes

Three common types of diabetes are type 1, type 2, and gestational diabetes.

In type 1 diabetes, the body makes little or no insulin. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults.

In type 2 diabetes, your body prevents the insulin it does make from working right. Your body may make some insulin, but not enough. Most people with diabetes have type 2.

Gestational diabetes is high blood sugar that develops during pregnancy. Blood sugar levels usually return to normal after the baby is born. But gestational diabetes increases the risk of getting type 2 diabetes later in life.

What is diabetes?

Checking your blood sugar

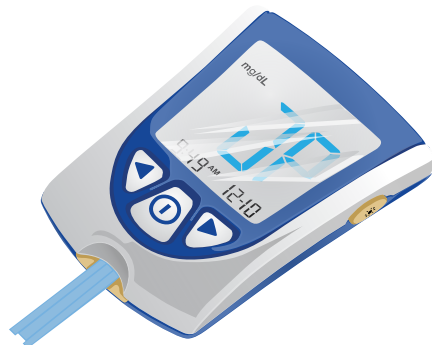
Checking your blood sugar is often the best way to be sure that your diabetes is under control. Checking often will tell you:

- If your insulin or other diabetes medicine is working
- How physical activity and the foods you eat affect your blood sugar

You'll usually feel better and have more energy when your blood sugar stays at or near normal. Managing your blood sugar can also reduce your risk of developing problems from diabetes.

Many different kinds of blood sugar meters are available today. Your diabetes care team can help you choose a meter and show you how to use it.

The table on this page lists blood sugar goals for people with diabetes. You and your diabetes care team will set the goals that are right for you. Write your goals in the last column.



Time	Goals for many adults with diabetes*	Your goals
Before meals	70 to 130 mg/dL	_____
1 to 2 hours after the start of a meal	Less than 180 mg/dL	_____
A1C	Less than 7%	_____

*Your individual goals may differ, so speak with your doctor about your specific goals.
Adapted from the American Diabetes Association. Standards of medical care in diabetes—2013. *Diabetes Care*. 2013;36(suppl 1):S11-S66.

Managing your diabetes every day

Diabetes cannot yet be cured, but it **can** be managed. You can manage it by taking good care of yourself. Your diabetes care team will help you develop a diabetes care plan that is right for you. If you have questions about your plan, be sure to let your team know!

For more information, visit
Cornerstones4Care.com

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Prediabetes

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What is prediabetes?

Prediabetes is when your blood sugar (or glucose) levels are higher than normal but not high enough to be diagnosed as type 2 diabetes. Did you know that an estimated 57 million American adults—or 1 in every 4 adults—have prediabetes?

What's going on in your body?

The beta cells of the body play an important role. The beta cells are in the pancreas, a large gland behind the stomach. These cells make and release insulin. Insulin is a hormone that is naturally made by the body. Insulin helps sugar move from your blood into your body's cells. Your cells need sugar for energy. In people with prediabetes:

- The beta cells may not be working as well as they should, and some may start to die off
- As the number of beta cells goes down, the pancreas may begin to make less insulin

This increases the risk of developing type 2 diabetes. But it *can* be prevented. See the box on this page to find out how.

Can I reverse prediabetes?

Yes! It may be possible to stop prediabetes and keep it from going on to type 2 diabetes. Eating a healthy diet and losing weight can help. Losing

just 5% to 10% of your body weight can make a difference. The best way to lose weight is with:

- A healthy eating plan
- Regular physical activity, such as walking, for 30 minutes a day, 5 days a week

Who is at risk?

You are more likely to get prediabetes if you:

- Are overweight
- Are age 45 years or older
- Have a parent or sibling with diabetes
- Have high blood pressure
- Do not get regular physical activity

How is it diagnosed?

You may have no symptoms. Instead, it is found with one of the following tests:

- Fasting glucose test (FGT)—Measures blood sugar when you haven't eaten anything for at least 8 hours
- Glucose tolerance test (GTT)—Measures blood sugar after you haven't eaten anything for at least 8 hours and 2 hours after you drink a sugary drink provided by a doctor or laboratory
- A1C—Measures your average estimated blood sugar over the past 2 to 3 months

Here are the results that the tests may show:

	Normal Blood Sugar	Prediabetes	Diabetes
FGT	Less than 100 mg/dL	100-125 mg/dL	126 mg/dL or higher
GTT	Less than 140 mg/dL	140-199 mg/dL	200 mg/dL or higher
A1C	Less than 5.7%	5.7%-6.4%	6.5% or higher

Adapted from the American Diabetes Association. Standards of medical care in diabetes—2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.

