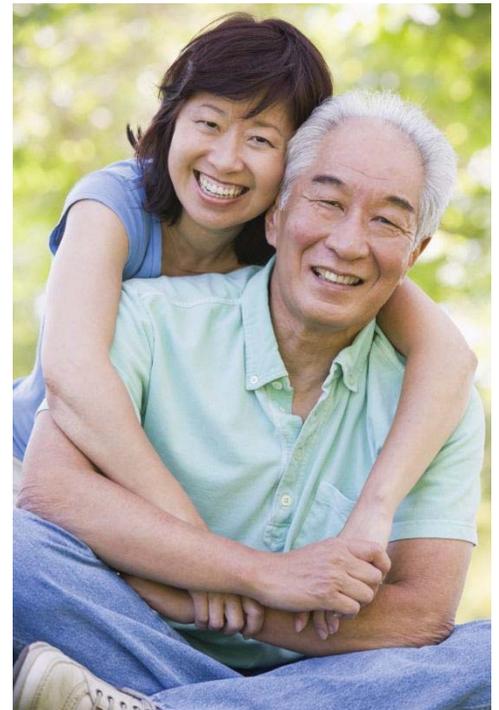


# Greater Rochester Pre-Diabetes and Diabetes Education and Support Services Guide



 **American Diabetes Association®**



**Monroe County Department of Public Health**

(12-6-2016)

# Table of Contents

## Pre-Diabetes and Diabetes Management and Education

What is Pre-diabetes.....	3-4
Diabetes Risk Test (English).....	5
Diabetes Risk Test (Spanish).....	6
Diabetes Prevention Program (DPP).....	7
Diabetes Management Programs.....	8-9
Support Groups.....	10
Living With Type 2 Program.....	11
Health Care Team for People With Diabetes.....	12-13

## Prescription and Equipment Management

Medication and Supplies.....	14
Programs to Help you Take Medication as Prescribed.....	15
Medication Costs and Medication Assistance Programs.....	16-17
What to Do with Used Syringes, Insulin Pens and Lancets (Sharps).....	18-20

## Healthy Living

Physical Activity –How to fit it into Your Life.....	21
Physical Activity Resources.....	22
Create Your Plate-English.....	23-24
Create Your Plate-Spanish.....	25-26
Food and Nutrition Resources.....	27
New York State Smokers’ Quitline.....	28

## Health Resources, Programs and Online Resources

Other Health Resources and Programs.....	29
Online Resources (Websites and Apps).....	30
Diabetes Advocacy.....	31

# PREDIABETES

## WHAT IS IT AND WHAT CAN I DO?



American Diabetes Association.

### What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it.

### If I have prediabetes, what does it mean?

It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke.

The good news is that you can take steps to delay or prevent type 2 diabetes.

### How can I delay or prevent type 2 diabetes?

You may be able to delay or prevent type 2 diabetes with:

- physical activity, like walking
- weight loss if needed – losing even a few pounds will help
- taking medication, if your doctor prescribes it

If you have prediabetes, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.



### Regular physical activity can delay or prevent diabetes

Being active is one of the best ways to delay or prevent type 2 diabetes. It can also lower your weight and blood pressure, and improve cholesterol levels. Ask your health care team about ways of becoming more active that are safe for you.

One way to be more active is to try to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

### Weight loss can delay or prevent diabetes

Reaching a healthy weight can help you a lot. If you're overweight, any weight loss, even 7% of your weight (for example, losing about 15 pounds if you weigh 200) may prevent or delay your risk for diabetes.



## Make healthy choices

Here are some steps you can take to change the way you eat. Small steps add up to big rewards.

- Cut back on regular soft drinks and juice. Have water or try calorie-free drinks.
- Choose lower-calorie snacks, such as popcorn instead of potato chips.
- Eat salad and at least one vegetable at dinner every night.
- Choose fruit instead of cake, pie, or cookies.

### *Cut calories by cutting serving sizes*

- Eat smaller servings of your usual foods.
- Share your main course with a friend or family member when you eat out. Or take half home for later.

### *Cut down on bad fat*

- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying.
- Use a small amount of oil for cooking instead of butter, lard or shortening.
- Try plant based proteins like beans instead of meat and chicken
- Choose fish at least twice a week
- Eat lean meats such as the round or loin cuts, or chicken without the skin.
- Cut back on high fat and processed meats like hot dogs, sausage, and bacon.
- Eat less high fat desserts such as ice cream, cake with frosting, and cookies.
- Avoid margarine and other foods with trans fat.

## Track your progress

Write down what and how much you eat and drink for a week. Writing things down makes you more aware of what you're eating and helps with weight loss.



## Summing it up

- Diabetes is a serious disease – if you delay or prevent it, you'll enjoy better health in the long run.
- Diabetes is common – but you can reduce your risk by losing a small amount of weight.
- Changing the way you eat and increasing your activity can delay or prevent type 2 diabetes.

### Get checked

If you are at increased risk for diabetes, ask your doctor about getting tested at your next visit. Take our risk test at [diabetes.org/risktest](http://diabetes.org/risktest) to find out if you are at risk.

### Get started

- Be physically active.
- Make a plan to lose weight.
- Track your progress.



# ARE YOU AT RISK FOR

# TYPE 2 DIABETES?



## Diabetes Risk Test

**1 How old are you?**

- Less than 40 years (0 points)
- 40—49 years (1 point)
- 50—59 years (2 points)
- 60 years or older (3 points)

Write your score in the box.




**2 Are you a man or a woman?**

- Man (1 point)    Woman (0 points)

**3 If you are a woman, have you ever been diagnosed with gestational diabetes?**

- Yes (1 point)    No (0 points)

**4 Do you have a mother, father, sister, or brother with diabetes?**

- Yes (1 point)    No (0 points)

**5 Have you ever been diagnosed with high blood pressure?**

- Yes (1 point)    No (0 points)

**6 Are you physically active?**

- Yes (0 points)    No (1 point)

**7 What is your weight status? (see chart at right)**

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Point)    (2 Points)    (3 Points)

You weigh less than the amount in the left column (0 points)

Add up your score.




**If you scored 5 or higher:**

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit us at [www.diabetes.org](http://www.diabetes.org) or call 1-800-DIABETES

Visit us on Facebook  
Facebook.com/AmericanDiabetesAssociation

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

### Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life.

