



Dear Participant at the Chase Park Plaza presentation, "So What Can I Eat" seminar May 14, 2011,

We are attaching some possible sites for education in the St. Louis area as we thought you might find them helpful in addition to the KICK Diabetes Program. Most hospitals in the St. Louis area offer some type of diabetes education as well as the health clinics, your insurance company, and the American Diabetes Association website (www.diabetes.org). You may also be aware of the St. Louis Diabetes Coalition website (www.letskickdiabetes.org) or (stldiabetes.wordpress.com).

Our phone number is 314-338-3460. If you wish for more information you can contact us at this number and speak to Joan McGinnis RN, MSN, CDE or Nirja Bhagat, Graduate Research Assistant.

Spring into better diabetes care this year

Learn how carbohydrate counting can open the possibilities of enjoying favorite foods while managing diabetes successfully.



So What Can I Eat?

#1 question asked by people with diabetes

Saturday, May 14, 2011

Featuring Pat Speirs, RD, MS, CDE
Loyola University Chicago
Chase Park Plaza Hotel Ballroom
212 North Kingshighway, St. Louis

Cost: \$0.00 (free), complimentary parking

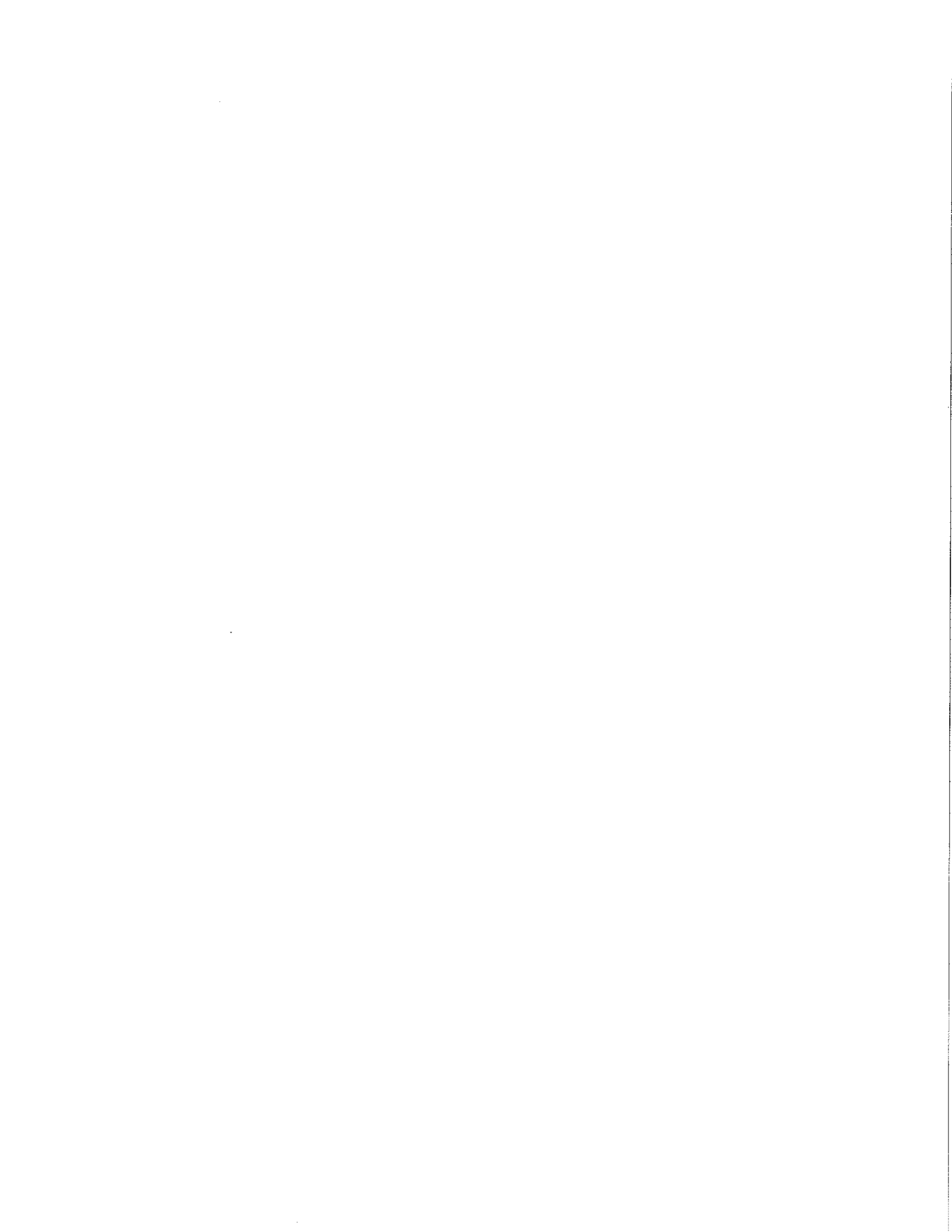
Continental Breakfast 9:15 AM
Program 9:45 - 11:30 AM