If results are normal, the tests should be repeated at least every 3 years.

For more information, visit Cornerstones4Care.com

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Create Your Dinner Plate

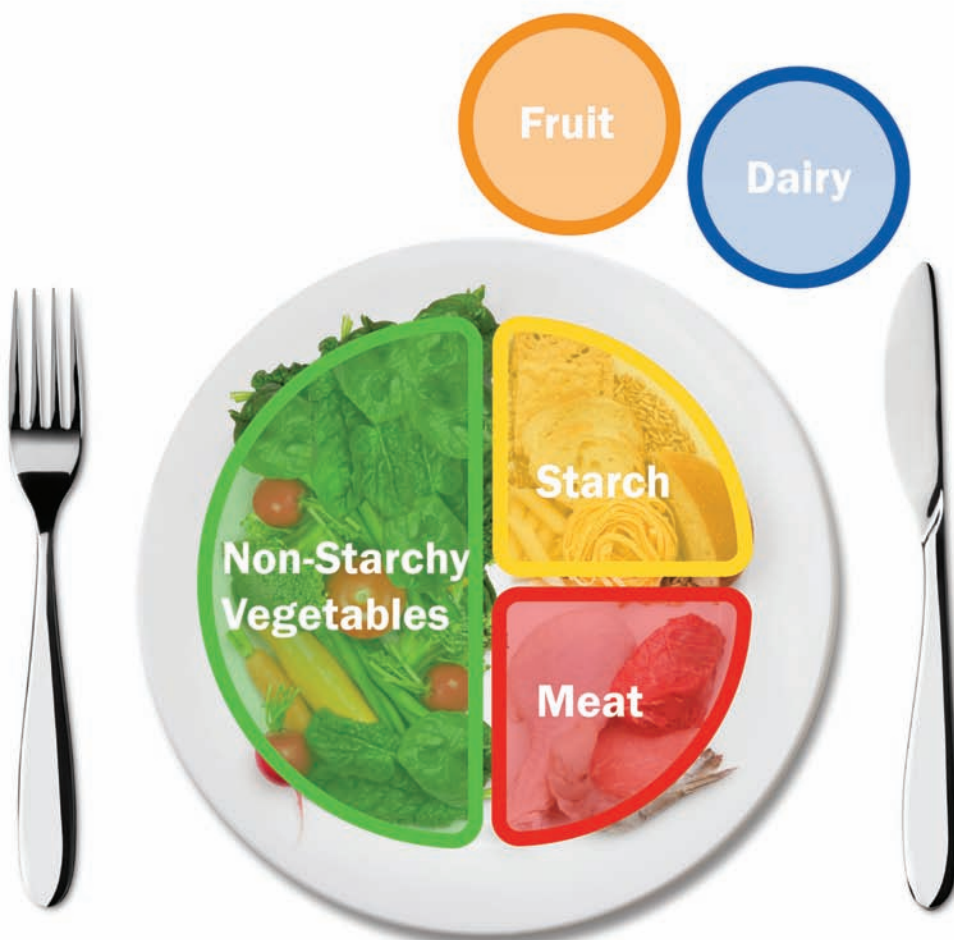
Quick and Healthy Diabetes-Friendly Dinner Ideas

The American Diabetes Association's create your plate model gives you an easy way to help manage your carbohydrates and keep blood sugar levels under control. Plus, it's a great guideline for healthy meals the entire family can enjoy!

How to Create Your Plate

Serving sizes are based on a 9-inch dinner plate.

1. Draw a line down the center of your dinner plate, creating two sections.
2. Split one section into two equal sections to create three sections on the plate: two small, one large.
3. Fill $\frac{1}{2}$ the plate with non-starchy vegetables, such as broccoli, mushrooms or spinach.
4. Fill one $\frac{1}{4}$ -plate section with starchy foods, such as whole-grain breads, beans, potatoes or rice.
5. Fill the other $\frac{1}{4}$ -plate section with meat, seafood, eggs, low fat cheese or other lean protein.
6. Add a serving of fruit and/or low fat dairy on the side as your calorie or carbohydrate budgets allow. Do not avoid carbohydrates or skip meals, because your blood sugar could drop dramatically.





