Our mission is to empower our clients with the self-care management skills necessary to improve their quality of life, using what they have learned through diabetes education and disease management strategies.

**Goals:**

- To impact the lives of our clients through the services we provide.
- To enable clients to take charge of their health and healthcare through interactive education, self-management coaching, and empowerment.
- To provide current evidence based education in an open and conducive environment.
- To become a medium of healthcare change to the community in which we serve.

**SUPPORT GROUP**

The Diabetes Center offers a free support group every other month for people with diabetes and their families. The group meets the second Wednesday of the month at 7:00pm at various locations.

A referral from your physician is required for visits at the Highlands Hospital Diabetes Center. Please call 724-628-8008 for more information.
WHAT IS DIABETES?
Diabetes affects the way your body turns carbohydrates into energy. Diabetes makes it difficult for your body to use sugar for fuel which then causes too much sugar in the blood. People with diabetes either don’t make any insulin (type 1) or they don’t make enough and the body doesn’t use the insulin properly (type 2). If diabetes is left untreated, high blood sugar can cause a lot of damage to your body.

DIABETES CENTER
The Highlands Hospital Diabetes Center is an American Diabetes Association (ADA) approved program, and also a member of the Pittsburgh Regional Initiative for Diabetes Education (PRIDE). The center is located at 1064 Morrell Avenue in Connellsville and is open Monday-Friday from 8:00am-4:00pm. The phone number is 724-628-8008.

The Highlands Hospital Diabetes Center offers a comprehensive approach to diabetes education, including ongoing management and treatment support. The center is staffed with a nurse and two dietitians, all Certified Diabetes Educators focusing exclusively on teaching and caring for people with diabetes.

ONE-ON-ONE EDUCATION
The initial visit to the center will be one-on-one with the diabetes educator. All patients are treated according to their own specific needs through a comprehensive assessment. The patient will then be referred to group classes held at the center if appropriate. All patients are encouraged to bring a support person to sessions at the center.

MEDICAL NUTRITIONAL THERAPY
Medical Nutritional Therapy or MNT is nutrition counseling provided by a registered dietitian and is an integral part of the treatment of diabetes and other conditions such as: weight management, celiac disease, high blood pressure, high cholesterol, GERD, diverticulitis, and PCOS.

DIABETES SELF-MANAGEMENT EDUCATION
The center offers a series of four group classes each month. The classes are Monday evening at 5:30-7:30pm and Wednesday morning from 10:00am-12:00pm. The classes offer instruction on the following topics:

• Medication and Treatment of hyperglycemia/hypoglycemia
• Blood Glucose Monitoring
• Nutrition Counseling/Meal planning
• Exercise and weight management
• Stress Management
• Complications and prevention
• Insulin Administration

GESTATIONAL DIABETES
Gestational diabetes is high blood sugar that occurs ONLY in pregnant women who do not already have diabetes. It occurs at about the 24th week of pregnancy, when your body makes large amounts of hormones to help your baby grow. These hormones make it difficult for insulin to work the way it should. When this happens, your blood sugar rises. The educators at the Diabetes Center will work closely with your obstetrician to develop a plan to keep your blood sugar within recommended targets.

Women with gestational diabetes will receive counseling on a special meal plan, monitoring the blood sugar, the importance of physical activity, and medication if needed. We will follow you every step of the way to ensure healthy outcomes for you and your baby. Just remember- the power to manage your own and your baby’s health is in your hands.

PUMP MANAGEMENT
The center offers individualized insulin pump management through downloading the pump and generating a report to use as a foundation for insulin adjustments. Pump settings often need to be changed over time and the educators at the Diabetes Center will provide this unique and personalized management service.