



Beaufort Memorial
HOSPITAL

DukeMedicine AFFILIATE
IN HEART AND CANCER



Diabetes Resource Guide 2009

For Beaufort and Jasper



A Guide for Patients & Families

Sponsored by Beaufort Memorial's LifeFit Community Health

For more information visit www.bmhsc.org

Introduction

Beaufort Memorial Hospital, the only not-for-profit hospital located between Savannah and Charleston, has developed this Diabetes Resource Guide to provide you with information about the resources available to Beaufort County residents to help meet the needs of diabetes patients and their families.

If you need a doctor, you can call the Beaufort Memorial Hospital confidential Doctor Referral Service number. Helpful staff will provide you with names, phone numbers, addresses and other information about all doctors and specialists on staff at Beaufort Memorial Hospital. Telephone: 843-522-5152 or toll free 1-888-552-5782.

Beaufort Memorial's Diabetes Care Program is certified by the American Diabetes Association and recognized as meeting the National Standards for Excellence in Diabetes Education. With our team, you have access to a comprehensive approach to prevention and treatment of complications that are associated with diabetes. General goals include attaining and maintaining an ideal blood glucose level, developing and following a customized program of diet and exercise, and working through the emotional aspects of diabetes that can affect how you feel and how you relate to others. If you or a family member has been diagnosed with diabetes, call Beaufort Memorial Hospital's Diabetes Care Center at 843-522-5560. We will coordinate all the services you need with your doctor to develop a personalized, comprehensive treatment and prevention program just for you.

We hope you will find this guide to be an objective, comprehensive listing of primarily local organizations and businesses that provide services for individuals and their families who are dealing with a diagnosis of diabetes. Listings represent both national and local resources ranging from informational to financial aid.

We welcome your assistance! We have made every effort to include useful resources and to ensure that the information listed in this guide is accurate at the time of printing. If you find incorrect information in this guide, or if you know of a service or group that should be included, please let us know.

Beaufort Memorial Hospital
LifeFit Community Health
955 Ribaut Road, Beaufort, SC 29902-5454
dlslichter@bmhsc.org
843-522-5570, 843-522-5989 FAX

It is important to note that inclusion in this publication does not imply endorsement of agencies, programs, or organizations and should not be used as a substitute for professional medical advice.

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Diabetes: What is it?

If you have recently learned that you have diabetes, you are probably worried. But diabetes is a manageable condition. The more you learn about your diabetes, the better you will be able to manage your disease and live a full and active life.

Diabetes means your blood sugar (glucose) is too high. Here are the main types of diabetes:

TYPE 1 DIABETES:

Type 1 diabetes is usually diagnosed in children and young adults. In Type 1 diabetes, the body does not make insulin. People with Type 1 diabetes need to take insulin every day. Warning signs of Type 1 diabetes include: extreme thirst, frequent urination, drowsiness, increased appetite, sudden weight loss for no reason, sudden vision changes, sugar in urine, fruity odor on breath, heavy or labored breathing, stupor or unconsciousness. These may occur suddenly.

JUVENILE DIABETES:

You will hear the term “Juvenile Diabetes” because **Type 1** diabetes is usually diagnosed in children and young adults. It strikes children suddenly and makes them dependent on injected or pumped insulin for life. Since children’s bodies are still growing and changing, attention must be made to maintain a meal plan and exercise regimen, inject the proper amount of insulin, and control the many other factors that can adversely affect efforts to tightly control blood-sugar levels including: stress, hormonal changes, periods of growth, physical activity, medications, illness/infection, and fatigue.

TYPE 2 DIABETES:

Type 2 diabetes is the most common form of diabetes. Type 2 diabetes causes the body to not make or use insulin well. People with Type 2 diabetes often need to take pills or insulin.

GESTATIONAL (jes-TAY-shon-al) DIABETES:

This type of diabetes occurs when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly Type 2, for the rest of her life. It also raises her child’s risk of being overweight and getting diabetes.

You need to know...

If your blood sugar stays high for a long period of time, it can cause damage to:

- Blood Vessels
- Heart
- Eyes
- Nerves
- Kidneys
- Feet
- Teeth

Education Programs/Information & Support:

It is important that you understand how your body is affected by diabetes and how to protect your body from damage. To learn more about diabetes, check out the following resources.

Beaufort County American Diabetes Association

5105 Paulsen Street, Suite C236, Savannah, GA, 31405

912-353-8110; 1-888-DIABETES; www.diabetes.org

Contact the National Call Center at 1-888-DIABETES and request a free issue of the “Diabetes Forecast” magazine and a free “Living with Diabetes” DVD.

Beaufort Memorial’s Diabetes Care Program

This program is a part of the LifeFit Wellness Services. It is certified by the American Diabetes Association and recognized as meeting the National Standards for Excellence in Diabetes Education. Certified professionals are available to work with you to develop a personalized diet, education plan, and medication and treatment program.

Beaufort Memorial Hospital - LifeFit Wellness Services

Beaufort Medical Plaza – First Floor
989 Ribaut Road, Beaufort, SC 29902
843-522-5560, 843-522-5635

Area served: Beaufort, Jasper and Hampton Counties. Apply by telephone call or physician referral. Medicaid, Medicare and Selected Blue Cross Blue Shield. All newly diagnosed or long term diabetes patients are eligible. Services include diabetes education, insulin instruction, assistance with supplies and insulin pump therapy.

Beaufort Memorial Wound Care Center

Beaufort Medical Plaza – Second Floor Suite 220
989 Ribaut Road, Beaufort, SC 29902
843-522-5300

Hospital-based outpatient service. Patients can self-refer to the center or be referred by a physician.

Beaufort Jasper Hampton Comprehensive Health Services, Inc.

Chelsea (Corporate Office) Ruth P. Field Medical Center
Ridgeland, SC 29936
843-987-7400

Satellite offices are located at Sheldon, St. Helena Island, Beaufort, Hampton, Hardeeville, Ridgeland, and Estill. Call to schedule appointment. All people are eligible on a sliding scale based on income.

SERVICES: Diabetes - individual one-on-one instruction, complete Diabetes 101 teaching.

Diabetes Initiative of South Carolina

P.O. Box 250565, Room 273, Rutledge Towers, Charleston, SC 29403
843-876-0968

Serves the State of South Carolina. Provides knowledge of diabetes; reduce morbidity and mortality rates; prevent hospital admissions, improve statistical data. Anyone with diabetes is eligible for this program.

Gullah Church Nurses Association

P.O. Box 511, Beaufort, SC 29901
843-681-4759

Gardenia Simmons-White, RN, MSN, President, 843-681-4759

Serves Beaufort and Jasper Counties. Services include basic health education on diabetes, hypertension, nutrition and healthy eating.

National Diabetes Information Clearinghouse

1 Information Way, Bethesda, MD 20892-3560
1-800-860-8747; www.diabetes.niddk.nih.gov

The National Diabetes Information Clearinghouse (NDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services. Established in 1978, the Clearinghouse provides information about diabetes to people with diabetes and to their families, health care professionals, and the public. The NDIC answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and government agencies to coordinate resources about diabetes.

Semper Fit Health Promotion - Marine Corps Air Station Beaufort

Beaufort, SC 29904
843-228-7010

Contact: Kathy Williams, M.Ed.

Area served: MCAS and Parris Island. No fee. Eligibility: All active duty, family members, Department of Defense employees, and military retirees.

SERVICES: Health education (exercise, nutrition, tobacco cessation, high blood pressure, alcohol, injury prevention, stress management), health screens and health events. Fitness Department offers group fitness and personal training.

Value Medical Diabetes Healthcare

1-800-861-4965

SERVICES: Offers free diabetes education classes for controlling diabetes and learning the most up-to-date information about diabetes and self-management.

Emergency Services & Family Support:

Beaufort and Jasper counties have many organizations and agencies that have accepted the task of helping families who are in a crisis situation. Sometimes medical expenses can be so great that patients may find that they need assistance paying for basic living expenses such as food and housing. Listed below are organizations dedicated to helping people who have an emergent need.

PLEASE NOTE: If you are NOT eligible for the Food Stamp Program that is described below, you can still contact the local Food Stamp Office office at 843-470-4600 to apply.

You may be eligible for Food Stamps under the Elderly Simplified Application Process (ESAP) only if all household members who purchase and prepare their food together are elderly (age 60 or older), none of these household members have earned income, and none of these household members receive food stamps under the SC Combined Application Project.

To receive food stamps under ESAP, you must:

- Complete the DSS-16176, ESAP Application - this application is available on-line at <http://www.state.sc.us/dss/fi/food/ESAP.htm> or from your local Food Stamp Office, Beaufort 843-470-4600
- Mail the completed application to: ESAP, SC Department of Social Services, P.O. Box 1520, Columbia, SC 29202-1520
- While you can get an application from your local DSS office and drop it back off there, the local DSS must mail it to the State Office, so it's better for you to mail it directly to the Columbia address yourself.

If you are eligible, you will receive benefits beginning the date your application is received. You will be notified in writing of the decision on your case within 45 days of the completed application being received in the Columbia office. Once on ESAP, you only report required changes to the ESAP office at the above address or toll-free telephone at 1-800-616-1309.

IMPORTANT! You are not required to pay tax on food purchased with food stamps.

Alert Sentry – Personal Emergency Response System

1-877-253-7899; www.AlertSentry.com

Also available through Beaufort Medical Equipment, Inc.

2127 Boundary Street, Beaufort, SC 29902

843-379-2800, 24-Hour Emergency Service

Denise Hepburn, Owner, Beeper 770-8070

Beaufort County Disabilities and Special Needs

Port Royal, SC 29935

843-525-7680

Area served: Beaufort County. Apply by telephone. No fee. Eligibility – Mental retardation or related disability.

SERVICES: Family support services, employment services and residential services.

Beaufort County Emergency Services

Open Monday through Friday

843-470-4656

May be able to help clients with emergency medication assistance, emergency food supplies, electricity and water bills (if turned off), and some rent payment assistance. Can make referrals and give vouchers to Salvation Army and HELP of Beaufort for food and clothing.

Beaufort Jasper Economic Opportunity Commission - Beaufort

P.O. Drawer 9, Beaufort, SC 29901

843-470-4500; beaufortjaspereoc@hotmail.com

Low income energy assistance; general emergency assistance, child and adult care food program.

Beaufort Jasper Economic Opportunity Commission - Jasper

1506 Grays Hwy Suite D, Ridgeland, SC 29936

843-726-5586; Sierra Beale; beaufortjaspereoc@yahoo.com

Low income energy assistance; general emergency assistance, child and adult care food program.

Beaufort Memorial Hospital - BMH Mental Health Unit

955 Ribaut Road, Beaufort, SC 29902

843-522-5270

Area served: Beaufort, Jasper, Hampton, Allendale and Colleton Counties. Accepts all insurance, Medicare and Medicaid.

SERVICES: Crisis assessment and referral, inpatient mental health care, partial hospitalization, crisis stabilization.

Bluffton Health Center of Low Country Public Health District/SC DHEC

59 Ulmer Drive, Bluffton, SC 29910-0235

843-757-2251

Area served: Beaufort and Bluffton. Anyone is eligible. Apply by telephone or walk in; services by appointment.

Cost: Free or sliding scale.

SERVICES: Satellite office of Beaufort County Health Department.

Bluffton Self Help, Inc.

P.O. Box 2420, Bluffton, SC 29910

843-757-8000

Residents of the greater Bluffton area can receive emergency financial assistance for families/individuals who are in a crisis situation.

Deep Well Project

P.O. Box 5543, Hilton Head, SC 29938

843-785-2849

Emergency assistance with rent, utilities, food, and medicine to Hilton Head residents in need.

Department of Social Services

1905 Duke Street, Beaufort, SC 29902

843-470-4600; 843-524-2777 Nights & Weekends

Emergency assistance.

Franciscan Center

P.O. Box 682, St. Helena, SC 29920

843-838-3924; e-mail: franctr@islc.net

Serves people in need, Beaufort County – North of the Broad River. Provides food, emergency financial assistance for utility bills and prescriptions.

Greater Pentecostal Temple

5905 S. Okatie Highway, Hardeeville, SC 29927

843-784-6988; gptemple@hargray.com

Serves Jasper County. Provides some financial assistance for emergency needs. Operates food bank.

Help Mobile Meals

121 Prescott Ct., Beaufort, SC 29902

843-812-1718

Provides meals for folks with a medical request following hospital stay. Serves Beaufort, Port Royal, Burton, and Lady's Island.