Reading a Nutrition Facts Label

The fine print has big takeaways for people living with diabetes.

Almost all foods that come in packages have a Nutrition Facts label. Those labels tell you just about everything you need to know to make healthy food choices. Here's how to read them.

Start here

What you eat is important. But so is how much you eat. You'll see that a serving size of this food is $\frac{2}{3}$ cup. The label shows the amount of nutrients and calories you would get for every $\frac{2}{3}$ cup eaten. There are 8 servings in this container. If you eat the whole container, you will be getting 8 times the calories, fat, and other nutrients shown on the label! Talk with your diabetes care team about how much of each nutrient you will need every day.

Calories

When trying to maintain or lose weight, the number of calories you eat counts. Talk with your diabetes care team about how many calories you need each day. Use this line to see if this food option fits into your plan. Read Nutrition Facts labels to compare calorie counts of foods to find the lowest-calorie options.

Total fat

This line tells you how much fat is in a serving of this food. It includes fats that are good for you, such as mono- and polyunsaturated fats. It also includes fats that are not good for you, such as:

- Saturated fats
- Trans fats

Eating lower-fat foods more often may help with calorie control and keeping a healthy body weight. A low-fat food contains 3 grams or less of fat per serving.

Sodium

Sodium does not affect your blood glucose (blood sugar). But many people eat more sodium than they need. Consuming no more than 2300 milligrams (1 teaspoon) a day is recommended for many with diabetes and prediabetes.¹ When we think of sodium sources, we often think of table salt. But many of the foods we eat contain sodium. Reading the label can help you compare the amount of sodium in foods so that you can choose lower-sodium options.

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount Per Serving
Calories **230**
% Daily Value*

Total Fat 8g **10%**
Saturated Fat 1g **5%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Talk with your diabetes care team about what to include in your meal plan.



Reading a Nutrition Facts Label

Total carbohydrate

If you are counting carbs, this is a very important place to look. "Total carbohydrate" includes sugar, starches, and fiber.

Fiber

Fiber is the part of plant-based foods that the body does not digest. Adults should aim to eat 25 to 30 grams of fiber a day.

Sugars

Sugars raise blood glucose quickly. So it's important to be aware of foods with a lot of sugar. Avoid foods with added sugar. Added sugar is sugar that was added during processing (like in soda or cookies). This is different from sugar that is found in food naturally (like in fruit).

Protein

Protein is needed by the body. Protein helps you feel full, but it does not increase blood glucose. Most people don't get enough protein.

% Daily Value

- 5% daily value or less means that the food is low in that nutrient
- 20% daily value or more means that the food is high in that nutrient

Nutrition Facts

8 servings per container

Serving size

2/3 cup (55g)

Amount Per Serving

Calories

230

% Daily Value*

Total Fat 8g **10%**

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Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Strike the right nutrient balance:

- Keep these low: saturated fats, trans fats, cholesterol, and sodium
- Get enough of these: potassium, fiber, vitamins A, D, and C, calcium, and iron

Visit www.NovoCare.com for additional resources and helpful information! Point your smartphone camera at the QR code for quick access to the website on your phone.



Scan Me!

Reference: 1. American Diabetes Association. Standards of medical care in diabetes—2022. *Diabetes Care*. 2022;45(suppl 1):S1-S270.

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Carbohydrates = Sugar

(Don't cut out and don't overeat — consistency and moderation is key to keep blood sugars stable)

<p>Fruit</p> 	<p>Dairy (Cheese and eggs are not carbs)</p> 
<p>Grains (Buy whole grain)</p> 	<p>Starchy Vegetables</p> 

No Carbohydrates

(Control portions of these foods for weight management)

<h2>Meat/Protein</h2> <p>(Buy lean)</p> 	<h2>Fats</h2> <p>(Buy light/low fat)</p> 
<h2>Non-Starchy Vegetables</h2> 	

Carbohydrate (Carb) Counting

Remember!