Space is limited. Registration required.




Register at www.SoWhatCanIEat.com

or call 800-845-7355 ext 33876



Christian hospital diabetes institute

 HealthCare

Christian Hospital Diabetes Institute classes are taught by certified diabetes educators with multiple day and evening options to accommodate our patients busy schedules. To register for class call 314-653-4545. In addition, check out our new online diabetes support group at www.christiancares.org. Our Diabetes Busters mobile unit provides free blood glucose screenings. For a time and location that is convenient for you, please call 747-WELL for additional information.



Theresa Linck, RN BSN CCRC CDE
Christian Hospital Diabetes Institute
Education Program Coordinator, Outpatient Education
11155 Dunn Road, Suite 101N
St. Louis, MO 63136
Phone: 314-653-4536
Fax: 314-653-4525

St. John's Mercy Medical Center Diabetes Education Program

Small group classes for diabetes education which include instruction on:

- What is diabetes and Why me???
- Blood Glucose Monitoring—What and how
- Blood Glucose Management—Controlling those “ups” & “downs”
- Nutrition Education—All about “carbs” and much more
- Physical Activity—Get your body moving

Classes consist of 3 sessions, available morning, afternoon, or evenings, various days of the week. Each session includes instruction from a registered nurse (RN) and a registered dietitian (RD); both are certified diabetes educators (CDEs), who are experts in the field.

To schedule for the classes, call SJMMC Diabetes Education Department at 314-251-4958.

Eat Well, Be Well with Diabetes in St. Louis: A practical (and tasty!) diabetes self-care program offered by University of Missouri Extension.

Do you or a family member have diabetes or pre-diabetes? If so, this series of 4 nutrition and health education classes is for YOU! **Eat Well, Be Well with Diabetes** is a 4-session diabetes self-care class with a strong focus on nutrition. It provides practical information and skills needed to manage diabetes and promote optimal health. The class is for anyone who has diabetes or pre-diabetes and will benefit spouses and other family members of those with diabetes. As a participant in the class you will learn how to manage your blood sugar to prevent short- and long-term diabetes complications and how to plan meals to better manage blood sugar using carbohydrate counting and the Plate Method. Classes are 2 hours long and feature hands-on activities, food tasting of easy, healthful recipes and recipe cards of sampled foods to take home. Classes are offered multiple times a year in St. Louis area. For more information on the next class, call 314-615-7618 or Karanjad@missouri.edu.

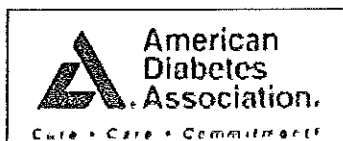
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- community support groups and web-based resources

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Medical Center 

Amber Wamhoff, RD,LD,CDE

Nutrition Exchange, LLC

**745 Old Frontenac Square Suite 201
St. Louis, MO 63131**

www.amberwamhoff.com

314-583-4525

DIVA Diabetics Mentoring/Support Group

For Type 1 Diabetic Women Only

Meets 2nd Wednesday of month, 6:30-9:00 pm

**At Metro JDRF Office 50 Crestwood Executive Center
4th Floor, Suite 401, Watson at Sappington Rd.**

St. Louis Mo 63126

Park in Front Lot

Questions, or inquiries, Joan McGinnis, RN,MSN,CDE

314-962-2833 or joanmcg2@sbcglobal.net

The Washington University Diabetes Center at Barnes-Jewish Hospital

An easier way to a better life.



