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

American Diabetes Association
Monroe County Department of Public Health

(6-20-2016)
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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 to find out if you are at risk.

Get started

- Be physically active.
- Make a plan to lose weight.
- Track your progress.
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 or call 1-800-DIABETES

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

Para más información, visite www.portufamilia.org o llame al 1-800-DIABETES.

Visítenos en Facebook
Facebook.com/AsocAmericanaDiabetes
http://www.facebook.com/AsocAmericanaDiabetes

El algoritmo original fue validado sin utilizar la diabetes gestacional como parte del modelo.

¿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)

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.)

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.

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

Para más información, visite www.portufamilia.org o llame al 1-800-DIABETES.

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 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

Unity Diabetes & Endocrinology Services Weight Loss and Exercise Program to Prevent Diabetes
2655 Ridgeway Avenue, Suite 220 Rochester, NY 14626
(585) 368-6542

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

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.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rochester Regional Health System</td>
<td>Rochester General Hospital, 224 Alexander St.</td>
<td>(585) 922-8400</td>
<td>(585) 922-8405</td>
<td><a href="http://www.rochestergeneral.org/centers-and-services/rochester-general-medical-group/services/diabetes">http://www.rochestergeneral.org/centers-and-services/rochester-general-medical-group/services/diabetes</a></td>
</tr>
<tr>
<td>Endocrine-Diabetes Care &amp; Resource Center</td>
<td>Rochester General Hospital, 224 Alexander St.</td>
<td>(585) 922-8400</td>
<td>(585) 922-8405</td>
<td><a href="http://www.rochestergeneral.org/centers-and-services/rochester-general-medical-group/services/diabetes">http://www.rochestergeneral.org/centers-and-services/rochester-general-medical-group/services/diabetes</a></td>
</tr>
<tr>
<td>Unity Diabetes &amp; Endocrinology Services</td>
<td>2655 Ridgeway Ave., Rochester, NY 14626</td>
<td>(585) 368-4560</td>
<td></td>
<td><a href="http://www.unitydiabetescommunity.com">www.unitydiabetescommunity.com</a></td>
</tr>
<tr>
<td>University of Rochester Medical Center</td>
<td>Highland Diabetes HealthSource, 2400 S. Clinton Ave.</td>
<td>(585) 341-7066</td>
<td>(585) 341-7945</td>
<td><a href="http://www.urmc.rochester.edu/highland/departments-centers/diabetes.aspx">http://www.urmc.rochester.edu/highland/departments-centers/diabetes.aspx</a></td>
</tr>
<tr>
<td>Strong Diabetes Program</td>
<td>Division of Endocrinology and Metabolism</td>
<td></td>
<td></td>
<td><a href="http://www.urmc.rochester.edu/medicine/endocrinology/patientcare">http://www.urmc.rochester.edu/medicine/endocrinology/patientcare</a></td>
</tr>
<tr>
<td>University of Rochester</td>
<td>Healthy Living Center</td>
<td></td>
<td></td>
<td><a href="http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx">http://www.urmc.rochester.edu/community-health/programs-services/healthy-living-center.aspx</a></td>
</tr>
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</table>

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

Main Contact: Sara Otis (585) 287-6439

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website</th>
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</table>
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

**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

**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
(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
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
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?

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 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

<table>
<thead>
<tr>
<th>Pharmacy Name &gt;&gt;&gt;&gt;&gt;&gt;&gt;</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Medication/Dose</td>
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<tr>
<td>Blood Glucose Meter</td>
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<tr>
<td>Test Strips/# per box</td>
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<td></td>
<td></td>
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<tr>
<td>Lancing Device</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Lancets</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Glucose Tablets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketone Strips/Stix</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Glucagon</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Total Cost</strong></td>
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</tbody>
</table>

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**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](http://www.cvs.com) or call your local CVS pharmacy

**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 call 1-800-332-6742 or email epic@health.state.ny.us
If You Need Help Paying for Your Medication

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

**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 Cornerstones4CareTM 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](https://www.cornerstones4care.com/patient-assistance-program.html)

**PPARx.org** - Partnership for Prescription Assistance service is free and offers information about pharmaceutical company programs for more than 2,500 brand name and generic medications. For more information, call (888) 477-2669.

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

**Rite Aid Wellness+ for Diabetes** - For more information visit [http://www.riteaid.com/diabetes](http://www.riteaid.com/diabetes) or call 1-800-RITEAID.