❖ Eat the same amount of carbs at each meal

Too few carbs may cause your sugar to drop too low

Too many carbs may cause your sugar to rise too high

❖ Do not go more than 4-5 hours between meals

Carb Choices

1 choice = 15 grams

2 choices = 30 grams

3 choices = 45 grams

4 choices = 60 grams

5 choices = 75 grams

6 choices = 90 grams

Snacks = 15 grams

Women = 45-60 grams
per meal (3 meals/day)

Men = 60-75 grams
per meal (3 meals/day)

Examples of 1 Carb Choice (15 grams)

- ½ cup (most foods, cooked)
- 1 slice bread
- 3 cups popcorn
- 6 crackers
- 2" square corn bread
- 1/3 cup rice or pasta

■ Potato = computer mouse



■ Fruit =

tennis ball size

1 cup fresh

17 small grapes

½ banana



Read Labels

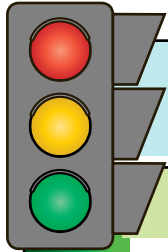
When reading labels only look at total carbohydrate number. Sugar is included in this number.

Nutrition Facts	
8 servings per container	
Serving size	0.5 cup(s)(117g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 35mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 145mg	10%
Iron 1mg	6%
Potassium 255mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Combination foods (carb, protein, fat)

- 1 cup pasta with meat sauce = 30 grams
- 1 cup chili = 30 grams
- 1 cup soup = 15 grams

ZONES FOR DIABETES MANAGEMENT



Which Zone Are You In Today?

GREEN **YELLOW** or **RED**

GREEN ZONE — Great Control

Your Goal HbA1c:

- ☐ HbA1c is under 7
- ☐ Average blood sugars typically under 150
- ☐ Most fasting blood sugars under 150

Green Zone Plan:

- ☐ Check blood sugar as directed.
- ☐ Take daily medicine.
- ☐ Follow healthy eating habits.
- ☐ Monitor feet & skin.
- ☐ Keep all doctor's appointments .

YELLOW ZONE — Caution

Work closely with your health care team if you are going into the YELLOW ZONE:

- ☐ HbA1c between 7 and 8
- ☐ Average blood sugar between 150 - 185
- ☐ Most fasting blood glucose under 200

Call your doctor, nurse, or diabetes educator if changes in your activity level or eating habits don't **decrease** your fasting blood sugar levels.

Name: _____

Number: _____

Yellow Zone Plan:

- ☐ Doctor may need to adjustment medication.
- ☐ Check and record blood sugars.
- ☐ Manage Stress.
- ☐ Monitor feet & skin daily.
- ☐ Improve eating habits. Consider seeing a dietitian.
- ☐ Other: _____

RED ZONE: Stop and Think

Call your doctor if you are going into the RED ZONE

- ☐ HbA1c 9 and above
- ☐ Average blood sugars 210 and above
- ☐ Most fasting blood sugars are well over 200

Call your doctor:

Name: _____

Number: _____

Red Zone Plan:

- ☐ Need to be evaluated by a doctor.
- ☐ If you have a blood glucose over _____ follow these instructions _____
- _____
- _____
- _____

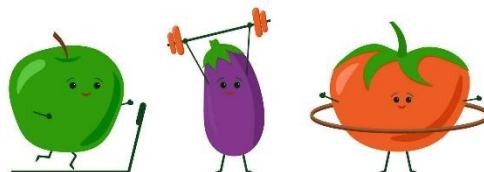


Esse Health Diabetic Calorie Plan

Created by Jessica Humphries, MS, RDN, LDN, CDCES

1500 kcal									
Breakfast	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Greek Yogurt, Light & Fit, 150g	80	9g	0g	12g	10mg	50mg	7g	0g
	Blueberries, 0.5 cup	21	5g	0g	0g	0mg	0g	44	1g
	Peanut Butter, 1Tbsp	96	4g	8g	4g	--	60mg	2g	1g
	Toast, 1-piece, Whole Grain	110	21g	2g	5g	0mg	0mg	0g	0g
Lunch	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Chicken Cesar Wrap, 0.5 wrap	330	33g	13g	22g	45mg	450mg	1g	2g
	Carrots – baby, 3oz	35	8g	0g	1g	8mg	65mg	5g	2g
Day Snack	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Cheese Stick, 1-piece, Sargento	45	0g	3g	6g	10mg	150mg	0g	0g
	Smart Pop (Popcorn), 1-bag	80	7g	5g	1g	5mg	120mg	1g	1g
Dinner	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Watermelon, 0.5 cup	23	6g	0g	0g	0mg	1mg	5g	0g
	Green Beans, 1 cup	31	7g	0g	2g	0mg	6mg	3g	3g
	Sweet Potato, 1 med (5in long)	164	25g	6g	2g	5mg	282mg	8g	4g
	Pork Chop, grilled, 3oz	180	0g	9g	22g	70mg	45mg	0g	0g
Bed Snack	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Dark Chocolate Chips, 2 Tbsp	160	16g	10g	2g	--	--	12g	2g
	Cashews, raw, 1oz	163	9g	13g	4g	0mg	5mg	1g	1g
TOTAL		1518	150g	69g	83g	153mg	1243mg	49g	17g