Why Should You Choose the Washington University Diabetes Center at Barnes-Jewish Hospital?

The Washington University Diabetes Center at Barnes-Jewish Hospital is the region's only comprehensive diabetes center, offering convenient access to Washington University specialists, leading-edge research and certified diabetes educators -- all under one roof.

Our innovative, comprehensive approach to diabetes management offers patients the convenience they desire and the top-ranked care they deserve. From advanced treatment for the most complicated cases to consultation and treatment for the newly diagnosed, the Diabetes Center is the easiest way to manage all aspects of your diabetes.

The Diabetes Center Offers:

- Exceptional outpatient and inpatient care
- One-on-one diabetes education and nutrition counseling
- Innovative group sessions with physicians, educators, dietitians and diabetes patients
- Access to foot care and retinal eye specialists
- The Annual Diabetes Tune-Up, complete with a physical exam, a personalized summary of results and a customized care plan (Annual Tune-Up does not replace regular, ongoing diabetes care)
- Clinical trials of the newest treatments
- A relaxing, comforting atmosphere, designed with input from diabetes patients
- An easier way to manage what can be a complicated and confusing disease

Classes at the Diabetes Center Include:

Diabetes Self-Management Training

- A course for the newly diagnosed or for individuals having difficulty managing their diabetes. Each class will meet one time per week over a three-week period.

Carbohydrate Counting

A two-hour class for any individual who controls their diabetes through diet or intensive insulin management.

Insulin Use

A variety of classes are offered every month to address each patient's insulin needs, including insulin basics, insulin injections, and insulin pump use.

For a referral or to request a free Diabetes Center DVD, call:

**314-TOP-DOCS
(314-867-3627)**

**or toll-free
1-866-867-3627.**

*Sign up for our free
Diabetes e-Newsletter at:
BarnesJewish.org*

BARNES-JEWISH
Hospital
HealthCare

Washington
University in St. Louis
Physicians

IS YOUR DOCTOR ON THIS LIST?

Quality is not a popularity contest. Is your physician giving you the best care possible?

Physicians who have earned National Committee for Quality Assurance (NCQA) recognition provide high quality care to their patients. If your doctor is not on these lists, ask them to become involved. Tell them quality care is important to you.

The NCQA has created these voluntary programs based on national, evidence-based standards of care for diabetes, heart and stroke and back pain.

If you would like the St. Louis Area Business Health Coalition (BHC) to ask your physician to participate in this program, please contact Melissa Hogan-Watts, 314.721.7800 or mhogan@stlbhc.org.



**National Committee for Quality Assurance (NCQA)
Diabetes Recognition Program (DRP)
Heart/Stroke Recognition Program (HSRP)
Back Pain Recognition Program (BPRP)**

Please visit the NCQA website at www.ncqa.org for an updated listing of physicians.

Diabetes (DRP) Recognized Physicians

Susan Adams
Robert Alsenstat
Scott Anderson
David Ban
William Beaman
Matthew Beckerdite
Joe Beckmann
Aaron Bjorn
Joyce Boehmer
Damon Broyles
Kathleen Brunts
Lisa Burns
Thomas Chapman
Siroth Charnond
Philip Conway
James Corder
Peter Danis, III
Thomas Davis
Adrian Delaney
James Ebel
Joseph Eckert
Kathleen Eubanks-Meng
Jeffery Faron
Mark Faron
Michael Fedak
Brett Foersterling
Michael Fuller

Andrew Grabowski
Nathan Granger
George Griffing
Brian Grus
Thomas Gutmann
Todd Hammond
Eileen Harrahlll
Thomas Hastings
Grant Hoekzema
Michael Houser
Mark Houston
Justin Hugo
Susan Hull
Melissa Johnson
Paul Joslin
Bartolome Kalruz
Andrew Kazdan
Dallus Kedainis
Scott Kirkley
William Stephen Knapp
Carolyn Koenig
Howard Kohn
Mark Krasnoff
Scott Kuennen
Edward Kunst
James Lord, Jr.
Mel Lucas

