



Living Well with Diabetes Newsletter

AUGUST 2019

Do you need to go back to Diabetes School?

By: Jessica Cook, Director of Education MS, RD, LD, CDE

School is back in session... for kids that is, but what about people with diabetes? Do you remember the last time you had a class on diabetes health, nutrition or weight loss? So much has changed in diabetes management within the past 3-5 years, so ask yourself is my diabetes knowledge up to date?



Currently at Palm Beach Diabetes and Endocrine Specialists we have an American Diabetes Association Recognized team of certified diabetes educators and registered dietitians to inform you on all topics relating diabetes including managing carbohydrate intake, reading food labels, grocery shopping, managing blood sugars, weight loss and personalized meal plans for you to feel better and take control of your diabetes health!

We have classes and one on one sessions available at 4 of our convenient locations in Palm Beach County including Jupiter, West Palm Beach, Wellington and Boynton Beach.

Ready for a refresher? To learn more about diabetes, diet, & take charge of your health call 561-659-6336 ext 8012 to schedule an appointment today. Please enjoy our August 2019 Living Well with Diabetes Newsletter!

Integrated Approach to Caring For Diabetic Patients Who Are Uninsured and Have Limited Financial Resources in the Northern Palm Beach County Area

By: Amy L. Pepper MBA, Executive Director, MyClinic with Gary Pepper, M.D.

Type 2 Diabetes is a chronic condition that affects many millions of people in the US and worldwide. While lifestyle and genetic predisposition are major contributing factors for developing and managing this disease, access to care creates a significant barrier for many people right here in our community resulting in greater risk of complications, decreased

quality of life and productivity, and increased cost to the healthcare system. MyClinic in Jupiter, the only not for profit FREE CLINIC in northern Palm Beach County, has made great strides in caring for people in our community who face these struggles on a daily basis.

Since its official opening in 2014, MyClinic has become a true medical home to 2600+ patients, many of whom are diabetic or at high risk of developing this disease. Thanks to dedicated volunteer medical providers including Dr. Kathryn Reynolds of PBDES, integrated medical/behavioral health counseling program, partnership with PBAU Gregory School of Pharmacy, and donated diabetes education, lab and imaging services from Jupiter Medical Center, diabetic patients at MyClinic receive high quality health care, medication, supplies and management, and access to chronic disease support groups all free of charge. Last year, MyClinic served as the host location for an innovative, collaborative "Food Farmacy" program that provided nutritionally balanced fresh food, cooking demonstrations and portion control supplies for diabetic patients who had demonstrated food insecurity. At the conclusion of the 16 week program, results revealed improvements in health indicators such as BMI and HbA1C levels.

Building upon this pilot program's success, MyClinic will be participating as a client referring partner to the Living Hungry Coalition Healthy Food Prescription program in Jupiter in 2019. Funded by Health Care District of Palm Beach County and advised by Dr. Gary Pepper of PBDES, this program is expected to serve 130+ clients. In addition to MyClinic, several community partners will participate in this collaboration including: Jupiter Medical Center, C. L. Brumback Primary Care Clinic; El Sol-Jupiter's Neighborhood Resource Center: Healthier Jupiter; Life 365 Telehealth Solutions; University of Florida IFAS; American Heart Association; Tufts University Friedman School of Nutrition Science and Policy; Diabetes Coalition of PBC; PBA Volunteer Nurse Corps; FAU; PBSC Nursing; Lox Farms; Sysco SEFL; Plante and Partners; Els for Autism and Palm Health Foundation. For more information about MyClinic, please visit www.myclinicjupiter.org.

Open Communication is Key To Managing Diabetes

By: Ines E. Cobo RN, CDE

It takes energy, time and careful attention to manage diabetes over time to reduce complications of the disease. Is important that you have a doctor who listens carefully and explains matters in a simple way you can understand, ask your doctor about goals and preferences for dealing with the disease. More and more, diabetes experts around the world recognize that people with the disease control their diabetes best when they understand more about it and have the skills to manage it effectively.

This year the American Diabetes Association issued guidelines emphasizing the importance of communication between patient and doctor, discussing motivation to stick to a care plan, mood, as well as diet, medications and exercise. Make the most out of your time with your doctor, plan ahead and write down questions you may want to ask. Take a list of all medications for diabetes and other conditions, your blood sugar diary, and your medical history if you are seeing the doctor for the first time.

Important Questions to ask your doctor:

1. How should I take my medication?
2. How often should I see you?
3. What should I do if something changes between visits?
4. What tests should I get regularly?
5. Where can I see a Certified Diabetes Educator and Nutritionist?



Remember if you have any questions between visits do not hesitate to contact us by phone at 561-659-6336 or via our patient portal.

Do You Need Help Meal Planning for Weight Loss?



Then come to our Healthy Meal Planning Classes! At 3 Convenient Locations!

1. West Palm Beach Location:

Temple Israel

1901 N. Flagler Drive

West Palm Beach FL, 33401

Tuesday September 10th 10am-12pm

Parking is located on Pine Street behind the Temple. Please buzz in to alert staff for diabetes refresher class. Classroom is located in the Program Room.

2. Boynton Beach Location:

6056 W. Boynton Beach Blvd. Suite 245
Boynton Beach, FL 33473

Thursday September 19th 10am-12pm

3. Jupiter Location:

Well tower Building 550 Heritage Drive, Suite 150
Jupiter, FL 33458

Wednesday September 11th 5:30-7:30pm

Will provide Healthy Snacks!

****May bring one guest!**

If interested attending this program please contact our scheduling department at (561) 659-6336 Extension 8001 today!

At Healthy Living with Diabetes we want to ensure that you are satisfied with all services received. We also would like your input on educational workshops that you would like us to offer, information you would like to read about in Healthy Living with Diabetes Monthly or feedback on any workshop that you may have attended. You can contact the director of education personally by email jcook@PBDES.COM or leave a message at (561) 659-6336 ext. 8012. We would love to hear from you!

Check us out on the web!

www.palmbeachdiabetes.com

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