**RxAssist.org** - Resources to help locate patient assistance programs. For more information, call (877) 844-8442.

**RxHope.com** - A web-based resource that acts as a facilitator in helping 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](http://www.walgreens.com/rxsavingsclub)

**NY Prescription Saver Card**
NYPrescriptionSaver.fhsc.com
Must be a resident of New York State and not already receiving Medicaid AND have an annual income under $35,000 if single or $50,000 if married.
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 ¾ 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:
# What to Do With Used Syringes, Insulin Pens and Lancets (Sharps)

**ONTARIO COUNTY SHARPS DISPOSAL SITES**

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clifton Springs Hospital and Clinic</strong></td>
<td>2 Coulter Rd. Clifton Springs, NY 14432</td>
<td>(315) 462-1600</td>
<td>Monday to Friday 7:00 AM – 5:00 PM, Saturday 7:00 AM – 11:00 AM</td>
<td>Hospital Laboratory</td>
</tr>
<tr>
<td><strong>FF Thompson Hospital</strong></td>
<td>350 Parrish St. Canandaigua, NY 14424</td>
<td>(585) 396-6100</td>
<td>24/7</td>
<td>Emergency Ambulatory Entrance</td>
</tr>
<tr>
<td><strong>FF Thompson Hospital – Canandaigua Office</strong></td>
<td>3170 West St. Suite 222 Canandaigua, NY 14424</td>
<td>(585) 396-6990</td>
<td>Monday to Friday 9:00 AM – 4:30 PM</td>
<td>Reception Area</td>
</tr>
<tr>
<td><strong>FF Thompson Hospital – Urgent Care</strong></td>
<td>1160 Corporate Drive Farmington, NY 14425</td>
<td>(585) 924-1510</td>
<td>Monday to Friday 9:00 AM – 4:30 PM</td>
<td>Reception Area</td>
</tr>
<tr>
<td><strong>FF Thompson Hospital – Honeoye</strong></td>
<td>3 Honeoye Commons Honeoye, NY 14471</td>
<td>(585) 396-6790</td>
<td>Monday to Friday 9:00 AM – 4:30 PM</td>
<td>Reception Area</td>
</tr>
<tr>
<td><strong>Geneva General Hospital</strong></td>
<td>25 Falls St. Seneca Falls, NY 13148</td>
<td>(315) 787-4145</td>
<td>Monday to Friday 8:00 AM – 5:00 PM</td>
<td>Seneca Falls Laboratory Reception</td>
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</tbody>
</table>

**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:
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:

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.
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.

<table>
<thead>
<tr>
<th>Adams Street Fitness Center</th>
<th>Avenue D Fitness Center/pool</th>
<th>David F. Gantt Fitness Center</th>
<th>Flint Street Fitness Center</th>
<th>South Avenue Fitness Center</th>
</tr>
</thead>
</table>

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.

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 or call (585) 461-2000
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.

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

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 or call 1-800-DIABETES (1-800-342-2383)


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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

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

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.
Próximos pasos
Media vez hay dominado el método del plato, usted puede comenzar hacer que sus comidas sean aún 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 mantequilla.
• 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 ligeras. 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 almidón, frutas o leche. Pero recuerde que los postres o dulces no contienen las vitaminas y minerales que se encuentran en estas comidas. Reserve los postres para ocasiones especiales.

Algo para recordar
• Trate de no comer mucho 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. Permitanos ser su fuente principal de apoyo e información actualizada.
Para obtener más información sobre la diabetes y nutrición visite www.portafamilia.org o llame al 1-800-DIABETES (342-2393).
Sollicite una copia gratuita de nuestro folleto de 30 páginas "¿Qué Cuando Comer? La Guía de la Diabetes sobre Opciones de Alimentos Saludables."
¡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 esta 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, semilla 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

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

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

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, quingombo (oíra), hongos, pimientos, nabo

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 salmón fillo
tofu, huevos, queso bajo en grasa

¿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 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

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
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

Foodlink provides various nutrition and cooking classes/education sessions.  
(585) 328-3380  
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  
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

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

Children with Diabetes
www.childrenwithdiabetes.com

Choose My Plate
http://www.choosemyplate.gov/

Diabetes Health
www.diabeteshealth.com

Diabetes Research Wellness
Foundation
www.diabeteswellness.net

Diabetes Self-Management
www.diabetesselfmanagement.com

dLife – For Your Diabetes Life
www.dlife.com

Eat Right
Academy of Nutrition &
Dietetics
www.eatright.org

National Diabetes Education
Program
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

[Social media icons]

TODAY:
Diabetes will claim
200
LIVES
200
LIMBS

4,660
AMERICANS WILL BE DIAGNOSED WITH DIABETES
8.1 million
don't know they have diabetes
86 million
Americans have prediabetes
from Connecticut to Georgia
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 disproportionally 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).