Daniel Maestas
Stanley Mathew
James McDonald
Veronica McGregor
Bernard McGuire
Sean McLaughlin
Mark Merbaum
Marsha Mertens
Sandra Minchow-Proffitt
Heather Morgan
Kelth Morris
Terrell Mulford
Timothy Murphy
Melissa Murray
Rama Naidu
John O'Brien
Thomas Olsen
Richard Ortiz
Robert Poetz
Amin Radparvar
Bharathi Raju
Alan Rauba
Naveed Razzaque
Sheryl Ream
Timothy Rice
Christy Richardson
Tracy Riordan

Scott Roos
Kelly Rourke
Caroline Rudnick
Geoffrey Rutledge
Stephen Sanders
Alan Sandidge
Jennifer Scheer
David Schlitt
Michael Schoenwalder
Paul Schoephoerster
Jennifer Sewing
David Shaw
Kelth Starke
Stephen Staten
George Thampy
Jerome Thurman
Ellzsbeth Tracy
Michael Treisman
Raymond Welck
Ronald Wepprich
Daniel Whitehead, Jr.
Brian Wlethop
William Wilcox
Charles Willey
Jane Williams
Joseph Wood
Susan Wilson Yang
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F. David Schneider, M.D. ■ Kimberly Zoberi, M.D.

www.slucare.edu/familymedicine



Bi-State Area Hospitals Diabetes Support Groups

(Please note, Information subject to change; call facility to confirm attendance)

Alton Memorial Hospital, One Memorial Drive, Alton, IL, 62002: offers a support group for people with diabetes, their families and friends. The group meets the third Thursday of each month from 1 p.m. to 2 p.m. in Alton Memorial Hospital's Education department. Call 618-463-7526 for more information. www.altonmemorialhospital.org.

Anderson Hospital, 6800 State Route 162, Maryville, IL, 62062; the group provides opportunities to learn lifestyle changes necessary to live successfully with diabetes; for information, call 618-391-6711. <http://andersonhospital.org>.

Barnes-Jewish St. Peters Hospital, 10 Hospital Drive, St. Peters, MO, 63376: offers a support group for individuals with diabetes and their families. Call 636.916.9650 for more information. www.bjsph.org.

Boone Hospital Center, 1600 East Broadway, Columbia, MO, 65201: offers a support group for adults with diabetes and their support systems. For more information, call 573-815-3870. www.boone.org.

Christian Hospital Diabetes Institute, 11133 Dunn Road, second floor of the hospital building, Room 2310, St. Louis, MO, 63136; for further information or to be added to the mailing list, call 314-653-4545. www.christianhospital.org.

Jersey Community Hospital, 400 Maple Summit Rd, Jerseyville, IL, 62052. This free support group meets the 3rd Monday of each month, in the JCH Women's Center Classroom, at 1 P.M. For more information, call 618-498-8467. www.jch.org

Memorial Hospital, 4500 Memorial Drive, Belleville, Illinois, 62226. Meetings are held on the fourth Monday of every month from 9 a.m. to 11 a.m. in the hospital auditorium. For more information, call (618) 257-5861. www.memhosp.com

St. Anthony's Medical Center, 10010 Kennerly Road, St. Louis, MO, 63128: hosted by St. Anthony's Diabetes Education Program Staff, a free support group meeting is held the 3rd Thursdays, alternating day and evening times. Meetings are held at the Hyland Education and Training Center. For more information or to register, call 800-554-9550. www.stamcstl.org.

St. Clare Health Center, 1015 Bowles Ave, Garden Level, Fenton, MO, 63026. Meetings are free to the public; held the second Wednesday of each month 6:30 - 8 p.m. For dates and topics, please call 1-866-SSM-DOCS. www.ssmstclare.com

St. John's Mercy Hospital-Washington, 901 E. Fifth Street, Washington, MO, 63090; The free meetings take place in Classroom A, in the Education Department, Mercy Medical Building; alternate dates/times. For more information, call the Wellness Center at (636) 239-8248. www.stjohnsmarcy.org