If you are at high risk, your first step is to see your doctor to see if additional testing is needed.

Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.



¿ESTÁ USTED EN RIESGO DE PADECER

# DIABETES TIPO 2?



## Examen de Riesgo de la Diabetes

**1** ¿Qué edad tiene?

- Menos de 40 años (0 puntos)
- 40-49 años (1 punto)
- 50-59 años (2 puntos)
- 60 años o más (3 puntos)

Anote el puntaje en el recuadro.

**2** ¿Es usted hombre o mujer?

- Hombre (1 punto)
- Mujer (0 puntos)

**3** Si es mujer, ¿tuvo alguna vez diabetes gestacional (glucosa/azúcar alta durante el embarazo)?

- Sí (1 punto)
- No (0 puntos)

**4** ¿Tiene familiares (mamá, papá, hermano, hermana) que padecen diabetes?

- Sí (1 punto)
- No (0 puntos)

**5** ¿Alguna vez le ha dicho un profesional de salud que tiene presión arterial alta (o hipertensión)?

- Sí (1 punto)
- No (0 puntos)

**6** ¿Realiza algún tipo de actividad física?

- Sí (0 puntos)
- No (1 punto)

**7** ¿Cuál es su peso? (Anote el puntaje correspondiente a su peso según la tabla a la derecha.)

Estatura	Peso (en libras)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

(1 Punto)    (2 Puntos)    (3 Puntos)

(0 puntos = si pesa menos que lo indicado en la columna verde.)

**Si obtuvo 5 o más puntos:**

Existe un mayor riesgo de que usted tenga diabetes tipo 2. Solo su médico puede determinar si tiene diabetes tipo 2 o prediabetes (estado previo a la enfermedad con nivel de azúcar en la sangre más elevado de lo normal.) Consulte a su médico para ver si necesita hacerse pruebas adicionales.

Sume su puntaje.

La diabetes es más común entre afroamericanos, hispanos/latinos, indígenas estadounidenses, asiáticos estadounidenses e isleños del Pacífico.

Para más información, visite [www.portufamilia.org](http://www.portufamilia.org) o llame al 1-800-DIABETES.

Visítenos en Facebook  
[Facebook.com/AsocAmericanaDiabetes](https://www.facebook.com/AsocAmericanaDiabetes)  
<http://www.facebook.com/AsocAmericanaDiabetes>

Adaptado de Bang et al., Ann Intern Med 151: 775-783, 2009. El algoritmo original fue validado sin utilizar la diabetes gestacional como parte del modelo.

### Reduzca su riesgo

La buena noticia es que usted puede controlar su riesgo de padecer diabetes tipo 2. Algunos cambios pequeños hacen una gran diferencia y le ayudarán a vivir una vida más larga y saludable.

Si usted está en alto riesgo de desarrollar o tener diabetes tipo 2, el primer paso es visitar a su médico para averiguar si necesita hacerse pruebas adicionales.

Visite [portufamilia.org](http://portufamilia.org) o llame al 1-800-Diabetes (1-800-342-2383) para más información, consejos e ideas sobre cómo empezar a tomar medidas simples que le ayuden a reducir su riesgo.



# Diabetes Prevention Program (DPP)

The Diabetes Prevention Program is a year-long program that can help you gain skills to lose weight, be more physically active and manage stress. The program meets once a week for 16 weeks, then once a month for the remainder of the year. A year might sound like a long commitment, but learning new habits, gaining new skills, and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel.

For help with being referred into a Diabetes Prevention Program please contact Pam Fox at (585)458-3040 ext. 307

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## Unity Diabetes & Endocrinology Services Weight Loss and Exercise Program to Prevent Diabetes

2655 Ridgeway Avenue, Suite 220 Rochester, NY 14626  
(585) 368-6542

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## YMCA's Diabetes Prevention Program (YDPP)

This program is offered at these YMCA sites in the Rochester area.

Call (585) 341-4064 or go to: <http://rochesterymca.org/diabetesprevention>

### Bay View Family YMCA

1209 Bay Rd, Webster, NY 14580

### Carlson MetroCenter YMCA

444 East Main St., Rochester, NY 14604

### Eastside Family YMCA

1835 Fairport Nine Mile Point Rd.  
Penfield, NY 14526

### Maplewood Family YMCA

25 Driving Park Ave. Rochester, NY 14613

### Monroe Family YMCA

797 Monroe Ave. Rochester, NY 14607

### Northwest Family YMCA

730 Long Pond Rd. Rochester, NY 14612

### Westside Family YMCA

920 Elmgrove Rd. Rochester, NY 14624

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## Weight Loss and Diabetes Prevention Program

### Healthy Living Center at the Center for Community Health

46 Prince Street Rochester, NY 14607

Call 585-530-2050 or go to: <https://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

# Diabetes Management Programs

Diabetes can be managed so you can enjoy the best of health. Below are organizations that offer group diabetes education classes and/or individual sessions with diabetes educators to help you manage your diabetes. Insurance coverage varies.

*The American Diabetes Association recognizes these educational services as meeting the National Standards for Diabetes Self-Management Education.*



## **HCR Home Care Services**

85 Metro Park

Rochester, NY 14623

Phone: (585) 272-1930

Fax: (585) 672-2520

<http://www.hcrhealth.com/services/specialty-care/diabetes-management>

## **Rochester Regional Health System Endocrine-Diabetes Care & Resource Center**

### **Rochester General Hospital**

224 Alexander Street, Suite 200

Rochester, NY 14607

Phone: (585) 922-8400

Fax: (585) 922-8405

<http://www.rochestergeneral.org/centers-and-services/rochester-general-medical-group/services/diabetes>

## **Unity Diabetes & Endocrinology Services**

2655 Ridgeway Avenue, Suite 220

Rochester, NY 14626

Phone: (585) 368-4560

[www.unitydiabetescommunity.com](http://www.unitydiabetescommunity.com)