Help of Beaufort

P.O. Box 472, Beaufort, SC 29901-0472

843-524-1223

Emergency assistance provided to those referred by Department of Social Services. Serves Northern Beaufort County.

Jasper County Council on Aging

Ridgeland, SC 29936

843-726-5601

Area served: Jasper County. Apply by telephone. Sliding fee scale - donations accepted. Eligible Age 60+.

SERVICES: Congregate meals, home-delivered meals, information & referral, home care & personal care services, transportation, case management, outreach, health screenings, nutritional information, day trips, crafts and recreational activities. Five Senior Centers: Coosawhatchie, Grays, Hardeeville, Ridgeland and Robertville.

Jasper County Department of Social Services

204 North Jacob Smart Blvd., Ridgeland, SC 29936

843-726-7747

Area served: Jasper County. Income eligibility required. Apply in person or by telephone. No cost.

SERVICES: Aid to families with dependent children (AFDC), food stamps, foster care, protective services for adults and children, family management counseling, medical services, early and periodic screenings, USDA commodity food program, Medicaid.

Jasper County Health Department

113 East Wilson Street, Ridgeland, SC 29936

843-726-7788

Area served: Jasper County. Everyone is eligible. Apply by telephone yourself. Cost: Medicaid eligible.

SERVICES: Family Support Services: find a doctor; don't know where to go for help; need to talk with someone about your problems, need help understanding what foods to eat on your special diet.

Low Country Public Health District of SC DHEC

1407 King Street, Beaufort, SC 29902

843-525-7634

Area served: Beaufort, Jasper, Hampton and Colleton Counties. Fee dependent upon services. Medicaid accepted.

SERVICES: WIC, family planning, family support services, STD/HIV counseling, immunizations/foreign travel immunizations, TB services, postpartum newborn home visits, EPI/Communicable Diseases, EPSDT, MCH, CRS, BabyNet, Home Health Services, vital records, environmental health services, community development.

Meals-On-Wheels, Bluffton-Hilton Head, Inc.

P.O. Box 23691, Hilton Head, SC 29925

843-689-8334

Serves Hilton Head, Bluffton, Sun City. Provides meals.

Salvation Army

2505 North Street, Beaufort, SC 29902

843-524-3727, 843-524-2271

Senior Services of Beaufort

Beaufort, SC 29901

843-524-1787

Area served: Beaufort County. Apply by phone –sliding fee scale and donations. Eligibility: 60 years and older.

SERVICES: Congregate meals, home delivered meals, transportation, outreach, home care services, information and referral, health screenings, nutrition information, special trips and recreational activities.

United Way of the Lowcountry, Inc. - Beaufort

2266 Boundary Street, Beaufort, SC 29901-0202

843-982-3040; Help Line 524-HELP; www.uwlowcountry.org

Information and Referral database to assist those in need of services.

United Way of the Lowcountry, Inc. – Hilton Head/Bluffton

62 New Orleans Road, Hilton Head Island, SC 29938-7281

843-686-4304; Help Line Hilton Head 686-HELP; Help Line Bluffton 757-HELP; www.uwlowcountry.org

Information and Referral database to assist those in need of services.

United Way of the Lowcountry, Inc. – Jasper County

306 Third Avenue, Ridgeland, SC 29936-1420
843-645-6500; Help Line Jasper County 524-HELP; www.uwlowcountry.org
Information and Referral database to assist those in need of services.

Volunteers In Medicine

15 Northridge Drive, Hilton Head, SC 29926
843-681-6612; Call for appointment at Diabetes Clinic.
Area served: Hilton Head, Dafuskie and Bluffton. Apply by telephone. No fee. Eligibility: 200% of poverty level and working or living on Hilton Head or Dafuskie Islands.
SERVICES: Complete team care of diabetes and educational classes.

Financial Assistance:

Diabetes treatment is expensive. According to the American Diabetes Association, people who have this disease spend an average of \$13,243 a year on health care expenses. You may qualify for financial assistance from state and/or federally funded assistance programs, locally operated assistance programs, or pharmaceutical companies. Getting to know the various programs will help you get the most out of those for which you may qualify.

Agape Family Life Center – Local Program providing services

5875 S. Okatie Hwy., Hardeeville, SC 29927
843-784-6008
Serves Jasper. Provides food, clothing, GED classes, life skills.

American Kidney Fund – National Program

110 Executive Blvd., Suite 1010, Rockville, MD 20852
1-800-638-8299, 770-395-7347; www.kidneyfund.org
The American Kidney Fund is our nation's #1 source of direct financial assistance to kidney patients, and provides education to those with and at risk for kidney disease.

Angel Food Program – Local Program providing food, no income restrictions

(FOOD) Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief to communities throughout the United States. Angel Food Ministries works through churches and community organizations in over 32 states. Their headquarters is located at 620 South Broad Street, Monroe, Georgia 30655, 888-819-3745. Angel Food host sites in Beaufort County include:

St. John's Evangelical Lutheran Church
157 Ladys Island Drive, Beaufort, 29907
843-524-3461, www.stjohnsbeaufort.org
Host Site Director: Perry Dukes

Life House Church
40 Faith Station, Beaufort, 29906
843-379-9673, www.eelm.org
Host Site Director: Patrick Spellman

The Greater Bluffton Food Co-op - *sponsored by Angel Food Ministries*

843-379-5520
Angel Food's groceries are sold in quantity that can fit into a medium-sized box at \$25 per unit. Each month's menu is different from the previous month and consists of both fresh and frozen items with an average retail value of approximately \$50. Program accepts Food Stamps.

Beaufort County Department of Social Services – Local Program

1905 Duke Street, Beaufort, SC 29902
843-470-4600; www.state.sc.us/dss
Family independence; food stamps, medical services, screenings, diagnosis and treatment.

Beaufort Jasper Economic Opportunity Commission – Beaufort – Local Program

P.O. Drawer 9, Beaufort, SC 29901
843-470-4500; beaufortjaspereoc@hotmail.com
Low income energy assistance; general emergency assistance, child and adult care food program.

Beaufort Jasper Economic Opportunity Commission – Jasper – Local Program

1506 Grays Hwy Suite D, Ridgeland, SC 29936

843-726-5586; Sierra Beale, beaufortjaspereoc@yahoo.com

Low income energy assistance; general emergency assistance, child and adult care food program.

Beaufort Memorial Hospital – Local Program

843-522-7858 BMH Patient Financial Services, Monday through Friday during normal work hours

BMH qualifies patients who are eligible for Medicaid, Medically Indigent Assistance Program, Crime Victim's Assistance, and Vocational Rehabilitation. If you do not qualify for this assistance, but are either uninsured or underinsured, you may qualify for assistance through a discount on your balance after insurance has paid.

Caring Touch – Local Program

25 Hospital Blvd., Hilton Head Island, SC 29925

843-689-8246

Assistance with prescription medicines is available to patients at Hilton Head Hospital or a patient of Volunteers in Medicine.

The Centers for Medicare & Medicaid Services (CMS) – Government Assistance

www.mymedicare.gov

A secure online service designed to help you access your personal Medicare information. Access to personalized information about benefits; claims information; eligibility for and utilization of preventative services; prescription drug plan choices and enrollment options.

Christian Renewal Church – Valley Gate Ministries – Local Program providing food

95 Gardner Drive, Hilton Head, SC

843-342-5433

Serves Hilton Head. Provides free meals every 2nd and 4th Tuesday of the month and a bag of groceries.

Church of the Cross – Food Bank - Local Program providing food

110 Calhoun Street, Bluffton, SC 29910

843-757-2661; www.thechurchofthecross.net

Serves Beaufort County. Provides free groceries to those in need.

Commun-I-Care, Inc. – Patient Assistance Program

803-933-9183; 1-800-763-0059; www.communicare.us

Serves State of South Carolina. Available to people living in South Carolina who do **NOT** have Medicaid, Medicare, VA Health Benefits or Private Health Insurance and have some type of income. Provides donated medicines at no charge to those individuals who meet the eligibility guidelines.

Department of Health and Environmental Control/SC DHEC – Local Program

Beaufort Country Health Department

601 Wilmington Street, Beaufort, SC 29901

843-525-7615

Area served: Beaufort. Application by telephone. The general public is eligible. Cost: sliding scale, private, or no charge depending on program.

SERVICES: Offers health care to individuals of all ages and income levels. Includes screening and selected treatments for diseases, cancer, diabetes, hypertension, TB home health services, and vital records services.

Dialysis and Transplantation – Government Assistance

Kidney failure is a complication of diabetes. In 1972, Congress passed legislation making people of any age with permanent kidney failure eligible for Medicare. To qualify for Medicare on the basis of kidney failure, you must need regular dialysis or have had a kidney transplant, and you must have worked under Social Security, the Railroad Retirement Board, or as a Government employee (or be the child or spouse of someone who has), or you must already be receiving Social Security or Railroad Retirement benefits. Every American needing dialysis for chronic kidney failure is eligible for dialysis assistance. For more information, call the Centers for Medicare & Medicaid Services at 1-800-MEDICARE (633-4227) to request the booklet Medicare Coverage of Kidney Dialysis and

Kidney Transplant Services. This booklet is also available on the Internet at www.medicare.gov under "Publications."

For information on financing an **organ transplant**, contact the United Network for Organ Sharing (UNOS); P.O. Box 2484, Richmond, VA 23218; 1-888-894-6361; www.unos.org.

Franciscan Center – Local Program

P.O. Box 682, St. Helena, SC 29920
843-838-3924

Serves Beaufort County (North of Broad River). Provides food, emergency financial assistance for utility bills and prescriptions.

GovBenefits.gov – Government Assistance

1-800-333-4636, www.govbenefits.gov/govbenefits.

A partnership of agencies to improve personalized access to government assistance programs. The user answers a series of questions, then the website generates a list of government benefit programs that the user may be eligible to receive, along with information about how the user can apply.

Greater Pentecostal Temple – Local Program

5905 S. Okatie Highway, Hardeeville, SC 29927
843-784-6988

Serves Jasper County. Provides some financial assistance for emergency needs; food bank.

Hill-Burton Act – Government Program

If you're uninsured and need hospital care, you may be able to get help. In 1946, Congress passed the Hospital Survey and Construction Act, which was sponsored by Senators Lister Hill and Harold Burton and is now known as the Hill-Burton Act. Although the program originally provided hospitals with Federal grants for modernization, today it provides free or reduced-charge medical services to low-income people. The program is administered by the Department of Health and Human Services. For more information, call 1-800-638-0742 or visit www.hrsa.gov/hillburton/default.htm on the Internet.

The Internal Revenue Service (IRS) – Government Assistance

1-800-829-1040; www.irs.gov

Information about tax deductions for medical costs that are not covered by insurance policies, like mileage for trips to and from medical appointments, out-of-pocket costs for treatment, prescription drugs or equipment, and the cost of meals during lengthy medical visits.

Low Income Home Energy Assistance Program (LIHEAP) – Government Assistance

1-866-674-6327; Federal program to help low-income individuals meet their home cooling or heating needs.

1-800-922-8802 SCE&G; helps customers with heating bills. Amount of assistance depends on the heating fuel used and the applicant's income.

MedExpress - Discount Pharmaceutical Services – Patient Assistance Program

1-800-808-8060; www.medexpress.com

SERVICES: Works to lower high medication costs by eliminating or reducing out-of-pocket expenses and providing substantial discounts to the uninsured. Provide glucose monitors, strips, lancets, insulin syringes, insulin pumps & supplies. Has authority to use Rx if Medicaid patients need more strips than 100 per month.

Med-I-Assist – 2 Locations – Local Program

Bluffton Community Center

141 Goethe Road, Bluffton, SC 29910

843-757-4818; 843-470-4600

Sheldon Township - Mt. Carmel Baptist Church

367 Keans Neck Road, Seabrook, SC 29940

843-846-8703

Free program designed specifically for individuals who lack a prescription insurance plan. Trained volunteers guide you through the filing process and renewals.

Medic Alert International

2323 Colorado Avenue, Turlock, CA 95382

1-800-ID-ALERT; www.medicalert.org

National nonprofit organization providing emergency medical information and identification for people with medical conditions.

Medicaid - Government Assistance

843-470-4625; 1-877-267-2323; www.cms.gov/medicaid

Beaufort County DHHS Office, 1905 Duke Street, Beaufort, South Carolina 29902

Federal-State health insurance program for people who need financial assistance for medical expenses. Medicaid coverage includes part-time nursing, home care aide services, and medical supplies and equipment.

Medicare – Government Assistance

1-800-633-4227; www.medicare.gov

Federal health insurance program for those individuals who are 65 or older, people of any age with permanent kidney failure, and disabled people under age 65.