2000 kcal									
Breakfast	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Old Fashioned Oats, 0.75 cup	225	41g	4g	8g	0mg	0mg	2g	6g
	Protein Shake, Orgain, 1 shake	85	11g	3g	20g	15mg	140mg	3g	2g
	Blueberries, 0.5 cup	21	5g	0g	0g	0mg	0g	44	1g
Lunch	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Pear, 1 med	101	27g	0g	1g	0mg	2mg	17g	6g
	Orange Bell Pepper, 1 med	31	7g	0g	1g	0mg	5mg	5g	2g
	Bread, Whole Grain, 2 slices	161	27g	2g	8g	0mg	291mg	3g	4g
	Chicken Salad, 1 cup	417	3g	32g	29g	100mg	288mg	1g	1g
Day Snack	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Almond Butter, 2 Tbsp	196	6g	18g	7g	0mg	73mg	2g	3g
	Banana, 1 med	105	27g	0g	1g	0mg	1mg	14g	3g
Dinner	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Sweet Potato Fries, 0.75 cup	86	17g	4g	1g	0mg	69mg	6g	3g
	Roasted Cauliflower, 0.5 cup	80	7g	5g	3g	0mg	140mg	3g	3g
	Cheddar Cheese Square	70	0g	6g	5g	20mg	120mg	0g	0g
	Whole Wheat Bun, 1 bun	150	28g	2g	6g	0mg	330mg	3g	4g
	90% Lean Ground Beef	200	0g	11g	22g	75mg	75mg	0g	0g
Bed Snack	Foods	Calories	Carbs	Fat	Protein	Cholesterol	Sodium	Sugar	Fiber
	Strawberry Greek Yogurt, Light & Fit, 1 cup	80	8g	0g	12g	10mg	55mg	6mg	0g
TOTAL		2008	214g	87g	124g	220mg	1589mg	69g	38g



High blood sugar (Hyperglycemia)

Cornerstones4Care™

Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.

Of course, the best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

Signs & Symptoms

Here's what may happen when your blood sugar is high:



Very thirsty



Needing to pass urine more than usual



Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual

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Low blood sugar (Hypoglycemia)

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Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms

Here's what may happen when your blood sugar is low:



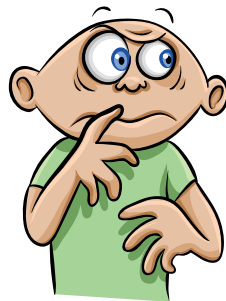
Shaky



Sweaty



Dizzy



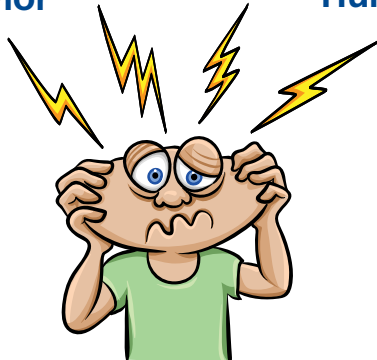
Sudden behavior change



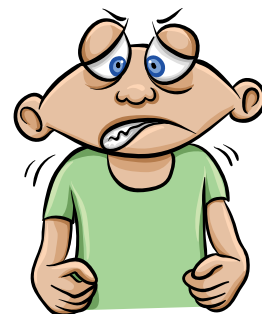
Hungry



Weak or tired



Headache



Nervous or upset

If low blood sugar is not treated, it can become severe and cause you to pass out.
If low blood sugar is a problem for you, talk to your doctor or diabetes care team.

Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.