## **University of Rochester Medical Center Highland Diabetes HealthSource**

Clinton Crossings

2400 S. Clinton Avenue

Building H, Suite 135

Rochester, NY 14618

Phone: (585) 341-7066

Fax: (585) 341-7945

<http://www.urmc.rochester.edu/highland/departments-centers/diabetes.aspx>

## **Strong Diabetes Program Division of Endocrinology and Metabolism**

University of Rochester

601 Elmwood Ave., Box 693

Rochester, NY 14642

Phone: (585) 275-2901

<http://www.urmc.rochester.edu/medicine/endocrinology/patientcare>

## **University of Rochester Healthy Living Center**

Many locations across Monroe County

(585) 530-2050

<http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

## **Diabetes Self Management Class (5 class series)**

### **Rochester Clinical Research, Inc.**

500 Helendale Road, Suite L2

Rochester, New York 14609

Phone: (585)-288-0890

To register go to: <http://www.rcrclinical.com/study/diabetes-self-management-group/>

# Diabetes Management Programs

**Living Healthy with Diabetes** - FREE 6 week workshop, offered at these YMCA sites

Main Contact: Sara Otis (585) 287-6439

Eastside YMCA

1835 Fairport Nine Mile Point Rd.

Penfield, NY 14526

Contact Nancy Szembrot - 341-3084

Maplewood YMCA

25 Driving Park Ave.

Rochester, NY 14613

Contact Michelle LeBoo - (585) 341-3085

Westside YMCA

920 Elmgrove Rd. Rochester, NY 14624

Contact Tracy LaFountain - (585) 341-3075

## **Lifespan's Diabetes Care Coordination**

### ELIGIBILITY:

For patients age 55 or older

Residents of Monroe, Ontario, Wayne, Livingston or Yates Counties.

Difficulty navigating health care system

History of missed appointments/non-adherence to treatment plans

Aging or stressed caregiver

Lives alone

Two or more ED visits or hospitalizations within the last year

Low health literacy

Co-morbidities, especially those that limit ADLs.

### ***For Referrals Contact:***

Pamela Taylor, RN

Healthcare Coordination Project Leader

585-244-8400, ext. 216

[ptaylor@lifespanrochester.org](mailto:ptaylor@lifespanrochester.org)

[www.lifespanrochester.org](http://www.lifespanrochester.org)

## Diabetes Support Groups

Support groups offer many benefits for both you and your loved ones. Whether it is sharing information about diabetes, attending events, or just being available to talk and listen. Support groups are a great way to meet people and understand a condition that affects so many.

### **DiabetesSisters of the Rochester Area**

[www.diabetessisters.org](http://www.diabetessisters.org)

### **Westside DiabetesSisters of Rochester**

Meets once a month, 6:00-8:00 P.M.

Location: Panera Bread

1501 Howard Rd. Rochester, NY 14624

Contact: Cindy Campaniello

[cindyc@diabetessisters.org](mailto:cindyc@diabetessisters.org)

### **DiabetesSisters of Rochester**

Meets the 4th Thursday of each month

From 6:00-8:00 P.M.

Location: Call or email for information

Contact: Julie Ann Wilson

[juliew@diabetessisters.org](mailto:juliew@diabetessisters.org)

(585) 314-7183

### **Eastside DiabetesSisters of Rochester**

#### **PODS Meetup**

Meets the third Tuesday of each month

Location: Perinton Manor Apartments

Community Room

62 Manorshire Dr. Rochester, NY 14450

Contact: Andrea Herndon

[andrea@diabetessisters.org](mailto:andrea@diabetessisters.org)



SHARE • ACT • LEARN • GIVE

American Diabetes Association.  
**CAMP ASPIRE**

Campers enjoy traditional camp activities, learn about managing their diabetes, and connect with other kids and adults living with diabetes.

Two sessions in July at the Rochester Rotary Sunshine Campus, Rush, NY.

For more information:  
[www.diabetes.org/adacampaspire](http://www.diabetes.org/adacampaspire)  
(585) 458-3040 x3472



### **Brockport Diabetes Support Group**

Meets every 2nd Wednesday of the month

At Strong West, 156 West Avenue

in the main conference room

From 6:30 to 7:30 pm

Contact person: Amy L. Stacy, 585-737-2944

Email: [amy.stacy@rochesterregional.org](mailto:amy.stacy@rochesterregional.org)

## Living With Type 2 Program

### A FREE 12 month education program through the mail

- Information to help you learn to live well with diabetes
- Tasty and healthy recipes for you and your family



- A monthly e-newsletter with tips, stories and more resources
- 6 free issues of our award winning *Diabetes Forecast*® magazine



- Access to our online community and local events
- Receive text messages from *Care4life* to help you learn healthy eating habits, remember medications and appointments, and stay motivated (optional)

To sign up for this program call 1-800-DIABETES (800-342- 2383) or go to :

<https://diabetes.org/living>

## Healthcare Team for People with Diabetes

Below is a list of people that can help you live healthy with diabetes.

### Primary Care Provider MD, DO\*, NP, PA

- Who you see for general check-ups and when you get sick
- Refers to specialists of other team members listed below

### Certified Diabetes Educator, CDE

- Registered Nurse, Pharmacist or Registered Dietitian with special training in caring for people with diabetes
- Can help you learn the day-to-day aspects of diabetes self-care

### Registered Dietitian, RDN

- The nutrition expert
- Can help you figure out your food needs based on your desired weight, lifestyle, medication and health goals; such as lowering your blood sugar, blood pressure and cholesterol
- Can help you learn how the foods you eat affects your blood sugar and blood fat levels

### Endocrinologist, MD or DO\*

- A doctor who specializes in treating diabetes and other diseases of the endocrine system, which includes the pancreas and the thyroid
- Most people with Type 1 diabetes see an endocrinologist, especially when they are first diagnosed
- People with Type 2 diabetes may see an endocrinologist if they are newly diagnosed, having trouble getting their diabetes under control or are developing complications

### Eye Doctor, MD or OD\*\*

- Can be either an ophthalmologist or optometrist and checks for any changes in your eyes
- The American Diabetes Association guidelines say you should see your eye doctor at least once a year for a dilated eye exam

\*DO = Doctor of Osteopathy

\*\*OD = Doctor of Optometry

## Healthcare Team for People with Diabetes

Below is a list of people that can help you live healthy with diabetes.