Medicare Gap Assistance Pharmacy Program for Seniors (GAPS) – Government Assistance

1-888-549-0820 Department of Health and Human Services

Medicare beneficiaries enrolled in a Medicare PDP that operates in South Carolina qualify for Gap Assistance. Income restrictions include an annual income not exceeding 200 percent of the federal poverty level. Those who qualify pay only 5 percent of the cost of their prescription drugs when they reach Medicare Part D's coverage gap, or "doughnut hole." There is no cost for this program.

National Kidney Foundation of SC – Government Assistance

5000 Thurmond Mall, Suite 101, Columbia, SC 29201

803-799-3870; 1-888-848-5277; www.kidney.sc.org

Serves South Carolina residents. Provides information, support and services to persons afflicted with kidney and urinary tract disease; kidney care program; research; speakers.

NeedyMeds – National Non-Profit Information Resource – Patient Assistance Program

www.needymeds.com

NeedyMeds is an information source similar to the Yellow Pages; it does not supply medications or financial assistance, but helps people find assistance programs and other available resources.

The Office of Minority Health Resource Center (OMHRC) – Government Assistance

1-800-444-6472; or e-mail info@omhrc.gov

OMHRC provides Information Specialists to provide customized responses to telephone, e-mail and mail inquiries. The resource center can provide database searches, **funding** searches, and current data and statistics on a variety of health conditions and issues affecting racial and ethnic minorities. The center also distributes publications, and provides referrals to local, state and national organizations.

Partnership for Prescription Assistance (PPA) – National Non-Profit Patient Assistance Program

1-888-477-2669; www.pparx.org

The Partnership for Prescription Assistance works to increase awareness of patient assistance programs and boost enrollment. They help network the qualifying patients who lack prescription coverage to get the medicines they need through the public or private program that's right for them.

Pharmaceutical Research & Manufacturers of America – Patient Assistance Program

1100 15th Street, NW, Washington, DC 20005

Phone: 202-835-3400; www.phrma.org

Offers the Directory of Prescription Drug Indigent Programs, a list of programs where drug manufacturers offer medications to people who cannot afford to pay.

Prescription Assistance Program – Patient Assistance Program

1-888-3311002; www.scbn.org

This is a national program that helps patients maintain health and well being by offering free prescription medications and discount prescription drugs for those who lack medication coverage and have limited financial means.

Prosthetic Care

If you've had an amputation, paying for your rehabilitation expenses may be a concern. The following organizations provide financial assistance or information about locating financial resources for people who need prosthetic care:

Amputee Coalition of America

900 East Hill Avenue, Suite 285, Knoxville, TN 37915-2568
1-888-AMP-KNOW (267-5669); www.amputee-coalition.org

Easter Seals

230 West Monroe Street, Suite 1800, Chicago, IL 60606
1-800-221-6827; www.easterseals.com

Easter Seals Lowcountry

4500 Reeds Avenue, Charleston, SC 29405
1-800-951-4090; 843-308-7391; www.eastersealslc@juno.com

Prosthetics for Diabetics Foundation

323 Reed Way, Monroe, GA 30655
770-267-0019; www.expage.com/page/pfdfoundation

Select Health of South Carolina – Government Assistance (Serves Beaufort County)

1-800-741-6605

Offers free additional Medicaid benefits such as no co-pay for doctor or hospital visits, free personal health care items delivered to your door, 1 pair of free eyeglasses a year, free over the counter drug benefits, and more. Must be a current Medicaid recipient.

Social Security Disability, Supplemental Security Income, Medicare Benefits – Government Program

Local Office: 2212 Mossy Oaks Road, Beaufort, SC 29902

843-524-5795 or 843-524-1187, toll free 1-800-1213; www.ssa.gov

Benefit payments for retirees and families, disability for workers and families. Supplemental Security Income for the aged and disabled.

South Carolina Vocational Rehabilitation – Government Program

Local Office: 747 Robert Smalls Parkway, P.O. Box 4999, Beaufort, SC 29903

843-522-1010; www.scvrd.net

Serves South Carolina. Counseling and guidance, sponsorship in diabetes education, vocational assessment, skills training, selective placement, medical treatment, insulin, insulin pumps, medication, and blood sugar testing equipment.

The State Children's Health Insurance Program (SCHIP) – Government Assistance

Applications may be obtained from the Department of Health and Human Services or call 1-877-543-7669;

www.insurekidsnow.gov

A federal-state partnership that offers low-cost or free health insurance coverage to uninsured infants, children, and teens. South Carolina offers the Partners for Healthy Children program. This program provides **Medicaid coverage for children** who live in families with income at or below 150% of the Federal Poverty Level. Eligibility requirements include dependents under the age of 19, state residency, and social security number.

United States Department of Veterans Affairs (VA) – Government Program

Local Office: 843-770-0444 - Beaufort Clinic

1-877-222-8387; www.1.va.gov/health

Provides users of the veterans' health care system easy access to diabetes prevention, detection, and treatment services. Website offers diabetes facts, information about care, and a list of VA-designated centers.

Financial – Pharmaceutical Companies:

Most pharmaceutical companies offer financial assistance programs to persons who are uninsured. This assistance is available to help cover the cost of medications and supplies when they cannot be paid for out-of-pocket. Each pharmaceutical company has specific requirements in order for an individual to be considered eligible for a financial assistance program.

Here you will find phone numbers and information on pharmaceutical companies who manufacture diabetes medications and supplies and may be able to help with your needs. If you are unsure, you should ask your doctor or local pharmacist for the name of the pharmaceutical company that makes your diabetes insulin, supplies, and medications. You may wish to call the company that makes the drug you need assistance on, and inquire about the procedure necessary in your case.

Important note: Users of the LifeScan One Touch, Abbott Precision Xtra, and Freestyle blood glucose meters may be eligible for reduced-priced meters and test strips. Contact TogetherRX Access for more information by calling 1-800-444-4106; or through the mail at Together RX Access, LLC, P.O. Box 9426, Wilmington, DE 19809-9944; or visit their website at <http://www.togetherrxaccess.com>.

3M Pharmaceuticals Patient Assistance Program: 1-800-328-0255; www.mmm.com
275-6W-13, St. Paul, MN 55144-1000

Abbot Laboratories Patient Assistance Program: 1-800-222-6885; www.abbott.com
200 Abbott Park Road, D-31C, J23, Abbott Park, IL 60064-6161

Animas Corp. Diabetes Trust Fund: 1-877-937-7867, extension 1149
Insulin pump and pump supplies; for children 21 and under with current healthcare coverage

AstraZeneca Foundation Patient Assistance Program: 1-800-424-3727; www.astrazeneca-us.com
P.O. Box 15197, Wilmington, DE 19850-5197

Bayer Corporation Patient Assistance Program: 1-800- 998-9180; www.bayer.com
P.O. Box 29209, Phoenix, AZ 85038-9209

BD (Becton, Dickinson and Company): 1-888-232-2737; <http://www.bddiabetes.com/us/>
1 Becton Drive, Franklin Lakes, NJ 0747

Bristol-Myers Squibb Patient Assistance Program: 1-800-736-0003; www.bms.com
P.O. Box 52001, Phoenix, AZ 85072-9160

Lilly Cares Temporary Prescription Assistance Program: 1-800-545-6962; www.lillydiabetes.com
P.O. Box 230999, Centreville, VA 20120; (under 65 and not on Medicare)

Eli Lilly Answers (for seniors): 1-877-795-4559; www.lillyanswers.com

Faulding Laboratories Patient Assistance Program: 1-866-884-5907

Genentech: Uninsured Patient Assistance Program: 1-800-879-2747; information 415-225-1366

GlaxoWellcome Patient Assistance Program: 1-800-546-0420; 1-800-729-4544; www.jpp.gsk.com
P.O. Box 2564, Maryland Heights, MO 63043-8564

Johnson & Johnson, 732-524-0400; www.jnj.com

MGI Pharma Patient Assistance Program: 1-888-743-5711; www.mgipharma.com

Medtronic Mini-Med Financial Assistance Program: 1-800-MINI-MED
Insulin pumps and pump supplies

Merck Patient Assistance Program: 1-800-994-2111; 1-800-466-8639; 1-908-423-1000; www.merck.com
One Merck Drive, P.O. Box 100, White House Station, NJ 08889-0100

Novartis Patient Assistance Program: 1-800-257-3273; 1-800-525-8747; 1-800-277-2254; www.novartis.com
P.O. Box 66556, St. Louis, MO 63166-6556

Novo Nordisk Pharmaceuticals, Inc. Patient Assistance Program for insulin products and Indigent Program Administrator for Prandin: 1-800-727-6500

Ortho-McNeil Indigent Patient Assistance Program: 1-800-577-3788; www.ortho-mcneil.com

Pfizer Prescription Assistance: 1-866-776-3700; www.pfizerhelpfulanswers.com

Proctor and Gamble Pharmaceuticals: 1-800-830-9049; www.pgpharma.com
P.O. Box 5663, St. Louis, MO 63166-6553

Roche Patient Assistance: 1-800-285-4484; www.rocheusa.com
340 Kingsland Street, Nutley, NJ 07110

Sanofi-Aventis Pharmaceuticals, Inc./Lovenox Patient Assistance Program: 1-888-632-8607; 1-888-875-9951; www.aventis.com; 2211 Sanders Road NTB7, Northbrook, IL 60067

Schering Laboratories/ Key Pharmaceuticals Patient Assistance Program, 1-800-656-9485

SmithKline Foundation Access to Care: 1-800-546-0420; or for information call 1-800-245-1040

Takeda Pharmaceuticals North America: 1-800-830-9159; www.takedapharma.com
P.O. Box 66552, St. Louis, MO 63166

TogetherRX Access: 1-800-444-4106; www.togetherrxaccess.com

Veteran's Administration: 1-877-222-8387; <http://www.va.gov>; <http://www.tricare.osd.mil/> (mail order pharmacy)

Foot Care:

Diabetes can be dangerous to your feet—even a small cut can have serious consequences leading to the loss of a toe, foot, or leg. Diabetes can cause nerve damage that takes away the feeling in your feet, a condition called “neuropathy”. It can also reduce blood flow to the feet, making it harder for an injury to heal or for your body to fight off infection. This can lead to serious complications including amputation. With proper foot care, however, problems can be caught early and treated effectively.

Since people with diabetes are more prone to foot problems, you may wish to add a foot care specialist to your health care team. If you have developed loss of sensation due to diabetic nerve damage (neuropathy), Medicare will cover foot exams every six months. Everyone with diabetes should have a foot exam at least once a year, and people with neuropathy should have a complete foot exam twice a year. That is what Medicare and Medicaid now cover.

Take these positive “STEPS” to take care of your feet and keep them healthy:

- Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help. Call your doctor if you notice anything. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).
- Make sure your health care provider checks your feet at least once a year - more often if you have foot problems. Remember to take off your socks and shoes while you wait for your physical examination.
- If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- If you have corns or calluses, your health care provider can trim them for you. Never cut corns or calluses. No "bathroom surgery"—let your doctor do the job.
- Wash your feet in lukewarm (not hot!) water. Keep your feet clean by washing them daily, but only use lukewarm water—the temperature you'd use on a newborn baby. Be sure to dry between the toes.
- Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- Wear clean, dry socks. Change them daily. Avoid the wrong type of socks. Avoid tight elastic bands (they reduce circulation). Don't wear thick or bulky socks (they can fit poorly and irritate the skin).

- Wear shoes and socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
- Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time.

Does Medicare Cover Diabetic Shoes?

Yes, Medicare will cover the cost of one pair of therapeutic shoes and inserts for people with diabetes if you have a medical need for them. The Medicare payment for therapeutic shoes is subject to the requirement that they are necessary and reasonable for protection of insensitive feet or neuropathy (nerve damage in the feet).

All brands and styles are covered under Medicare provided they meet the diabetic qualifications. Some of them are actually reviewed by Medicare and listed on their website. Some insurance plans will cover diabetic shoes as well. The only way to know is to call your insurance company to specifically ask if diabetic shoes are covered and how to proceed.

To make sure Medicare pays for you shoes, follow the steps below:

- Your treating doctor must complete a certificate of medical necessity for the therapeutic shoes and document the need in your medical records. So, do not order anything until you have visited your doctor - no matter what the sales person tells you.
- The shoes and inserts must be prescribed by a podiatrist or other qualified doctor and provided by a podiatrist, orthotist, prosthetist, or pedorthist.
- The order must be received by the supplier before Medicare is billed and it must be kept on file by the supplier.
- If you receive your Medicare through a Medicare Advantage Plan (like a HMO, PPO) it is likely you will have to follow the plan's steps for approval and purchase. Make a point of calling your plan's customer service number and ask about their steps for coverage of diabetic shoes.
- Medicare will cover one of the following per calendar year:
 - One pair of custom-molded shoes, including the inserts provided with the shoes, and two additional pairs of inserts or;
 - One pair of extra depth shoes and three pairs of heat molded inserts or;
 - One pair of extra depth shoes and three pairs of custom molded inserts taken from a cast impression of your feet.