Treat by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (½ cup) of regular soda pop (not diet)
- 3 or 4 glucose tablets
- 5 to 6 hard candies that you can chew quickly (such as mints)



Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.



For more information, visit
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FAQ Diabetic Eye Exam

Q: Why do I need an annual eye exam for diabetes?

A: *Diabetes can cause many eye problems, and if caught early on, blindness may be prevented.*

Diabetic Retinopathy can cause changes in the walls of blood vessels on the retina. This can lead to bulging blood vessels in the eye and sudden bleeding.

Macular Edema is the build-up of fluid in the retina (the retina helps us see color and fine details) causing decreased vision.

Glaucoma causes high pressure in the eye that can lead to blindness and cataracts.

Q: Where can I get these eye exams?

A: *You can get these exams at an eye specialist. They may refer you to see a retina specialist if further treatment is required.*

Q: Should I see an Optometrist or an Ophthalmologist?

A: *Either is ok for an annual check-up. An Ophthalmologist may be needed for those patients who need treatment with surgery or certain eye medications.*

Q: Does my insurance cover these exams?

A: *Yes, your eye exams are covered by your insurance if you have diabetes. These services are covered even if you don't have eye insurance because they are medically necessary. Medical insurance does not cover routine eye exams for glasses but does cover any eye condition that is caused by a medical condition such as diabetes.*

Q: What is causing me to have problems with my eyes?

A: *Uncontrolled diabetes is a common cause of problems with your eyes. Your risk for these types of problems may be higher if you have blood relatives who have experienced eye problems related to diabetes.*

Q: Where can I go get the annual diabetic eye exam you are recommending?

A: *You can go to any eye center such as Clarkson, America's Vision, Crown Optical, etc. or an eye doctor's office. Our office's **referral service** can assist you with finding an eye care provider.*



Month/Year

Diabetes Forecast®

MY DOCTOR

Name:

Phone:

[illegible]



Your Healthy Living Resource List

We invite you to check out the following resources to help you live a healthier life.

Esse Health Registered Dietitians

Available for one-on-one nutrition consultations. Ask your doctor for information.



★ **Erin Vontz** Richmond Heights IM, Hazelwood Florissant IM, Office of Jerome Williams, St. Charles IM, and Southside Family Practice



★ **Jessica Humphries** St. Charles Complete Care, Knapp & Miranda – St. Peters, Byrne & Launch – Kisker Rd. & DePaul Dr., Washington Family Medicine, Phoenix Family Medicine, and Phoenix North - Warrenton



★ **Rachel Sestrich** Tesson Ferry IM, Primary Care Partners, Southroads IM, Physicians at St. Clare, Office of Dr. Sri Kolli, Esse West County, Mason Road Pediatrics, and Watson Pediatrics



★ **Kristy Thomas** Watson Primary Care, Comprehensive Primary Care Associates, South County IM, North County IM, McLaughlin & Fisher, and Shiloh IM

Diabetes Care and Prevention Group Meetings



Free monthly group meeting for those who want to learn more about improving their health by better controlling blood sugars. This group is open to **all** Esse Health patients and family members.

Visit the Calendar of Events on our website: www.essehealth.com, for dates and registration.

WEIGHT LOSS PROGRAMS



Weight Watchers (WW)

1.800.651.6000 or www.weightwatchers.com

YMCA Diabetes Prevention Program

Find a participating YMCA by calling 1.800.872.9622

<http://www.ymca.net/diabetes-prevention/about.html>

NOOM

www.noom.com

Nutrisystem

1.800.435.4075 or www.Nutrisystem.com



DIABETES CARE AND PREVENTION

You're Invited to our FREE Virtual Diabetes Care and Prevention Meetings!

Esse Health is hosting **online** Diabetes Care and Prevention group* meetings to keep you connected and healthy. Whether you're attending for yourself or a family member with diabetes, we welcome you to join us.

*Led by our registered Dietitians/Diabetes Educators

To Register:

1. From your computer - go to www.essehealth.com - click on the "Patient Center" dropdown and then "Events" to view the meeting dates and topics on our Calendar of Events.
2. From your phone – **scan the QR code below** – once there click on the event on the calendar and follow the prompts to complete your registration and attend.



For more information
Contact Kristy Thomas, Dietitian & Certified Diabetes Educator
314-985-7838
kthomas@essehealth.com