### Podiatrist, DPM

- A doctor trained to treat problems of the feet and lower legs
- Any foot sore or callus needs to be checked by your primary care doctor or podiatrist, who can also trim your toe nails
- It is important to check your feet daily for signs of trouble

### Pharmacist, RPh, or PharmD

- Provides advice on how some medications you are taking can affect your blood sugar levels
- Lets you know about potential side effects of any drug you are going to take
- Reviews what you are taking to see if any new medications will interact with ones you are already taking
- Recommends over-the-counter medicines
- Keeps an accurate record of your medications, your medical history and allergies
- Find a pharmacy you like and stick with it



### Dentist, DDS, DMD

- People with diabetes are at somewhat greater risk of gum disease
- Excess blood sugar in your mouth makes it a good home for bacteria, which leads to infections
- See your dentist every six months and be sure to let your dentist know you have diabetes



### Exercise Physiologist, MS

- Trained in the scientific basis of exercise
- Your doctor can help you look for and refer you to a certified professional
- Always get your doctor's approval for any exercise program

### Mental Health Professional, LCSW, MSW, PhD, PsyD, MD

- Helps with personal and emotional side of living with diabetes
- May be able to help you find resources to help with your medical or financial needs, and help you cope with any concerns related to diabetes, including problems with the family and coping with workplace situations

# Medications and Supplies



## Questions to Ask at the Pharmacy

- Are these medications and supplies available?
- Are they covered by my insurance?
- When and how should I take this medicine?
- Will you call me when they are ready?
- Is there a dietitian or nutrition information available?
- Is medication delivery available?

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## Tips to Help you Take Medication as Prescribed

- Use a pill box to organize your medications
- Set an alarm to remind you when it is time to take your medications
- Set up a routine to take your medications at the same time every day
- See your doctor at least 2 times a year to get refills
- If you experience any side effects – talk to your doctor or pharmacist before stopping your medication, they may be able to help!
- At the pharmacy:
  - Fill 90 day supplies (when able)
  - Sign up for automatic refills at the pharmacy (if available)
  - Sign up for medication syncing (if available). This means the pharmacy will fill all of your prescriptions on the same day and save you trips to the pharmacy
  - Request your refill 3 days before you will run out. If you are out of refills or going on vacation, ask 7 days early. \*Not available for controlled substances

# Programs to Help you Take Medication as Prescribed

*(Funded by Excellus BlueCross BlueShield, available to all individuals residing in Monroe County, both Excellus and non-Excellus members)*

## **Action for a Better Community's MAP (Medication Adherence Program)**

The 4-month program assists people with developing a routine of taking their medication every day, as prescribed, through reminder tools and one-on-one support meetings with staff. Call 585.325.5116 ext. 3403. or email

[mmolongo@abcinfo.org](mailto:mmolongo@abcinfo.org) or go to:

<http://www.abcinfo.org/component/content/article/300>

## **Take as Directed**

This website has information on how to make sure you take your medication as your doctor prescribes.



<http://www.excellusbcbs.com./takeasdirected>

# Medication Costs

**Cost Comparison Chart** - Use this chart to compare costs at different stores

Pharmacy Name >>>>>>			
Medication/Dose	Cost	Cost	Cost
Blood Glucose Meter			
Test Strips/# per box			
Lancing Device			
Lancets			
Glucose Tablets			
Ketone Strips/Stix			
Glucagon			
Total Cost			

## If You Need Help Paying for Your Medication

**If you are having trouble affording your medication, these programs may help.**

**New York State Elderly Pharmaceutical Insurance Coverage (EPIC) Program** - provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after any Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D. For more information go to [https://www.health.ny.gov/health\\_care/epic/](https://www.health.ny.gov/health_care/epic/) or call 1-800-332-6742 or email [epic@health.state.ny.us](mailto:epic@health.state.ny.us)

### **Extra Help With Medicare Prescription Costs**

This program helps people with limited income or resources pay their Medicare prescription drug costs. If you don't already have Extra Help, you can apply online at: <https://secure.ssa.gov/i1020/start> or call 1-800-772-1213 to get help filling out the application. The application must be turned in every year to get benefits from year to year.

## **If You Need Help Paying for Your Medication**

***If you are having trouble affording your medication, these programs may help.***

**CVS ExtraCare Advantage for Diabetes** – <http://www.cvs.com> or call your local CVS pharmacy

**Lilly Cares Program**- A physician's office must call (800) 545-6962 for an application. Once approved, a voucher is issued for a four-month supply of insulin at a local pharmacy.

**NeedyMeds.org** - Prescription drugs available through patient assistance programs, pharmaceutical companies who offer assistance, discount card comparisons, patient assistance program applications and links to Medicaid sites.

### **Novo Nordisk's Cornerstones4Care™ Patient Assistance Program (PAP)**

Provides free medicine to those who qualify. Call 1-866-310-7549 to access program or for more information. Download the application at:

<https://www.cornerstones4care.com/patient-assistance-program.html>

### **NY Prescription Saver Card**

Must be a resident of New York State and not already receiving Medicaid and have an annual income of under \$35,000 if single or \$50,000 if married.

<http://NYPrescriptionSaver.fhsc.com>

**PPARx.org** -Partnership for Prescription Assistance offers free information about pharmaceutical company programs for brand name and generic medications. For more information, call (888) 477-2669.

**PrescriptionHope.com** -Serves those who earn up to \$30,000/year as a single person or up to \$50,000/year as a couple. For information, call (877) 296-4673.

**Rite Aid Wellness+ for Diabetes** -For more information visit

<http://www.riteaid.com/diabetes> or call 1-800-RITEAID.

**RxAssist.org** -Helps locating patient assistance programs. Call (877) 844-8442.

**RxHope.com**- A web-based resource that helps people get their medications for free or for a small co-payment. For more information, call (877) 267-0517.

**Sanofi-Aventis Pharmaceuticals Patient Assistance Program** -Lantus is available for those who meet specific income requirements. An application is available by calling (800) 221-4025.

**Walgreen's Prescription Savings Club** - Varied discounts on diabetes medications and supplies. Visit or call a local Walgreens Pharmacy or go to

<http://www.walgreens.com/rxsavingsclub>

# What to Do With Used Syringes, Insulin Pens and Lancets (Sharps)

All used syringes (also called sharps) should be put in a heavy duty plastic container with screw on cap, like an empty laundry detergent container.