Medicare will not cover deluxe features: A deluxe feature is one that does not contribute to the shoe's therapeutic function - for example, a custom style, color or custom material.

How Do You Qualify for the Coverage of Diabetic Shoes?

You must be covered under Part B of Medicare and all three of the following conditions must be met:

1. You have diabetes
2. You have one or more of the following conditions:
 - Loss of one foot or part of a foot
 - Amputation of toe or partial toe of either foot
 - History of sores on your feet
 - History of pre-ulcerative calluses of either foot
 - Nerve damage in your feet and calluses on either foot
 - Deformity of either foot (for example, hammertoe or bunions)
 - Poor circulation in either foot.
3. Your doctor has certified your need in writing that states:
 - You meet the criteria for the shoes
 - The doctor is treating you under a comprehensive plan of care for diabetes

- The exact reasons you need the therapeutic shoes (any customization, inserts, etc).

Remember:

- Only an M.D. or D.O. can sign the certification statement; a podiatrist may not, even though a podiatrist can write the prescription for the shoes.
- You will need a new order for the replacement of any shoe.
- A copy of the certification statement and prescription must be kept on file by your supplier.
- A new certification statement will be required for shoes, inserts or modifications each year they are purchased.

How Much Will Diabetic Shoes Cost Me?

How much you pay will depend on whether or not you have Part B coverage and where you buy your shoes. However, if you are enrolled in Medicare Part B these general rules apply:

- After you have paid your yearly deductible, you will pay 20% of the approved Medicare amount for the shoes and inserts.
- You will pay less if you buy from a supplier who accepts assignment. If you receive your Medicare through a Medicare Advantage Health Plan, you may owe little to nothing depending on the plan with which you have signed up and your benefits with the plan. If you have supplemental Medigap insurance, you might owe little to no money for your shoes.
- It is important to do your homework. Read about the factors that affect how much coverage you will receive. Make sure all paperwork is completed correctly and that you buy through an approved supplier that accepts assignment.

Where to Buy Diabetic Shoes?

You will save money if you order from a Medicare approved provider. If the supplier from which you order your shoes is not enrolled in Medicare, Medicare will not pay for the shoes.

Things you should think about before you choose a supplier:

There are two types of Medicare suppliers, (1) participating suppliers and (2) those who are enrolled but have chosen not to participate.

Participating suppliers must accept assignment.

A Medicare approved provider who does not want to participate can charge more than the Medicare-approved amount. However, they cannot charge more than 15 percent above the Medicare-approved amount. They may also ask you to pay the entire bill when you pick up the shoes. In this situation Medicare will send the reimbursement directly to you. However, be prepared to wait; it may take a couple months to receive payment.

If you receive your Medicare coverage through a Medicare Advantage Plan (HMO or PPO), it is likely that the plan will have its own steps for shoe purchases. In addition, the plan may have restrictions on the supplier from which you can buy. It is important to know that your health plan must supply at least what Medicare covers -- they cannot supply less. Depending on your plan you may actually receive more coverage than you would get with Medicare alone. It is wise to call your Medicare Advantage Plan's customer service and ask about your coverage before you order diabetic shoes.

Below is a list of area diabetic shoe providers:

Aftercare Medical Equipment & Supplies

216 Lee Avenue, Hampton, SC 29924

1-800-768-0108; 803-943-5584

Medicare, Medicaid or Private Insurance. No HMO's. Diabetic shoes and socks.

Beaufort Medical Equipment, Inc.

2127 Boundary Street, Beaufort, SC 29902

843-379-2800, 24-Hour Emergency Service

Denise Hepburn, Owner, Beeper 770-8070

updated 9/02/09

Medicare, Medicaid, Workers Compensation, some Private Pay. ACOR diabetic shoe certified fitters.

Diabetic Supply Services, Inc.

Mt. Pleasant, SC 29465

1-800-861-4965

Apply by telephone. Must have Medicare, Medicaid or Major Medical. No HMO's. Diabetic shoes and insurance billing. Free delivery.

Hanger Prosthetics and Orthotics Inc.

1055 Ribaut Road Suite 20-A, Beaufort SC 29902

843-986-9117

Medicare, Medicaid, some insurances. Diabetic shoes and insurance billing. Free delivery.

Lipsitz Shoes

828 Bay Street, Beaufort, SC 29902

843-524-2330; Neil Lipsitz, Diabetic Shoe Certified Fitter

Medicare, Medicaid, some insurances. Diabetic shoes and insurance billing.

Positive Image Prosthetics and Orthotics Inc.

994 Ribaut Road, Beaufort, SC 29902

843-470-5087

Diabetic shoes and inserts must be prescribed by a podiatrist or other qualified doctor and provided by a podiatrist, orthotist, prosthetist, or pedorthist to be covered by Medicare, Medicaid, and some private insurance. Many podiatrists have shoes available through their practice.

If you believe you qualify for diabetic shoes,
remove this page and take it to your health care provider.

Statement of Certifying Physician for Therapeutic Shoes

Patient Name: _____

Patient Phone: _____ Hic # _____

1. This patient has diabetes mellitus.
2. This patient has one or more of the following conditions. (Circle all that apply):
 - a. History of partial or complete amputation of the foot
 - b. History of previous foot ulceration
 - c. History of pre-ulcerative callus
 - d. Peripheral neuropathy with evidence of callus formation
 - e. Foot deformity
 - f. Poor circulation
3. I am treating this patient under a comprehensive plan of care for his/her diabetes.
Y _____ N _____
4. This patient needs special shoes (depth or custom-molded shoes) because of his/her diabetes.
Y _____ N _____

Physician signature: _____

Date signed: _____

Physician name (printed): _____

Physician address and phone number: _____

Physician UPIN: _____

Frequently Asked Questions About Diabetes:

Can I eat foods with sugar in them?

For almost every person with diabetes, the answer is yes! Eating a piece of cake made with sugar will raise your blood glucose level. So will eating corn on the cob, a tomato sandwich, or lima beans. The truth is that sugar has gotten a bad reputation. People with diabetes can and do eat sugar. In your body, it becomes glucose. With sugary foods, the rule is moderation. Eat too much, and you'll send your blood glucose level up higher than you expected; you'll fill up but without the nutrients that come with vegetables and grains; and you'll gain weight.

Can I use low calorie sweeteners?

Low calorie sweeteners are safe for everyone except people with phenylketonuria. Phenylketonuria (PKU) is a genetic disorder and every infant receives a screening for this disorder shortly after birth. If you are concerned about this condition, please talk with your physician. Calorie-free sweeteners like aspartame, saccharin, sucralose and acesulfame-K won't increase your blood glucose level. The sugar alcohols -- xylitol, mannitol, and sorbitol -- have some calories and do slightly increase your blood glucose level.

Why should I consider talking with a dietitian?

Registered dietitians (RDs) have training and expertise in how the body uses food. RDs who understand diabetes can teach you how the food you eat changes your blood glucose level and how to coordinate your diabetes medications and eating. A dietitian can work with you to create a healthy eating plan that includes your favorite foods.

Why does losing weight help my diabetes?

Weight loss helps people with diabetes in two important ways. First, it lowers insulin resistance. This allows your natural insulin (in people with type 2 diabetes) to do a better job lowering blood glucose levels. If you take a diabetes medicine, losing weight lowers blood glucose and may allow you to reduce the amount you're taking, or quit taking it altogether. Second, it improves blood fat and blood pressure levels. People with diabetes are about twice as likely to get cardiovascular disease as most people. Lowering blood fats and blood pressure is a way to reduce that risk.

Are there foods that I can eat a lot of?

The key to healthy living is moderation. If you can control the portion sizes of the food you eat, you will be able to eat a wider variety of foods, including your favorites, and still keep your blood sugar in your target range.

Can I drink alcohol?

Yes, in moderation. Moderation is defined as two drinks a day for men and one drink a day for women. A drink is a 5-ounce glass of wine, a 12-ounce light beer, or 1-1/2 ounces of 80-proof distilled spirits. Make sure that your medications don't require avoiding alcohol, and get your doctor's okay.

What vitamins will help my diabetes?

If you have a vitamin or mineral deficiency, it could be causing problems with your glucose control. If you choose a variety of fruits, vegetables, grains, and meat each day, and keep your blood sugar close to your target range, you probably don't need to take vitamin supplements because of diabetes.

Are there herbs that will help my diabetes?

Herbs are not considered food by the Food and Drug Administration and are not tested for quality or content. Therefore, products can be promoted as helping health conditions without having to show evidence of this. Discuss the herbal dietary supplements with your doctor or dietitian before trying them. They may interact poorly with your diabetes medication.

Reprinted in part from the website of the Lowcountry Diabetes Initiative and the American Diabetes Association

Gestational Diabetes:

Gestational diabetes is a type of diabetes that occurs only during pregnancy. Like other forms of diabetes, gestational diabetes affects the way your body uses sugar (glucose). Screening for gestational diabetes is a routine part of prenatal care. Gestational diabetes usually develops during the second trimester — sometimes as early as the 20th week, but often not until later in the pregnancy. Most health care providers recommend a blood test known

as a glucose challenge test between 24 and 28 weeks of pregnancy — or earlier if you're at particularly high risk of gestational diabetes.

For most women, gestational diabetes doesn't cause noticeable signs or symptoms. However, occasionally gestational diabetes may cause excessive thirst or increased urination. Gestational diabetes also increases the risk of preeclampsia, a condition characterized by high blood pressure and excess protein in the urine after the 20th week of pregnancy. Left untreated, preeclampsia can lead to serious or even life-threatening complications for both mother and baby. Other complications that may affect your baby:

- **Excess growth.** Extra glucose can cross the placenta, which triggers your baby's pancreas to make extra insulin. This can cause your baby to grow too large (macrosomia). Very large babies are more likely to become wedged in the birth canal, sustain birth injuries or require a C-section birth.
- **Low blood sugar.** Sometimes babies of mothers with gestational diabetes develop low blood sugar (hypoglycemia) shortly after birth because their own insulin production is high. Prompt feedings and sometimes an intravenous glucose solution can return the baby's blood sugar level to normal.
- **Respiratory distress syndrome.** If your baby is delivered early, respiratory distress syndrome — a condition that makes breathing difficult — is possible. Babies who have respiratory distress syndrome may need help breathing until their lungs become stronger.
- **Jaundice.** This yellowish discoloration of the skin and the whites of the eyes may occur if a baby's liver isn't mature enough to break down a substance called bilirubin, which normally forms when the body recycles old or damaged red blood cells. Although jaundice usually isn't a cause for concern, careful monitoring is important.
- **Low mineral levels.** The baby may have low mineral levels in the blood. This problem can cause muscle twitching or cramping, but can be treated by giving the baby extra minerals.
- **Type 2 diabetes later in life.** Babies of mothers who have gestational diabetes have a higher risk of developing obesity and Type 2 diabetes later in life.

What happens after the baby is born?

For most women, blood sugar levels go back to normal quickly after the baby is born. Six weeks after the baby is born, you should have a blood test to check your blood sugar levels. The test also checks for your risk of getting diabetes in the future.

If you know you want to get pregnant again, have a blood sugar test up to three months before becoming pregnant to make sure your blood sugar level is normal. Children whose mothers had gestational diabetes are at higher risk for obesity, abnormal glucose tolerance, and diabetes. Women who have had gestational diabetes and children whose mothers had gestational diabetes are at higher lifetime risk for obesity and type 2 diabetes.

Talk to your health care provider about diabetes and increased risk from gestational diabetes. Controlling your blood sugar level is essential to keeping your baby healthy and avoiding complications during delivery.

**Beaufort Memorial's Diabetes Care Center is available to work with you and your family.
Call 843-522-5560 or 843-522-5635 for more information.**

Home Health, Hospice, & Medical Equipment:

If given the choice, most people prefer to receive medical care in the comfort of their own homes. Sometimes special services are needed for a loved one suffering from a chronic or terminal illness to manage pain, ensure comfort, and maintain quality of life. Perhaps in order to remain at home, a person needs assistance with functions of daily life, such as light housekeeping or bathing. It's important to understand which resources may be covered by insurance and which services you must pay for yourself.