St. John's Mercy Hospital-St. Louis, 615 S. New Ballas Road, St. Louis, MO 63141 The group meets the second Tuesday of the month, except for June, July, August and December. All meetings (except May 2010) are held at 7 p.m. in the dePazzi Bentley Room at St. John's Mercy Medical Center. This room is located in the von Gontard Conference Center in the Doctors Building. For more information, call 314-251-4958. www.stjohnsmercy.org

St. Joseph Health Center, 300 First Capitol Dr., St. Charles, MO, 63301; hosts an Adult Diabetes Information program, meets the second Tuesday of each month from 6:30 to 8:30 PM. at St. Joseph Health Center. There is no charge or registration to attend. For more information call 636-947-5573. www.ssmhealth.com/ssmsjhc

St. Joseph Hospital West, Lake St. Louis, MO, 63367; offers free helpful information for anyone who has diabetes and their caregivers; held every 4th Tuesday of every month, 6:30 - 7:30 p.m. at the SSM Cancer Building Community Education Center, at 400 Medical Plaza. For more information, call 636-625-5447. www.ssmhealth.com/ssmsjhw

St. Louis Childrens Hospital, The Diabetes Support Group for Parents helps parents of children with Type 1 diabetes learn to cope with and better understand their child's illness. It meets every 2 months during the school year, in the Edison Room Cafeteria, lower level Atrium. For more information regarding specific dates and times, call 314.454.2266. www.stlouischildrens.org.

St. Luke's Hospital, 232 South Woods Mill Rd., Chesterfield, MO, sponsors a free adult support group for people with type 2 diabetes, meets alternate months, on Thursdays, 7:30 p.m.; an insulin pump club, meets alternate months on Wednesdays, 7:30 p.m.; meetings are held in the St. Luke's Institute for Health Education, lower level of the North-South building. For more information, call 314-205-6446. www.stlukes-stl.com.

St. Mary's Health Center, 6420 Clayton Road, St. Louis, MO, 63117. Support group, free to the public, meets the 2nd Tuesday of each month from 6-7p.m. in Cafe C, ground floor of the hospital, behind the Cafeteria. Call 768-8481 to register. www.stmarys-stlouis.com

Diabetes education program aims for convenience

Wednesday, September 29, 2010

BY MICHELE MUNZ mmunz@post-dispatch.com

St. Louis diabetes researchers are taking diabetes education to gathering spots such as churches and coffee shops with hopes it will help people control the disease.

Nearly one in five St. Louisans over the age of 55 has Type 2 diabetes, with African-Americans at the highest risk. Education is key because research shows that when people are taught how to manage their diabetes, they can reduce their risk of death, stroke, heart failure and other long-term complications.

Despite the prevalence of Type 2 diabetes and the benefits of self-management, nearly half of those St. Louisans, or about 75,000 people, have never taken a class on how to manage their diabetes, researchers involved in the project say.

"Pharmaceuticals and health care services are just a portion of the equation for optimal diabetes care," said Thomas Burroughs, executive director of the St. Louis University Center for Outcomes Research and principal investigator of the study.

A \$100,000 grant will provide funding for a series of free workshops in St. Louis and St. Louis County. The workshops will provide information about diet, exercise, medications, blood glucose monitoring, effective communication with health care providers and goal setting. In addition, patients can sign up to meet one-on-one with an educator wherever they would like.

Researchers estimate 400 people will participate in the group workshops, which are planned to begin next month and last a year. An additional 200 will benefit from the one-on-one sessions. Through surveys and clinical outcomes, researchers will measure the success of the education methods.

Several barriers may prevent people from attending education classes often held at a hospital, says Joan McGinnis, director of education for the St. Louis Diabetes Coalition, a partner in the study. The time and location may be inconvenient. Some can't afford the classes because they lack insurance or have limited coverage, or they lack the support and encouragement to understand how the disease will affect them.

"We've designed our program to address all of these barriers," McGinnis said. "Through this project, experienced diabetes nurse educators and nutritionists will be available to provide individual consultations in convenient nearby locations."

The grant is provided by the St. Louis Community/University Health Research Partnership, which focuses on critical health care problems in the St. Louis area. It is funded by St. Louis University, Washington University, BJC HealthCare and facilitated by the St. Louis Regional Health Commission.

If interested, contact the following for more information: [illegible]