When the container is  $\frac{3}{4}$  full, put the cap on it and take it to one of the disposal sites below or on the following pages. You can also call to find a disposal site near you - 1-800-643-1643. (M-F, 9am-5pm)



## MONROE COUNTY SHARPS DISPOSAL SITES

### **Eco Park**

10 Avion Dr. Rochester, NY 14624  
(585) 753-7600  
Hours: Wednesday 1:00 PM -6:30 PM  
Saturday 7:30 AM – 6:30 PM

### **Highland Hospital**

1000 South Ave. Rochester, NY 14620  
(585) 341-6833  
Hours: Monday to Friday 7:00 AM – 4:00 PM  
Location: Office of Support Services (Room N180A)

### **Monroe Community Hospital**

435 East Henrietta Rd. Rochester, NY 14620  
(585) 760-6500  
Hours: Monday to Friday 7:00 AM – 8:00 AM  
Location: Faith Building, First Floor at Reception Desk

### **Rochester General Hospital**

1425 Portland Ave. Rochester, NY 14621  
(585) 922-4300  
Hours: 24/7  
Location: Main Emergency Department Entrance

### **Strong Memorial Hospital**

601 Elmwood Ave. Rochester, NY 14642  
(585) 275-4931  
Hours: Monday to Friday 8:30 AM – 7:00 PM  
Saturday 9:00 AM – 3:00 PM  
Sunday 9:00 AM – 1:00 PM  
Location: Rm 1-1303 in Lobby, opposite silver elevators

### **The Unity Hospital of Rochester**

1555 Long Pond Rd. Rochester, NY 14626  
(585) 723-7205  
Hours: Monday to Friday 9:00 AM – 5:00 PM  
Location: Apothecary in Timothy R. McCormick Transitional Care Center

### **The Unity Hospital of Rochester**

700 Cottage Rd. Rochester, NY 14612  
Phone: (585) 368-6100  
Hours: Monday to Friday 9:00 AM – 5:00 PM  
Location: Main desk of Edna Tina Wilson Living Center

### **The Unity Hospital of Rochester**

89 Genesee St. Rochester, NY 14611  
(585) 368-3928  
Hours: Monday to Friday 9:00 AM – 5:00 PM  
Location: Apothecary in Unity at St. Mary's Campus

\*\*Please be sure to call ahead to confirm times and specific locations for drop-off.

**For more locations visit:**

[http://www.health.ny.gov/diseases/aids/consumers/prevention/needles\\_syringes/sharps/docs/hospital\\_collection\\_sites.pdf](http://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps/docs/hospital_collection_sites.pdf)

# What to Do With Used Syringes, Insulin Pens and Lancets (Sharps)

## ONTARIO COUNTY SHARPS DISPOSAL SITES

### **Clifton Springs Hospital and Clinic**

2 Coulter Rd. Clifton Springs, NY 14432  
(315) 462-1600  
Hours: Monday to Friday 7:00 AM – 5:00 PM  
Saturday 7:00 AM – 11:00 AM  
Location: Hospital Laboratory

### **FF Thompson Hospital**

350 Parrish St. Canandaigua, NY 14424  
(585) 396-6100  
Hours: 24/7  
Location: Emergency Ambulatory Entrance

### **FF Thompson Hospital – Canandaigua Office**

3170 West St. Suite 222 Canandaigua, NY  
14424  
(585) 396-6990  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **FF Thompson Hospital – Urgent Care**

1160 Corporate Drive Farmington, NY 14425  
(585) 924-1510  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **FF Thompson Hospital – Honeoye**

3 Honeoye Commons Honeoye, NY 14471  
(585) 396-6790  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **FF Thompson Hospital – Lima**

7325 Community Dr. Lima, NY 14485  
(585) 624-1960  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **FF Thompson Hospital – Shortsville**

15 Canandaigua St. Shortsville, NY 14488  
(585) 289-3560  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **FF Thompson Hospital – Victor**

53 West Main St. Victor, NY 14564  
(585) 924-0690  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **FF Thompson Hospital – Rheumatology Office**

3170 West St. Suite 201 Canandaigua, NY  
14424  
(585) 396-6190  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Main Entrance

### **FF Thompson Hospital – The Thompson Clinic**

120 N. Main St. Rm #11 Canandaigua, NY  
14424  
(585) 396-6980  
Hours: Monday to Friday 9:00 AM – 4:30 PM  
Location: Reception Area

### **Geneva General Hospital**

25 Falls St. Seneca Falls, NY 13148  
(315) 787-4145  
Hours: Monday to Friday 8:00 AM – 5:00 PM  
Location: Seneca Falls Laboratory Reception

\*\*Please be sure to call ahead to confirm times and specific locations for drop-off.

**For more locations visit:**

[http://www.health.ny.gov/diseases/aids/consumers/prevention/needles\\_syringes/sharps/docs/hospital\\_collection\\_sites.pdf](http://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps/docs/hospital_collection_sites.pdf)

# What to Do With Used Syringes, Insulin Pens and Lancets (Sharps)

## LIVINGSTON COUNTY SHARPS DISPOSAL SITES

### **Nicholas H Noyes Memorial Hospital**

111 Clara Barton St. Dansville, NY 14437

(585) 335-6001

Hours: Monday to Friday 7:30 AM – 4:30 PM

Location: Main lobby desk or engineering office in the basement.

Emergency Department during non-business hours.

## ORLEANS COUNTY SHARPS DISPOSAL SITES

### **Medina Memorial Hospital**

200 Ohio St. Medina, NY 14103

(585) 798-2000

Hours: Monday to Friday 8:00 AM – 4:00 PM

Location: Main Entrance

## WAYNE COUNTY SHARPS DISPOSAL SITES

### **Newark-Wayne Community Hospital**

1200 Driving Park Ave. Newark, NY 14513

(315) 332-2266

Hours: Monday to Sunday 8:00 AM – 4:00 PM

Location: Emergency Room Lobby

\*\*Please be sure to call ahead to confirm times and specific locations for drop-off.

**For more locations visit:**

[http://www.health.ny.gov/diseases/aids/consumers/prevention/needles\\_syringes/sharps/docs/hospital\\_collection\\_sites.pdf](http://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps/docs/hospital_collection_sites.pdf)

# Physical Activity –How to Fit it into Your Life

Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes. Exercise, or physical activity, can include anything that gets you moving throughout the day.

## AT WORK

- Take the stairs instead of the elevator at the office and in the parking garage
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant
- If you take public transportation to work, get off a stop earlier and walk the rest of the way to your office
- Use a speaker or mobile phone so you can pace around your office during calls

## AT HOME

- Take the dog for a walk around the block
- Yard work such as mowing the lawn or raking leaves
- Housework such as vacuuming, dusting, or washing dishes
- Play with the kids – play catch or throw the Frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone
- While you are watching TV, move your arms and legs to improve circulation, build muscle, and keep yourself loose.