Home Health Services: These are skilled, medically necessary services provided in the home that must be ordered by a physician and must meet medical necessity criteria. Home health agencies are required to accept patients who do not have insurance or cannot afford to pay for medically necessary services ordered by a physician.

Private Duty/Personal Care Services: These are personal care services (bathing, dressing, meal preparation, etc), provided in the home and not meeting medical necessity criteria for home health services. Some long term care policies may cover these services. Each policy is different, and the agency you choose will assist you. If you do not

have long term care insurance or Medicaid, you will have to pay for these services yourself. Medicare never covers personal care services.

Medicaid may cover these services, but only if you meet a skilled or intermediate nursing home level of care and only if it is certified by CLTC (Community Long Term Care). For Beaufort County information call 843-521-9191 or 843-726-5353 or call the Beaufort County Medicaid office to apply at 843-470-4600.

Hospice: These services are for people facing a life-limiting illness and provide medical care, pain management, and emotional and spiritual support for the person and the person's loved ones. Having a skilled need is not required for hospice services, and a much wider range of services is provided than is covered by home health services. However, a physician's order is required. Hospice focuses on caring, not curing, and so is not usually appropriate for persons undergoing active treatment of their disease.

Medical Equipment: Only "durable" medical equipment (DME) is covered by Medicare, Medicaid, and most health insurance policies. A physician's order is required, and the equipment must meet medical necessity criteria. These agencies will determine if the DME is rented or purchased. Otherwise, the person must buy it. Sometimes thrift stores run by the Salvation Army, Good Will, etc. will have used walkers or canes.

Following is a list of businesses and agencies serving the Beaufort County area that may be able to help.

Aftercare Medical Equipment & Supplies

216 Lee Avenue, Hampton, SC 29924
1-800-768-0108; 803-943-5584

Area served: South Carolina. Medicare, Medicaid or Private Insurance. No HMO's.

SERVICES: Diabetic testing supplies, Diabetic shoes and socks. DME Equipment: beds, wheelchairs, lifts, oxygen therapy concentrator, C-Pap, Bi-Pap, humidifiers, bedside commode walker, quad canes, canes, low air mattresses, nursing uniforms and supplies.

Agape Hospice of the Lowcountry – Provides Nurses, Home Health, Hospital & Medical Equipment

1-866-838-8439; 843-645-2290; www.AgapeHospice.com

Serves Beaufort and Jasper, terminally ill. Provides nursing care, visits from social workers and chaplain, supplies such as diapers, bed pans, ensure, etc. Provides medical equipment and pays for medications related to illness.

Alert Sentry – Home Health

Personal Emergency Response System

1-877-253-7899; www.AlertSentry.com

Also available through Beaufort Medical Equipment, Inc.

2127 Boundary Street, Beaufort, SC 29902

843-379-2800, 24-Hour Emergency Service

Denise Hepburn, Owner, Beeper 770-8070

Alternative Care Providers – Home Health Private Duty Agency

1608 King Street, Beaufort, SC 29902

843-525-9443

Amedisys Home Health of Hilton Head – Home Health Agency

11 Palmetto Parkway, Suite 101, Hilton Head, SC 29926

843-681-7605

American Diabetes Alliance – Diabetes Supplies

521 River Lane, Suite 100, Anoka, MN 55303

1-877-766-6486; <http://americandiabetesalliance.com/>

This program is available to individuals at any age, in every state and every county who, by doctors orders, are required to check their blood glucose level and have a billable insurance (private pay, employer paid, Medicare or Medicaid). Individuals who have Medicare Advantage Plans are also eligible to enroll. There is no cost to enroll in this plan. There are no monthly plan premiums after a Member enrolls. There are no hidden fees or cost with the program through the American Diabetes Alliance.

Apria Health Care – Hospital, Medical Equipment & Supplies

300 Mid Town Drive, Beaufort, SC 29906
843-322-0013

Beaufort County Council on Aging – Social Services & Welfare

1406 Paris Avenue, Beaufort, SC 29902
843-524-1787

Beaufort County Health Department, (SC Department of Health and Environmental Control)

601 Wilmington Street, Beaufort, SC 29902
843-525-7615

Beaufort IV Specialists – Durable Medical Equipment

1094 Ribaut Road, Beaufort, SC 29902
843-524-3777

Beaufort-Jasper-Hampton Comprehensive Health Services, Inc. – Home Health Agency

721 Okatie Highway, Ridgeland, SC 29936
843-987-7400

Beaufort Medical Equipment, Inc. – Durable Medical Equipment/Diabetes Supplies

2127 Boundary Street, Beaufort, SC 29902

843-379-2800, 24-Hour Emergency Service

Denise Hepburn, Owner, Beeper 770-8070

Area served: Beaufort, Hampton, and Jasper counties. Application is through phone, fax. Fee varies. Medicare, Medicaid, Workers Compensation, some Private Pay.

SERVICES: Diabetes testing supplies, monitors, test strips, insulin, syringes, ACOR diabetic shoe certified fitters.

Bluffton Public Health Center, (SC Department of Health and Environmental Control)

4819 Bluffton Parkway, Bluffton, SC 29910

843-757-2251

BrightStar Healthcare – Private Duty Agency

23 Plantation Park Drive, Suite 202C, Bluffton, SC 29910

843-837-3773

Care One Home Health Services – Provides Nurses, Home Health, Hospital & Medical Equipment

23 Plantation Park Drive, Suite 503, Bluffton, SC 29910

843-757-8088, 843-815-8088

Care One of Bluffton – Provides Nurses, Home Health, Hospital & Medical Equipment

1 Sheridan Park Circle, Suite B, Bluffton, SC 29910

843-815-8088

Area served: Jasper, Hampton and Beaufort Counties. Everyone in need of home health services is eligible. Apply by telephone. Cost: Medicare, Medicaid, Private Insurance.

Carolina Hospice Care, Inc. – Home Health

996-B Ribaut Road, Beaufort, SC 29902

843-521-4369

Church Mouse/St. Luke's Church – Provides Medical Equipment

50 Pope Avenue, Hilton Head, SC 29928

843-785-2322, 843-686-3290

Loans out medical equipment to those in need in the Bluffton/Hilton Head areas.

Comfort Keepers – Local Home Health

P.O. Box 1019, Bluffton, SC 29910

843-757-7731; www.comfortkeepers.com

Serves Beaufort, Jasper and Hampton Counties. Provides in home nonmedical care, primarily for seniors. Private pay only.

Companions, Nurses, & Nannies – Home Health Private Duty Agency

11 Palmetto Parkway, P.O. Box 235836, Hilton Head, SC 29925
843-681-5011

Diabetic Supply Services, Inc. – Durable Medical Equipment/Diabetes Supplies

Mt. Pleasant, SC 29465
1-800-861-4965

Area served: Nationwide. Apply by telephone. Must have Medicare, Medicaid or Major Medical. No HMO's.
SERVICES: Diabetic testing supplies. Insulin & syringes plus insulin pumps and supplies (with proper insurance), Diabetic shoes and insurance billing. Free delivery.

Easter Seals Lowcountry – Durable Medical Equipment

4500 Reeds Avenue, Charleston, SC 29405
1-800-951-4090, 843-308-7391, www.eastersealslc@juno.com

Area served: Lowcountry SC. Request and complete application. No fee. Eligibility determined by number in household and income.
SERVICES: Medical diagnosis and evaluation. Physical Therapy, Occupational Therapy, Speech Therapy. Audiological evaluation. Loan or purchase of durable medical equipment (wheelchairs, walkers). Orthotics (braces, orthopedic shoes). Information and referral. Advocacy. Transportation assistance, Stroke Clubs.

Friends of Caroline Hospice – Home Health Services

1110 13th Street, Port Royal, SC 29935
843-525-6257; www.carolinehospice.org

Provides home care to anyone with a life-threatening illness living in Beaufort County. Also operates a Lending Closet to provide equipment and supplies to patients.

(Glasses) Lions Club – Beaufort – Local Program

P.O. Box 658, Beaufort, SC 29901
843-522-0066; 843-838-4611; 843-575-4711

Serves Beaufort County low income individuals needing assistance with eye glasses.

Griswold Special Care – Private Duty Agency

2 Bent Tree Lane, Hilton Head, SC 29926
843-681-2900

Health Companions, Inc. – Private Duty Agency

141 Lamotte Drive, Bldg. D-7, Hilton Head, SC 29926
843-342-7705

The Healthcare Alternative – THA Group – Private Duty Agency

58 Shelter Cove Lane, Suite C, Hilton Head, SC 29928
843-986-0949; private duty services 843-522-0296; home health services 843-986-0949

Home Instead – Home Health Services

7505 Waters Avenue F-2, Savannah, GA 31412
843-842-3372

Serves South Carolina. Provides home care services.

Hospice Care Center Bluffton

119 Palmetto Way, Bluffton, SC 29910
843-681-7814, 843-706-2296, 1-877-681-7814 Toll Free

Hospice Care Center Hilton Head

32 Palmetto Bay Road, 1-B, Hilton Head Island, SC 29928
843-342-8919

Hospice Care of America, Inc. - Low Country – Home Health

2 Professional Village Circle, Lady's Island, SC 29907

843-322-0063

Hospice Care of Choice

11 S. Todd Drive, Beaufort, SC 29902
843-521-4369

Hospice Care of the Low Country, Inc.

32 Palmetto Bay, Hilton Head, SC 29926
843-706-2296, 1-877-681-7814 Toll Free

Interim Home Health – private duty services, including licensed nurses/skilled services

843-757-5655 or cell 843-816-5342

Island Health Care, Inc.

58 Shelter Cove Lane, Suite C, Hilton Head Island, SC 29928
843-686-4410

Island Health Care of Beaufort

1211 Newcastle Road, Suite D
Beaufort, SC 29902
843-522-0296

Serves Beaufort County; anyone in need of home health care.

Island Health Care Broad Creek Care Center

801 Lemon Grass Ct., Hilton Head Island, SC 29928
843-842-6850

Island Hospice – Provides Nurses, Home Health, Hospice Services

1264 Ribaut Road, Ste. 402, Beaufort, SC 29902
843-986-0949

Island Hospice / IHC Hospice, Inc. – Home Health

300 New River Parkway, Suite 6, Hardeeville, SC 29927
843-208-3666

Interim Healthcare

Bluffton, SC 29910
843-757-5655

Kovine Medical Equipment – Durable Medical Equipment

Stephanie Stephens, Consultant
843-908-1081

Serves areas of St. Helena to McClellanville. Call for an appointment in home or in physician's office. Accepts Medicare and private insurances.

SERVICES: Full service durable medical equipment company including diabetic supplies, hospital beds, power wheelchairs and scooters. Certified technical shoe fitter.

Low Country Home Health Services Agency/SC DHEC – Home Health Services

1235 Lady's Island Drive, Port Royal, SC 29935
843-525-7657/7658

Area served: Beaufort and Jasper Counties. Anyone under MD's care and confined to home is eligible. Apply by contacting office for evaluation. Cost: Third party payers billed, Medicare, Medicaid, self-pay and indigent.

SERVICES: Skilled nursing, occupational therapy, speech therapy, medical social services, home health aide, physical therapy, registered dietitian.

Low Country Home Health Services Agency/SC DHEC – Home Health Services

113 E. Wilson Street, Ridgeland, SC 29936
843-726-7791

Area served: Beaufort, Jasper, Hampton and Colleton Counties. Call or referral.

SERVICES: Home health if homebound. Skilled nursing, OT, PT, MSW, for homebound patients. Education and teaching of self-management skills for a variety of illnesses, especially Diabetes. Family Support Services for qualified patients.

Low Country Home Oxygen & Medical Equipment – Medical Equipment & Supplies

426 Parris Island Gateway, Beaufort, SC 29906

843-379-1111

Lowcountry Long-Term Care Service

604 Bladen Street, Beaufort, SC 29902

843-525-7674

Serves Allendale, Beaufort, Jasper, Hampton and Colleton Counties. Provides help with personal care, light housekeeping, and meal preparation.

Medicap Pharmacy – Diabetes Supplies

10 Sams Point Road, Beaufort, SC 29902

843-524-7979

Call to schedule an appointment. Fee varies.

SERVICES: Education on use of blood glucose meter, medication review, blood sugar checks, foot exam, diet.