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and Red Strider Sponsor:



National Sponsors:



# Physical Activity Resources

## FREE PROGRAMS

**City R-Centers** –Fitness centers are open to *City Residents free of charge*. All participants have to fill out an application for an ez-pass to gain access to the facility. Go to <http://www.cityofrochester.gov/ezpass/> to download the registration form.

Below are R-Centers that have fitness centers.

Adams Street Fitness Center 85 Adams St. Rochester, NY 14608 428-7456	Avenue D Fitness Center/pool 200 Avenue D Rochester, NY 14621 428-7934	David F. Gantt Fitness Center 700 North St. Rochester, NY 14605 428-7149	Flint Street Fitness Center 271 Flint St. Rochester, NY 14608 428-7001	South Avenue Fitness Center 999 South Ave. Rochester, NY 14620 428-6015
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For more information about R-Center go to <http://www.cityofrochester.gov/rcenters/>

## **Rochester Walks!**

Maps of marked walking routes in several neighborhoods in the City of Rochester are available at <http://www.cityofrochester.gov/rochesterwalks/>.

## PROGRAMS THAT OFFER REDUCED FEES FOR THOSE WHO QUALIFY

**Join a Fitness Program for a Low Yearly Fee** – Some Medicare Advantage insurance programs offer enrollees low annual fees for fitness facilities/programs. Call your Medicare insurance provider or go to these websites to see if you qualify.

Silver&Fit <https://www.silverandfit.com/> Silversneakers <https://www.silversneakers.com>

## **Exercise Express**

Various exercise classes available  
232 S Plymouth Avenue Rochester NY 14608  
<http://www.theexerciseexpress.com/> or call (585)748-5503

## **Greater Rochester YMCA**

Exercise facilities and programs at several sites throughout Monroe County  
<http://rochesterymca.org> or call (585) 341-4064

## **Jewish Community Center of Greater Rochester**

Exercise facilities and programs.  
1200 Edgewood Avenue, Rochester, NY 14618  
[www.jccrochester.org](http://www.jccrochester.org) or call (585) 461-2000

## Next Steps

Once you've mastered the plate method, you can begin to make your meals even healthier.

The next thing to think about is the types of fat you use on your food. This includes what you use for cooking and the spreads or dressings you add at the table too. Keep your portions small and try these tips:

- For cooking: use liquid vegetable oils instead of butter, margarine, shortening or lard.
- For spreads: use light or reduced fat spreads without trans fat.
- For dressings: use reduced fat or light salad dressings. Vinaigrette are a better choice than creamy dressings because not as much sticks to the salad. Or try flavored vinegar and oil on a salad.

## What About Desserts?

Yes, you can still eat dessert sometimes. You can keep blood glucose on track by eating a small portion of sweets in place of other starchy foods, fruit or milk. But remember, sweets don't have the vitamins and minerals in these foods. Save desserts for special occasions.

## Things to Remember:

- Try not to eat too much food at one time.
- Space your meals evenly throughout the day.
- Don't skip meals

## The American Diabetes Association is Here to Help You

Healthy eating is one of the biggest challenges you face in managing diabetes. Let us be your source of up to date information and support.

For more information on diabetes and nutrition go to [www.diabetes.org/nutrition](http://www.diabetes.org/nutrition) or call 1-800-DIABETES (1-800-342-2383)



Ask for a free copy of our 32 page booklet, *What Can I Eat? The Diabetes Guide to Healthy Food Choices.*

## GOOD WAYS TO CUT BACK

• • •

Sugary drinks are wasted calories.

Avoid regular soda, fruit punch, sweet tea and other sugary drinks.

Choose water and calorie-free drinks instead.

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Snacks and desserts don't have to be diet-busters. Try having popcorn for a snack or fruit for dessert.

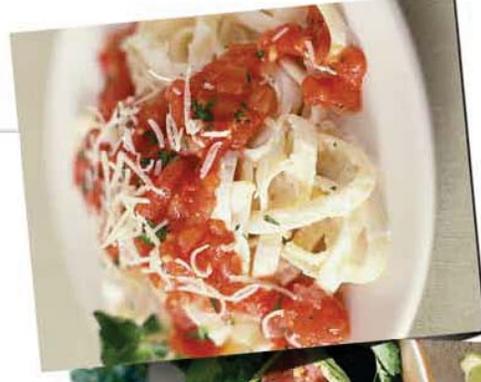
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# Create Your Plate

## An Easy Way To Eat Well

Having diabetes may mean making changes in what and how much you eat. But that doesn't mean you have to dump all the foods you know and love. With a little planning, you can still include your favorite dishes.

One easy way to do this is by using the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It is simple and it works, whether you are cooking at home or eating out.



# Create Your Plate!

**1** Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.

**2** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.

**3** Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.

**4** The other small section is for meat, fish, chicken, eggs, or tofu.

**5** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

## Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn

## Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

## Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit



## Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

## How Deep?

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.



## Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese

## Próximos pasos

Media vez haya dominado el método del plato, usted puede comenzar hacer que sus comidas sean aun más saludables. Próximamente debe pensar en los tipos de grasa que usted utiliza en sus comidas. Esto incluye lo que use para cocinar y también las salsas para untar o aderezos que usted incluye en su mesa. Mantenga sus porciones pequeñas y pruebe estos consejos útiles:

- Para cocinar: Utilice aceites vegetales líquidos en lugar de la mantequilla, margarina o manteca.
- Para las salsas para untar: Utilice las que sean reducidas en grasa o ligeras sin grasas trans.
- Para los aderezos: Utilice los reducidos en grasa o ligeros. Las vinagretas son una mejor opción en lugar de los aderezos cremosos debido a que no se adhieren tanto a las ensaladas. O pruebe un aceite o vinagre de diferentes sabores en las ensaladas.

## ¿Y los postres?

Si los puede comer de vez en cuando. Usted puede mantener su glucosa en la sangre bajo control al comer una porción pequeña de postre o algo dulce en lugar de otras comidas con almídon, frutas o leche. Pero recuerde que los postres o dulces no contienen las vitaminas y minerales que se encuentran en éstas comidas. Reserve los postres para ocasiones especiales.

## Algo para recordar

- Trate de no comer mucha comida a la vez.
- Reparta sus comidas uniformemente a través del día.
- No deje de comer a las horas indicadas

## La Asociación Americana de la Diabetes está aquí para ayudarle

Comer saludablemente es uno de los retos más grandes que usted enfrenta para poder controlar la diabetes. Permítanos ser su fuente principal de apoyo e información actualizada.

Para obtener más información sobre la diabetes y nutrición visite [www.portufamilia.org](http://www.portufamilia.org) o llame al 1-800-DIABETES (342-2383).

Solicite una copia gratuita de nuestro folleto de 30 páginas *¿Qué puedo Comer?*

La Guía de la Diabetes sobre Opciones de Alimentos Saludables.



## MANERAS ADICIONALES PARA COMER SALUDABLE

• • •

Las bebidas azucaradas son calorías desgastadas. Evite tomar sodas regulares, ponche de frutas, té frío endulzado y otras bebidas azucaradas. En lugar de éstas elija agua pura y bebidas sin calorías.

• • •

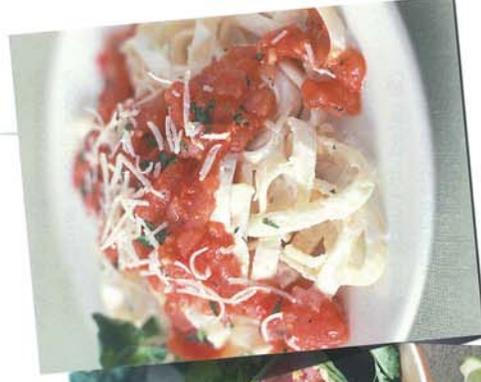
Los refrigerios y los postres no tienen porque ser un impedimento en su dieta. Trate de comer palomitas de maíz (popcorn) como un refrigerio o una fruta para el postre.

• • •

# CREANDO SU PLATO

## CREANDO SU PLATO

Tener diabetes puede significar que tenga que hacer cambios en lo que come y en las cantidades. Pero eso no significa que tenga que abandonar todas las comidas que a usted le gustan y que conoce. Con un poco de planificación, usted aun puede incluir sus comidas favoritas.



# ¡CREANDO SU PLATO!

**1** Imagínese dibujando una línea en el centro de su plato hacia abajo. Luego en un lado, haga otra línea para que de ésta manera tenga 3 secciones en su plato al igual que en la foto al lado derecho.

**2** Llene la sección más grande con vegetales sin almidón tales como, ensalada, habichuelas verdes (ejotes), brócoli, coliflor, repollo, zanahorias y tomates.

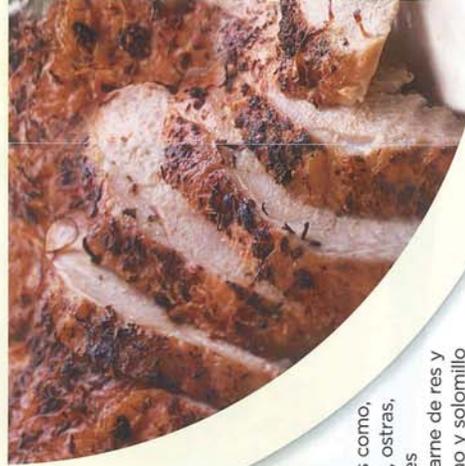
**3** Ahora en una de las secciones pequeñas, coloque comidas con almidón tales como, fideos, arroz, elote (maíz) o papas.

**4** La otra sección pequeña es para la carne, pescado, pollo, huevos o tofu.

**5** Agregue un vaso de 8 onzas de leche y una fruta pequeña o ½ taza de ensalada de frutas y usted obtendrá una buena comida balanceada. (Si usted no puede tomar leche, puede agregar una pieza adicional de fruta, un yogur bajo en grasa o un panecillo pequeño).

## Granos y vegetales con almidón

- panes de granos enteros, como el pan integral o de centeno (rye)
- cereales integrales o con alto contenido de fibra
- cereales cocidos tal como avena, sémola de maíz, maíz descascarillado o crema de trigo
- arroz, pasta, cebada, tortillas
- frijoles (habichuelas) y guisantes (arvejas) cocidos, como los frijoles negros, rojos, pinto
- papas, arvejas, elote (maíz), habas, camotes, calabaza de invierno, plátanos
- galletas y chips bajas en grasa, pretzels, y palomitas de maíz (popcorn) sin grasa



## Proteína

- pollo o pavo (sin piel)
- pescado, como el atún, salmón, bacalao o bagre
- otros mariscos tales como, camarones, almejas, ostras, cangrejo o mejillones
- cortes magros de carne de res y puerco como el lomo y solomillo
- tofu, huevos, queso bajo en grasa

## Leche

- descremada o de ½% o 1% de contenido de grasa, yogur descremado o bajo en grasa, leche de soya natural



## Vegetales sin almidón

- frescos, congelados o enlatados
- espinaca, zanahorias, lechuga, hojas verdes como la acelga, repollo, repollo chino (bok choy), habichuelas verdes (ejotes), coliflor, tomates, jugo de vegetales, salsa fresca, cebolla, pepino, remolacha, quingombó (okra), hongos, pimientos, nabo

## Fruta

- fresca, congelada o enlatada en su jugo o en almíbar
- durazno, piña, banano, manzana, pera, mango, uvas, arándanos rojos o azules, melón, papaya, albaricoque, naranja, toronja



## ¿Qué profundidad?

Para el método del plato, su comida en el plato puede tener el grosor de un mazo de naipes o de la palma de su mano.



# Food and Nutrition Resources

## Affordable Healthy Food

**Foodlink Curbside and Farmers Markets-** Cash, debit, EBT and WIC accepted. Go to the link for information on where these programs are located and the dates and times [http://foodlinkny.org/fight\\_hunger/programs-initiatives/#tab-3](http://foodlinkny.org/fight_hunger/programs-initiatives/#tab-3) or call 211.

**Farmers Markets-** many local farmers markets accept EBT and WIC. The link below takes you to a map of markets in the community. Once you get to the map, scroll into Monroe County, then click on the blue dots to get information about the markets.