Medical Services of America, Inc. – Home Health Services, Medical Equipment & Supplies

171 Monroe Lane, Lexington, SC 29072 (Corporate Office)

1-800-845-5850

Medical Services of America is a comprehensive home healthcare provider with services which include medical, surgical, IV nursing, pediatric nursing, psychiatric nursing, physical & occupational speech therapy, pharmacy, medical equipment, rental and sales cardiopulmonary, rehabilitation case management and other specialty services. There are two offices located locally:

Medi Home Care – Beaufort (Medical Services of America) – Diabetes Supplies

990 Ribaut Road Suite 101, Beaufort, SC 29902-5601

843-525-6994; www.msa-corp.com

Medi Home Care – Ridgeland (Medical Services of America) – Diabetes Supplies

2935 Argent Blvd., Unit 8, Ridgeland, SC 29936-8158

843-987-0772; 1-800-679-6334; www.msa-corp.com

“MedXpress” is the name of their home delivery diabetes support service. They offer free home delivery of your diabetic testing supplies when you need them. Staff assists with your insurance, Medicare and Medicaid so you know exactly what is covered.

National Diabetes Pharmaceuticals – Diabetes Supplies

2157 Apperson Drive, Salem, VA 24153

1-877-637-8488

BC/BS users get a free meter.

SERVICES: Provide glucose monitors, strips, lancets, insulin, insulin syringes, insulin pumps & supplies.

Option Care – Home Health Agency

3901 Main Street, Hilton Head Island, SC 29926

843-689-9698

Podiatry Associates, PA – Diabetic Foot Care

1084 Ribaut Road, Beaufort, SC 29902

843-524-0232

Accepts Medicare, Medicaid, BCBS of SC, PHP, PCN, and various other insurances.

SERVICES: Surgical foot care, medical foot care - diabetic foot care, extra depth shoes, orthotics.

Positive Image Prosthetics & Orthotics, Inc.

994 Ribaut Road, Beaufort, SC 29902

843-470-5087

Right at Home – Private Duty Agency

29 Plantation Park Drive, Suite 113, Bluffton, SC 29910
843-815-7890

Roche Diagnostics Diabetes Care Co. – Diabetes Education and Supplies

1312 Quail Valley West, Columbia, SC 29212
1-800-845-7355 Ext. 5770

Area served: State of SC. Apply by telephone.

SERVICES: Diabetes education, materials and programs. Blood glucose meters and supplies for diabetic patients.

Secure Care Medical, Inc. – Diabetic Supplies

Savannah, GA 31406
1-800-500-0802; 912-354-0978

Area served: NC, SC, GA, VA. Apply by telephone. Medicare and private insurance, anywhere nationwide. No cost.

Eligibility: Medicare, Medicaid and some private insurance.

SERVICES: Diabetic supplies – test strips, lancets, ketostix, pumps and pump supplies.

The Seabrook Wellness and Home Health Care – Retirement Community & Home Health

300 Woodhaven Drive, Hilton Head Island, SC 29928
843-842-3747

Senior Services of Beaufort County Administrative Office – Social Service & Welfare

1406 Paris Avenue, Port Royal, SC 29935
843-524-1787

Special Care of Hilton Head – Private Duty Agency

17 New Orleans Road, Hilton Head Island, SC 29928
843-785-7750

Tidewater Hospice, PA – Home Health

181 Bluffton Drive, Unit B102, Bluffton, SC 29201
843-987-3200

United Hospice Of Beaufort, Inc. –Home Health

1605 North Street, Beaufort, SC 29902
843-522-0476

Winyah Home Health Care of Beaufort County, an Amedisys Home Care Agency

21 Cardinal Road, Suite 104, Hilton Head Island, SC 29926
843-681-7605, 1-800-300-9559 toll free

Insurance Information for People with Diabetes:

Diabetes is a disease that is largely self-managed. In order to stay healthy, a person with diabetes needs access to supplies like test strips, meters and insulin. Usually, people are able to get these medications and supplies covered through their health insurance policies.

For a person with diabetes, obtaining and keeping health insurance and life insurance can be very difficult. However, you may have some options. Check out the list below.

American Diabetes Association (ADA)

1-800-342-2383; www.diabetes.org

National Office: 1701 North Beauregard Street, Alexandria, VA 22311

Tel: 703-549-1500

Nearly 21 million American children and adults have diabetes, but many are uninsured and cannot access the supplies, medications, and education to manage the disease and prevent diabetes-related complications such as heart disease, stroke, kidney failure, blindness, and lower-limb amputation. Through ADA's National Call Center,

trained ADA representatives respond to calls involving insurance-related issues, many coming from individuals without insurance. The ADA is able to direct callers to resources and programs that may provide access to diabetes management tools and resources.

Example: A woman who has Type 2 diabetes contacted the Call Center and reported, “I’ve lost my job. I have no insurance. I haven’t been able to test my blood sugar for a week, and I don’t know how I will pay for my insulin this month.” The National Call Center representative was able to provide her with information about community clinics in her area, the State Commissioner’s list, and phone numbers for manufacturer assistance programs for a blood glucose monitor, test strips, and lancets. These are all options for people who do not have health insurance and cannot pay for the necessary supplies to manage the disease. Additionally, this woman was sent materials to assist her in her search for affordable insurance. Immediately following the call, the woman made contact with a local clinic.

South Carolina Insurance Department

1-800- 768-3467

In South Carolina, state law allows health insurance companies to turn people down for individual health insurance coverage based on the status of their health. In most cases, diabetes is considered an “uninsurable” condition. Even though you can be turned down for an individual policy in South Carolina, you can never be turned down for health insurance that is offered through an employer. If you are having a problem with your state-regulated health plan and you are unable to resolve it with the plan directly, file a complaint with the Insurance Department. They may be able to provide you with assistance in reaching a conclusion.

South Carolina Medicaid

1-888-549-0820

Beaufort County DHHS Office

P.O. Box 1255, 1905 Duke Street, Beaufort, South Carolina 29902

843-470-4625

Jasper County DHHS Office

Post Office Box 1150, 204 North Jacob Smart Boulevard, Ridgeland, South Carolina 29936

843-726-7747

Medicaid is available to anyone who meets income and eligibility criteria. However, even if your income meets the criteria, you must fall into one of the eligibility categories in order to qualify.

South Carolina Health Insurance Pool (SCHIP)

1-800-868-2500

SCHIP is the South Carolina state high-risk pool. This program allows individual health insurance policies to be sold to people who might otherwise be considered “uninsurable” because of a chronic illness. Premiums may be high, and a pre-existing condition period may apply. Contact SCHIP for more information.

State Children’s Health Insurance Program – Healthy Connections Kids

1-888-549-0820

Healthy Connections Kids is the health insurance program designed to provide health insurance to children and teens up to age 19 whose families may have too great an income or assets to qualify for Medicaid, but who may not be able to afford health insurance. To find out if you or your child meets the income guidelines, please contact Partners for Healthy Children directly.

Health insurance options available to individuals 65 years and older -

Medicare: Medicare provides health insurance benefits to persons 65 and older, persons under 65 who are disabled, and individuals with End Stage Renal Disease (ESRD).

Medicaid: Medicaid provides medical care to certain individuals and families with low incomes and resources.

TAA Tax Credit: TAA is a tax credit available to workers who have lost their jobs or whose hours of work and wages have decreased as a result of increased imports.

Prescription Assistance: Most pharmaceutical companies have established patient assistance programs to help uninsured individuals get the medications that they need to stay healthy.

Medigap: Medigap policies are available to Medicare-eligible individuals. They can be purchased from private health insurance carriers and provide benefits that are otherwise not included in Medicare Part A or B.

Health insurance options available to employed individuals -

Employer sponsored group health plans - the most common way that Americans get health insurance coverage. Federal law protections for consumers in employer sponsored group health plans apply whether the group health plan is fully insured or self-insured. The American Diabetes Association has worked to pass health insurance provisions that require fully insured health plans -- those regulated by state governments -- to provide coverage for diabetes medications, supplies, and services. These laws do not apply to policies that self-insure, as they are regulated through ERISA (a federal law) and the federal government.

Check with your employer to find out whether group coverage is available in your workplace. If health insurance coverage is available and you choose to elect it, you should receive a benefit plan summary explaining what will be included in your health plan. Be sure to find out what diabetes supplies and services are included in your health plan.

Individual Health Insurance Policies - People who buy coverage in the individual insurance market generally do so because they do not have access to employer-sponsored group health coverage and they do not qualify for public programs, such as Medicare or Medicaid. Most people who purchase individual health insurance plans face difficulties finding policies that will accept them, that are affordable or that provide adequate coverage. People with serious or chronic conditions, such as diabetes, are likely to face substantial difficulty buying individual health insurance policies.

The Georgetown University Health Policy Institute has written A CONSUMER GUIDE FOR GETTING AND KEEPING HEALTH INSURANCE for each state. These Consumer Guides are available at this website <http://www.healthinsuranceinfo.net/> and are updated periodically as changes in federal and state policy warrant. The Guides are not a substitute for legal, accounting, or other professional advice. Please consult a qualified expert before making any decisions about your own health insurance.

Health insurance options available to people with disabilities -

The following options may be available to you:

Supplemental Security Income & Social Security Disability Insurance

SSI and SSDI provide benefits to low-income individuals and persons with disabilities.

Prescription Assistance

Most pharmaceutical companies have established patient assistance programs to help uninsured individuals get the medications that they need to stay healthy.

Individual Health Insurance Policies

A possible option for people who do not have access to job-based coverage. (Please see above.)

High-Risk Pools

South Carolina offers high-risk pools as an option for persons who are otherwise unable to qualify for health insurance coverage. Call 1-800-868-2500 for more information.

Health insurance options available to people with modest income -

The following options are available to you:

High-Risk Pools

South Carolina offers high-risk pools as an option for persons who are otherwise unable to qualify for health insurance coverage. Call 1-800-868-2500 for more information.

Medicaid

Medicaid provides medical care to certain individuals and families with low incomes and resources.

Prescription Assistance

Most pharmaceutical companies have established patient assistance programs to help uninsured individuals get the medications that they need to stay healthy.

State Children's Health Insurance Program (S-CHIP)

S-CHIP program in South Carolina is called Partners for Healthy Children. To find out if you or your child meets the income guidelines, please contact Partners for Healthy Children directly by calling 1-888-549-0828 or picking up an application from the Department of Health and Human Services

Uninsured?

1-800-234-1317; www.coverageforall.org

The Foundation for Health Coverage Education has developed a website designed to help those who are uninsured identify what insurance options may be available to them. The Foundation's Health Coverage Eligibility Tool is an interactive web program that helps individuals locate public and private health plans for which they may qualify, including free or low-cost health benefits.

Juvenile Diabetes – Type 1:

Type 1 diabetes, also called **juvenile diabetes** or insulin-dependent diabetes, is a disorder of the body's immune system diagnosed in children, teenagers, or young adults. When someone has **juvenile diabetes**, their body has trouble controlling the level of glucose in its blood. Either the person's pancreas can't make insulin, can't make enough insulin, or their body has a problem using the insulin it does make. Since children's bodies are still growing and developing, it is important that the child diagnosed with juvenile diabetes be closely monitored as to their meals, exercise, stress levels, illnesses, and fatigue.

People with Type 1 diabetes must take insulin in order to stay alive. This means undergoing multiple injections daily, or having insulin delivered through an insulin pump, and testing their blood sugar by pricking their fingers for blood six or more times a day. People with diabetes must also carefully balance their food intake and their exercise to regulate their blood sugar levels, in an attempt to avoid low blood sugar (hypoglycemic) and high blood sugar (hyperglycemic) reactions, which can be life threatening.

The warning signs of juvenile diabetes (Type 1) include :

- extreme thirst
- frequent urination
- drowsiness or lethargy
- sugar in urine
- sudden vision changes
- increased appetite
- sudden weight loss
- fruity, sweet, or wine-like odor on breath
- heavy, labored breathing
- stupor and unconsciousness

The **Juvenile Diabetes Research Foundation International** is the leading charitable funder and advocate of Type 1 (juvenile) diabetes research worldwide. The mission of JDRF is to find a cure for diabetes and its complications through the support of research.

JDRF can provide information and a support network as well as a packet of information that is sent to the family of a child who has been recently diagnosed (e-mail info@jdrf.org or call 800-533-CURE).

For general inquiries:

Juvenile Diabetes Research Foundation International (JDRF)

120 Wall Street, New York, NY 10005-4001

1-800-533-CURE (2873); E-mail: info@jdrf.org; www.jdrf.org

The JDRF Online Diabetes Support Team (ODST) is made up of JDRF volunteers who have "been there" and are available to offer immediate, one-on-one support. This website also provides information about diabetes and its management, and information and support for children as well as teens.

Palmetto Chapter of the Juvenile Diabetes Research Foundation (JDRF)

3608 Landmark Drive, Suite #C, Columbia, SC 29204

803-782-1477; palmetto@jdrf.org; www.jdrf.org/palmetto

Juvenile Diabetes - Common Questions:

You may be tempted to ask “Why me?” or “Why my child?”

Ninety percent of children who develop juvenile diabetes actually have no relative with the disease. Scientists still aren't sure what causes diabetes but they have determined that it is influenced by genetics and the environment. They also believe that viruses may be involved. But take heart - people with diabetes generally have better self-discipline, and are more aware of when and how much they need to eat, exercise, and rest in order to perform at their best.

How long will my child have (type 1) juvenile diabetes and will he/she outgrow it?

While insulin allows a person to stay alive, it does not cure diabetes. Type 1 diabetes is a chronic disease, meaning your child will never outgrow it. However, having diabetes does not have to stop your child from having an active life and achieving his or her goals.

What is the “honeymoon phase”?

The honeymoon phase is the time period when a newly diagnosed diabetic's pancreas is still producing a bit of insulin. The average honeymoon period lasts anywhere from 1 to 6 months, but everyone is different. During this time, insulin needs will likely fluctuate greatly, and there will be many adjustments to be made. Also, keep in mind that hormones will play a part as well.

How do I know whether my child is getting appropriate medical care?

On your next visit to your doctor, you may wish to ask some of these questions:

- How many patients with type 1 diabetes do you care for in your practice?
- Are you familiar with the Diabetes Control and Complications Trial?
- Do you work with a type 1 diabetes nurse educator?
- Do you work with a dietitian knowledgeable about type 1 diabetes?
- Do you work with an eye doctor knowledgeable about treating eye problems related to type 1 diabetes?
- Do you have any experience with insulin pumps?
- Is someone available 24 hours a day to help manage problems? How do I contact that person?

**Beaufort Memorial's Diabetes Care Center is available to work with you and your family.
Call 843-522-5560 or 843-522-5635 for more information.**

Should I talk with the school about my child's diabetes diagnosis?

Yes! As the parent of a child with diabetes you know that the day-to-day disease management is intensive and the school must play an important role in your child's care. The school/parent/child relationship is very important since your child may need to take an insulin shot in the middle of a class, or stop playing to eat in the middle of an activity. Having to do things differently, and sometimes missing out on things, may make the child with diabetes feel angry, upset, or embarrassed. Working with school staff is essential. When school personnel is responsive and understanding, it does wonders for a family's peace of mind. It is very important that you work with the school to help provide a safe, caring, and positive learning environment for your child. The goal is for both the parent's and school's points of view to be communicated, heard, and understood and to encourage a cooperative effort to provide the very best school experience for the child with diabetes.

The Juvenile Diabetes Research Foundation (JDRF) has developed a manual for general educational purposes that offers collaborative methods for educators and parents of children with diabetes to ensure that every child enjoys the best possible school experience. Their mission is to find a cure for diabetes and its complications through the support of research. A JDRF School Advisory Toolkit is available for download at <http://www.jdrf.org> and enter “school toolkit” in the site search box on the right side of the screen.

Where can I get a medical ID for my child?

Medical Identification products help ensure proper treatment of an insulin reaction in an emergency when your child is away from you. A number of companies make medical alert bracelets specifically marketed toward children with juvenile diabetes. You can find a comprehensive listing of medical ID products on the

childrenwithdiabetes.com website or in most of the local neighborhood pharmacies. Medical items geared especially for kids are also available on the jdrf.org website.

I need financial assistance for type 1 diabetes supplies and/or healthcare.

There are pharmaceutical assistance programs offered directly by some drug companies for people with type 1 diabetes who have little or no insurance to help offset the cost of supplies or prescription medications. The [Pharmaceutical Research and Manufacturers Association](http://www.pharmaceuticalresearch.org) (1-800-762-4636) has information on such programs. Additionally, the [National Institute of Diabetes and Digestive and Kidney Diseases](http://www.niddk.nih.gov) (NIDDK) has a publication called "[Financial Help for Diabetes Care](#)." You can order print copies from the National Diabetes Information Clearinghouse at 1-800-860-8747.

Where can I find health insurance for my child with type 1 diabetes?

- **State Children's Health Insurance Program (S-CHIP):** S-CHIP program in South Carolina is called Partners for Healthy Children. To find out if you or your child meets the income guidelines, please contact Partners for Healthy Children directly by calling 1-888-549-0828 or picking up an application from the Department of Health and Human Services
- **High-Risk Pools:** South Carolina offers high-risk pools as an option for persons who are otherwise unable to qualify for health insurance coverage. Call 1-800-868-2500 for more information.
- **Individual Health Insurance Policies:** People who buy coverage in the individual insurance market generally do so because they do not have access to employer-sponsored group health coverage and they do not qualify for public programs, such as Medicare or Medicaid. Most people who purchase individual health insurance plans face difficulties finding policies that will accept them, that are affordable or that provide adequate coverage. People with serious or chronic conditions, such as diabetes, are likely to face substantial difficulty buying individual health insurance policies.
The Georgetown University Health Policy Institute has written A CONSUMER GUIDE FOR GETTING AND KEEPING HEALTH INSURANCE for each state. These Consumer Guides are available at this website <http://www.healthinsuranceinfo.net/> and are updated periodically as changes in federal and state policy warrant. The Guides are not a substitute for legal, accounting, or other professional advice. Please consult a qualified expert before making any decisions about your own health insurance.
- **Prescription Assistance:** Most pharmaceutical companies have established patient assistance programs to help uninsured individuals get the medications that they need to stay healthy.
- Other options include calling 1-877-KIDS-NOW; also the [National Institute of Diabetes and Digestive and Kidney Diseases](http://www.niddk.nih.gov) (NIDDK) offers a publication entitled "[Financial Help for Diabetes Care](#)." Order print copies from the National Diabetes Information Clearinghouse: 1-800-860-8747.

Juvenile Diabetes - Camps:

Where can I find information about camps for kids with type 1 diabetes?

If you are interested, you can access JDRF Kids Online and review their articles on diabetes camps. Currently, we are aware of two camps in South Carolina for children with diabetes. Several others are located in nearby Georgia.

- **South Carolina - Camp Adam Fisher** is a weeklong overnight camp for children with diabetes, their brothers, sisters and friends ages 6-17. Also offered, is a Counselor in training (CIT) program for teenagers ages 16-17. Kids come from all over South Carolina to experience this unique opportunity, while learning more about managing their diabetes. This year's dates will be July 27 through August 2, 2008 at the R.M. Cooper 4-H Leadership Center located in Summerton, S.C. Supervised by counselors and 24-hour medical staff. Camp fee is \$595 with scholarships and financial aid available. For more information, contact 803-434-2442 or e-mail elizabeth.todd@palmettohealth.org.
- **South Carolina - American Diabetes Association Camp Independence** is a day camp program held in Greenville, SC at Camp Buckhorn inside Paris Mountain State Park. Camp Independence provides children with diabetes and their siblings and friends four days of camping fun. The next camp is scheduled July 14 - 17, 2008, for ages 6-16; camp fee is \$85. For more information, contact Emily Nivens at 704-373-9111 ext. 3262 or 888.342.2383 ext. 3262 or enivens@diabetes.org.
- **Georgia – Camp Ivy Inc.** is a day camp in Williamson, Georgia for children with diabetes. This camp is for kids with diabetes ages 3 and up as well as brothers, sisters, and friends. Kids ages 3 and under require parents to stay. Kids with insulin pumps must be able to operate their pump on their own or a parent is

required to stay. The cost is \$80 per child, brother, sister, or friend. For more registration information, call 678-688-5124 or write 1721 B. Howard Road, Williamson, GA..

- **Georgia – Camp Juliet** is an overnight camp in Augusta, Georgia sponsored by the University Health Care Foundation. Camp Juliet is offered to children 7 to 17 years of age with diabetes. Children in the Central Savannah River Area (CSRA) get the first slots, if any slots are left, children outside the CSRA are accepted. Camp Juliet is held at Camp Daniel Marshall in Lincolnton, Georgia. There is a \$50.00 application fee. Please contact Debra Whitley, RN, CDE, Camp Director at University Hospital Diabetes Services at 706-774-8473 for more information.
- **Georgia - Camp Kudzu** provides year round programming. It serves Georgia's children, teens and families with type 1 diabetes, offering summer camps, family weekends, and teen retreats. These programs provide education in a setting that gives each child the best chance of practicing lessons learned. For more information contact Camp Kudzu, Inc., 577 Concord Road, SE, Suite B, Smyrna, GA 30082, 404-250-1811; (email) info@campkudzu.org.
- **Georgia - Camp Little Shot** is a free camp for children in the central Georgia area. Separate camp programs are offered for ages 6 through 14 and ages 15 through 18. For more information contact Camp Little Shot, Tom Jones, MD, Suite 210, 800 1st Street, Macon, GA; 478-746-8626.
- **Georgia - Kiki's Kids Camp** is a day camp for children ages 6 to 12 with diabetes. In 2008, it will take place at Shorter College in Rome, Georgia, from June 9-12. It will be held at Darlington School and will run from 9:00 am to 4:00 pm. The cost of this camp is \$5.00 for Floyd County residents and \$10.00 for children from other counties. Each camper is also allowed to invite a sibling or special friend to attend with them. To register or for more information, you may contact the Floyd Healthcare Foundation at 706-509-3291, or email kikicamp@floyd.org.

Juvenile Diabetes Type 1 – Local Resources:

Beaufort County Disabilities and Special Needs

P.O. Box 129, Port Royal, SC 29935

843-525-7680

Services include family support services.

Beaufort County Health Department

Department of Health and Environmental Control/SC DHEC

601 Wilmington Street, Beaufort, SC 29901

843-525-7615

Services include health care to individuals of all ages and income levels including screening for diabetes.

Beaufort Jasper Economic Opportunity Commission - Beaufort

P.O. Drawer 9, Beaufort, SC 29901

843-470-4501; Beaufort County

Services include health & nutrition education, child daycare home employment assistance and pre-school education.

Beaufort Jasper Economic Opportunity Commission - Ridgeland

P.O. Drawer 1565, Ridgeland, SC 29936

843-726-5586; Jasper County

Services include health and nutrition education, child daycare home employment assistance and pre-school education.

Beaufort Jasper Hampton Comprehensive Health Services, Inc.

Chelsea (Corporate Office) Ruth P. Field Medical Center, Ridgeland, SC 29936

843-987-7400 Valerie Muehleman, RD, CDE

Satellite offices are located at Sheldon, St. Helena Island, Beaufort, Hampton, Hardeeville, Ridgeland, and Estill.

Services include complete diabetes - individual one-on-one instruction.

Colleton County Health Department/SC DHEC

219 South Lemacks Street, Walterboro, SC 29488

803-549-1516; serves Colleton County

Services include family support services, counseling, health and nutrition education.

Department of Social Services (DSS)/Emergency Assistance of Beaufort County

Human Resources Building, 1905 Duke Street, Beaufort, SC 29901-1065

843-525-7861

Services include aid to families with dependent children (AFDC), food stamps, family management counseling, medical services, early and periodic screenings.

Diabetes Support Group for Beaufort Area Middle & High School Teens

Clemson Extension Office, 102 Industrial Village Road, Beaufort, SC 29906

843-263-7004 Gina Legge, or Beverly Connelly-Brown at Clemson Extension, 470-3655 extension 113

Jasper County Department of Social Services (DSS)

204 North Jacob Smart Blvd., P.O. Box 1349, Ridgeland, SC 29936

843-726-7747; Serves Jasper County

Services include aid to families with dependent children (AFDC), food stamps, family management counseling, medical services, early and periodic screenings.

Jasper County Health Department

113 East Wilson Street, P.O. Box 220, Ridgeland, SC 29936

843-726-7788; Jasper County

Services include family support services, counseling, health and nutrition education.

Jasper County School District – Student Services Department

Ridgeland, SC 29936

843-717-1572; Curtis L. Dixon, Director of Student Services 843-717-1671

Services are available to any student who attends Jasper County Schools and provides counseling and referrals, health, wellness and behavioral services.

Low Country Public Health District – Children’s Rehabilitative Services/SC DHEC

1235 Lady’s Island Drive, Port Royal, SC 29935

843-525-4075; serves Beaufort, Colleton, Hampton, and Jasper counties

Services: Medical evaluation and treatment to children birth to 21 years for conditions such as bone/joint diseases, hearing loss, cleft lip/palate, seizures, congenital heart conditions, spina bifida, cystic fibrosis, endocrine disorders, hemophilia, sickle cell, developmental delays, and kidney diseases.