<http://data.ny.gov/Economic-Development/Farmers-Markets-in-New-York-State-Map/gfni-eg8a>

## Food Programs for Older Adults

**Meals on Wheels** – home delivered meals for seniors. For more information go to this link <https://www.vnsnet.com/meals-on-wheels> or call 787-8397 or e-mail [mow@vnsnet.com](mailto:mow@vnsnet.com)

**Senior Centers and Meal Programs** – senior centers that provide meals and activities can be found at this link <http://www2.monroecounty.gov/aging-centers.php> For more information about locations call 753-6280

## Emergency Food

For information on food pantries, call 211 and provide your zip code, or go to this map of food pantries. Go to <http://foodlinkny.org/need-food-map/> Once you get to the map, you can click on the red marker to find out information about the pantry.

## Help Signing up for Food Programs

**Nutrition Outreach and Education Program (NOEP), Legal Assistance of Western New York, Inc.** – Will prescreen to see if you may be eligible for SNAP (formerly called food stamps) and then will provide help with filling out and handing in the SNAP application. Call for more information (585) 295-5624 or (585) 295-5626.



## Diabetes: Another reason to quit

Tobacco has many bad health effects, especially for people with diabetes.

No matter how long you have smoked, your health will get better when you quit.



### Diabetes and Smoking Problems can get worse

- Smoking doubles the damage from diabetes because it damages the arteries
- Diabetic smokers are more likely to get nerve damage and kidney disease
- Diabetic smokers are 3 times more likely to die of heart disease
- Smoking raises the blood sugar level making it harder to control diabetes
- Smoking weakens the action of insulin
- Smoking increases the risk of getting diabetes

### The benefits of quitting are big

#### Diabetes and Quitting

- Better blood sugar control
- Better circulation
- Improves the action of insulin
- Less risk of having diabetic nerve and kidney problems
- Lowers blood pressure
- Lowers cholesterol

### After you quit

#### Talk with your doctor about:

- Weight gain or diet changes
- Changing your insulin dose
- Changing your diabetes pill schedule
- Changing other medicines like high blood pressure or high cholesterol medicines



## Other Health Resources and Programs

### Anthony L. Jordan Health Center

Healthy Weight & Wellness Program

(For Jordan patients only)

82 Holland St. Rochester, NY 14605

585-423-5878 or email [lmoll@jordanhealth.org](mailto:lmoll@jordanhealth.org)

**Foodlink** provides various nutrition and cooking classes/education sessions.

(585) 328-3380

[http://foodlinkny.org/fight\\_hunger/programs-initiatives/#tab-4](http://foodlinkny.org/fight_hunger/programs-initiatives/#tab-4)

### Ibero American Action League

Centro de Oro Senior Programs

(585) 256-8900 x 123

<http://iaal.org/programs-services/family-services/>

### Interdenominational Health Ministry Coalition

(IHMC) (585) 436-9397 or email:

ihmcroc@gmail.com or go to

<http://www.ihmcroc.org>



### Lifespan

Offers older adults and their caregivers a wide-array of free and fee-based non-medical services.

(585) 244-8400

<http://www.eldersource.org/resources.html>

### Rochester General Health System's Nutrition and Weight Management Center

224 Alexander St. Suite 200

Rochester, NY 14607

(585) 922-8446 or email

[nutwtmgt@rochestergeneral.org](mailto:nutwtmgt@rochestergeneral.org)

[www.rochestergeneral.org/weightmanagement](http://www.rochestergeneral.org/weightmanagement)

### Team Red's Red Riders – Tour de Cure

Any cycling ability level can attend our monthly meet-ups, bike rides, and other activities.

(585) 458-3040 ext. 3483

### Unity Diabetes & Endocrinology Services Weight Loss & Exercise Program to Prevent Diabetes

2655 Ridgeway Ave. Suite 220

Rochester, NY 14626

(585) 368-4506

[www.unitydiabetescommunity.com](http://www.unitydiabetescommunity.com)

### University of Rochester

Healthy Living Center

Medical Weight and Nutrition Therapy, Stress Reduction, Tobacco Dependence Treatment

Many locations across Monroe County

(585) 530-2050

<http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx>

# Online Resources:

## Websites and Apps

### Websites

**American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org)

**Children with Diabetes**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

**Choose My Plate**

<http://www.choosemyplate.gov/>

**Diabetes Health**

[www.diabeteshealth.com](http://www.diabeteshealth.com)

**Diabetes Research Wellness Foundation**

[www.diabeteswellness.net](http://www.diabeteswellness.net)

**Diabetes Self-Management**

[www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

**dLife – For Your Diabetes Life**

[www.dlife.com](http://www.dlife.com)

**Eat Right**

**Academy of Nutrition &**

**Dietetics**

[www.eatright.org](http://www.eatright.org)

**National Diabetes Education Program**

[www.ndep.nih.gov](http://www.ndep.nih.gov)

### Apps for Mobile Devices

#### **BLOOD GLUCOSE**

Diabetes Pal

My Glucose Buddy

#### **NUTRITION**

Bant

Calorie Counter

Go Meals

MyNetDiary

#### **KIDS**

Carb Counting with Lenny

#### **FITNESS**

Charity Miles

Map My Walk

#### **MEDICATIONS**

MedSimple

#### **CAREGIVERS**

Blue Loop

Glucagon

## Connect With Us





## Advocacy

Life isn't fair for people with diabetes. First, there is the simple fact of coping with a chronic illness. Second, there are the barriers that prevent people with diabetes from enjoying the same opportunities as the rest of the population. Our Advocacy program's efforts work to bring down the barriers and fund research to Stop Diabetes.

### Advocacy Priorities

- **Funding for Research and Programs**

A greater commitment to diabetes research and prevention funding is critical in the fight against diabetes. We are working to increase funding for diabetes research at the federal and state levels.

- **Prevention**

We are committed to supporting diabetes prevention issues which strengthen healthy lifestyles and address the alarming rise in child and adult obesity.

- **Legal Advocacy**

People with diabetes face discrimination at work, at school, and elsewhere in their lives. We are committed to ending this discrimination through our legal advocacy program.

- **Health Disparities**

Some communities are disproportionately affected by diabetes, which is why we advocate for increased diabetes research, treatment and education in minority populations.

### Take Action

Together we can transform the lives of all people with diabetes by working to find a cure, improving access to health care and protecting the rights of people with diabetes.

Please sign up to be a Diabetes Advocate at [www.diabetes.org/advocacy](http://www.diabetes.org/advocacy).