Lowcountry Diabetes Initiative:

The Lowcountry Diabetes Initiative (LDI) meets quarterly at the Bluffton Okatie Outpatient Center in Okatie, SC. The LDI includes members from Beaufort, Jasper and Hampton counties. The present grant funds from the SC DHEC Diabetes Control Program focuses on setting up programs in the faith community.

The membership of these programs consists of providers, those affected with diabetes, community advocates, and public and private agencies and organizations whose mission, in whole or in part is to serve those affected with diabetes or those at risk for the development of diabetes.

Below is a list of Lowcountry Diabetes Initiative contacts:

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Tips for Choosing a Blood Glucose Meter:

How often you need to test your blood sugar level depends on the type of diabetes you have and your individual diabetes treatment plan.

If you have Type 1 diabetes, your doctor may recommend testing your blood sugar level at least three times a day — perhaps before and after certain meals, before and after exercise, and before bed. You may need to check your blood sugar level more often if you're ill or you change your daily routine.

If you take medication — with or without insulin — to manage Type 2 diabetes, your doctor may recommend testing your blood sugar level once a day. If you manage Type 2 diabetes with diet and exercise alone, you may need to test your blood sugar level even less often.

To test your blood sugar level, you'll need a blood sugar monitor. Some monitors are large with easy-to-handle test strips, while others are compact and easier to carry. Some monitors track the time and date of each test, the result and trends over time. You may even be able to download this information to your computer.

Most blood sugar monitors require you to prick your fingertip with a special needle (lancet). Some lancets allow you to adjust the prick depth to accommodate differences in skin thickness. If you wonder which type of blood sugar monitor would be best for you, ask your doctor or diabetes educator for a recommendation. Keep in mind that your insurance provider may limit coverage to specific types of monitors. Here are a few other things to consider when making your choice:

Insurance: Health insurance companies may only pay for specific meters or have limitations on cost. Check with your insurance company to see what it pays for and find out if your health insurance covers the cost of test strips.

Budget: Before you buy a meter, check the cost of that meter's test strips (especially if your insurance doesn't pay for them). A meter that seems like a bargain may not be if it uses more expensive test strips.

Ease of Use: Meters come in all sizes. Smaller meters may be more convenient to carry, but they can also require more dexterity to use. You may need the meter to fit in a backpack, supply kit, or purse so size could be an issue. Take a look at the packaging for the test strips -- are they easy to open? You may wish to try a meter that uses cartridges instead of individual strips. If you or your child have any vision problems, look for a meter with a larger

display or with a voice module. Check on how big of a blood sample is needed and whether or not the strips need to be wiped.

Support: Some meters come with a video that demonstrates the correct way to use the meter. Many meter manufacturers include a toll-free number on the packaging that you can call for help. Also, make sure that your doctor and diabetes educator are familiar with the meter you're considering.

Smart Meters: Some meters can store a certain number of blood glucose results in memory (anywhere from a few to 250 readings). You can even find meters with sophisticated data management systems that track a variety of aspects of care and can be downloaded into your computer. Do you want to be able to do home A1C checks with your meter? Some meters can do A1Cs, others can't. Maybe you're already carrying way too many gadgets: phone, meter, pump, organizer. It can add up to a lot. You might think about streamlining by choosing a meter that doubles as a personal digital assistant. This is particularly handy if you have a really busy schedule to track. If you are interested in alternative site testing, there are meters that can test on the upper arm or even the thigh.

When you have diabetes, managing your blood sugar level is the most important thing you can do to feel your best and prevent long-term complications. Your diabetes treatment team can help you manage your diabetes. Work together to make sure you're doing everything you can to prevent diabetes complications.

Type 1 Diabetes: At-Home Disposal of Lancets and Insulin Syringes:

Accidental needle or medical sharp sticks can spread infectious disease and cause injury. Regular blood sugar checks and insulin injections can add up to a significant number of used sharps that require proper disposal. Follow these tips to safeguard your family, community, and environment.

Know the Law. Some states and municipalities have specific requirements for medical waste disposal. Your public works department or trash hauler can offer specifics.

Have the Right Tools. Purchase a puncture-proof container designed for sharps disposal from your local drugstore or medical supply retailer. As an alternative, you can look around your home for a puncture-resistant container with an opening that can be easily and securely sealed, such as bleach bottles and coffee cans with a hole cut into the top. Don't choose glass due to the risk of breakage.

Mark It Clearly. Label your sharps container "Used Medical Sharps—Do Not Recycle" with a waterproof marker so everyone who comes in contact with it will handle it appropriately.

Use It! Put it where you'll use it—right away. Never leave a needle or syringe laying around for later disposal.

Don't Get Stuck. After using a lancet or syringe, don't bend, cut, break, or recap the needle. Place them directly into the disposal container to avoid injury.

Seal It. When your container is full, put the top on tightly and seal it completely with duct tape or another heavy-duty adhesive.

Talk to Your Pharmacist. Your local pharmacy or hospital may offer a syringe bring-back or sharps disposal program that ships sharps directly to a medical waste handling company and keep them out of municipal landfills and incinerators where they have the potential to cause injury to workers.

Dump as Directed. Find out if your municipality has specific guidelines for medical waste, and follow them. If sharps should be disposed of in the garbage, make sure your container goes into your regular garbage (not the recycling) for disposal.

Websites:

The Internet is a powerful resource that can help you stay in touch with the most up-to-date information about diabetes. Be aware that information on the Internet is not always accurate, and you should discuss any medical information you find with your doctor. If you do not own a computer or do not have access to the Internet in your home, visit your local community library, college campus, or feel free to speak with one of our Beaufort Memorial LifeFit Coordinators at the LifeFit Wellness Center located on the first floor of the Beaufort Medical Plaza, 989 Ribaut Road, Beaufort, 843-522-5635.

Listed below are sites recommended by the U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) as well as additional sites you may find helpful.

PLEASE NOTE: Many items are offered in English and Spanish. These websites are not to be used for emergency services.

American Association of Clinical Endocrinologists

www.aace.com; 1-904-353-7878

This website contains downloadable patient information, a free subscription to a diabetes magazine, and on-line patient tools.

American Association of Diabetes Educators

www.diabeteseducator.org ; 1-800-338-3633.

Mailing Address: American Association of Diabetes Educators
200 W. Madison Street, Suite 800 , Chicago, IL 60606

Use this site to find a certified diabetes educator in your area. Either click on the map or use search fields to find contact information.

AARP's Health Guide

www.aarp.org; 1-888-687-2277

Find information on the different types of diabetes, as well as diabetes-related diseases. Learn about living with the disease, complications associated with the disease and information for newly diagnosed patients, including how to give an insulin injection and quizzes to test your knowledge. Click on Health in the left navigation pane, select "D" and then "DI" to drill down to the list of diabetes-related topics. The support section provides [lists of resources for diabetes](#).

American Diabetes Association (ADA)

www.diabetes.org; 1-800-DIABETES (1-800-342-2383)

The ADA leads the fight against diabetes and provides comprehensive, easy-to-understand information about the disease, its treatments, ongoing research, and more, for both patients and caregivers. Use DiabetesPHD to [assess your risk](#) for diabetes or visit the Diabetes Learning Center for an online tutorial on diabetes. This website also offers a free newsletter, recipes, research, lifestyle and local event information.

American Heart Association

www.americanheart.org; 1-800-AHA-USA1 (1-800-242-8721)

The Heart Of Diabetes program was created by the American Heart Association to raise awareness and help people with type 2 diabetes take action to lower their risk for heart disease and stroke.

Centers for Disease Control and Prevention

www.cdc.gov/diabetes; 1-877-232-3422

Information for the public and professionals about diabetes, including research, statistics, and educational publications.

Centers for Medicare & Medicaid Services

www.medicare.gov/health/diabetes.asp; 1-800-MEDICARE (1-800-633-4227)

Contains information about diabetes screening, supplies, and self-management training.

Diabetes Information – Patient Resources

www.diabetes.com; GSK Response Center 1-888-825-5249

This site is provided by GlaxoSmithKline (GSK) and includes information on managing diabetes, menus, and financial information.

Joslin Diabetes Center

One Joslin Place, Boston, MA 02215

www.joslin.org; 1-617-732-2400

Affiliated with Harvard Medical School, Joslin Diabetes Center is the world's largest diabetes research center, diabetes clinic and provider of diabetes education. Joslin Diabetes Center offers comprehensive, information about diabetes care and treatments, including a [glossary of diabetes terms](#) and [free online classes](#).

Juvenile Diabetes: Children with Diabetes Foundation

www.castleweb.com/diabetes/

An online community for kids, families and adults with diabetes.

Juvenile Diabetes Research Foundation

www.jdf.org; 1-800-533-CURE (2873)

Offers online diabetes support through knowledgeable volunteers who have “been there” and are available to offer immediate one-on-one support. Kid-friendly activities and patient information education as well as practical information about diabetes and its management.

MedlinePlus

www.nlm.nih.gov/medlineplus

A service of the National Library of Medicine and the National Institutes of Health, this site offers dozens of pages about dealing with Type 1 and Type 2 diabetes.

National Diabetes Education Program (NDEP)

www.ndep.nih.gov

The NDEP shows how small, simple steps, such as getting 30 minutes of physical activity a day, can help prevent diabetes. The [Diabetes Prevention page](#) provides 10 different tip sheets to help people take the necessary steps to prevent diabetes, such as [Big Rewards. Your GAME PLAN for Preventing Type 2 Diabetes](#) (PDF).

National Diabetes Information Clearinghouse (NDIC)

www.diabetes.niddk.nih.gov

This is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). It provides a comprehensive list of information in both English and Spanish on assessing your risk, controlling your diabetes, preventing other problems that can be caused by diabetes, and more.

Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention

www.cdc.gov/diabetes/ndep/power_to_prevent.htm

Released by the National Diabetes Education Program, this is an educational program that provides hands-on instruction and guidance on preventing diabetes.

ABCs for Diabetes Care:

Taking good care of your diabetes can be complex and confusing. This handy list will make remembering all the steps you need to take as easy as **A B C D E F G H I!**

A is for A1C.

The A1C (“A-one-C”) test— short for hemoglobin A1c— measures your average blood glucose (sugar) over the past 3 months.

Suggested target: Below 7

How often: At least twice a year

A is also for aspirin.

Taking low-dose aspirin every day can help prevent heart attacks and strokes. Children and young adults with no history of heart disease should not take aspirin without a doctor’s order, nor should some older adults. Check with your doctor before starting daily aspirin.

B is for blood pressure control.

High blood pressure makes your heart work too hard and can cause damage to your kidneys and eyes. Lowering your blood pressure reduces strokes.

Suggested target: Below 130/80

How often: At every visit

C is for cholesterol (LDL level).

Bad cholesterol, or LDL, builds up and clogs your arteries, leading to heart attacks and strokes. Lowering LDL levels reduces heart attacks.

Suggested LDL target: Below 100

How often: At least once a year

D is for diabetes education.

Help your doctor help you. The more you know about how food, exercise, and medicines affect your diabetes control, the better you and your doctor can work together to make any needed changes.

Suggested resources: Dietitians, nurse diabetes educators

How often: Ongoing

D is also for diabetes kidney micro albumin test.

A test that measures the protein in your urine can detect kidney disease very early, when it can usually be stopped. This can prevent dialysis or kidney transplantation later on.

Suggested target: Below 30

How often: At least once a year

E is for eye exam.

Regular eye exams can catch diabetic eye disease early enough to prevent eventual blindness.

How often: At least once a year

F is for foot care.

Keep an eye on your feet. If you have nerve disease and can’t feel your feet, your feet can’t tell you when something is wrong.

How often: Check your feet daily.

Remind your doctor to check them at every visit. Get an extensive foot exam once a year.

G is for glucose (sugar) monitoring.

If you know when your blood sugar level is too high or too low, you’ll know better how to treat it.

How often: Ask your doctor what is right for you.

H is for staying healthy.

For people with diabetes, getting the flu or pneumonia can lead to serious complications. Avoid them by getting vaccinated.

How often: Flu vaccine, every year; pneumonia, at least once.

I is for identifying special medical needs.

As complications occur, your doctor may need to send you to various specialists. Voicing your health concerns at every visit can help your doctor spot trouble and get any extra help you need quickly.

How often: When needed

Beaufort Memorial’s Diabetes Care Program is certified by the American Diabetes Association and recognized as meeting the National Standards for Excellence in Diabetes Education. If you or a family member have been diagnosed with diabetes, call the Diabetes Care Center at 843-522-5560. We will coordinate all the services you need with your doctor to develop a personalized, comprehensive treatment and prevention program just for you.