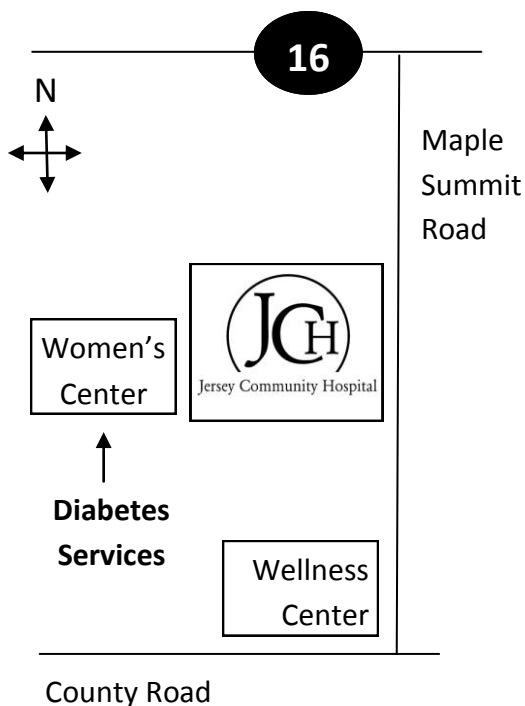


*JCH Diabetes Service covers the following areas:*

- \* General facts about diabetes
- \* Stress and diabetes
- \* Diabetes nutrition therapy
- \* Exercise plan
- \* Medication administration therapy
- \* Balancing meals, exercise, and medication
- \* Self blood sugar monitoring
- \* Recognition of high and low blood sugar, causes, prevention, and treatment
- \* Handling sick days
- \* Hygiene (mouth, skin, feet)
- \* Sexual dysfunction
- \* Community resources, support groups, and diabetes organizations
- \* Family involvement



The Diabetes Education Services is located in the front lobby of the JCH Women's Center.

**Jersey Community Hospital  
Diabetes Education Services**

400 Maple Summit Road  
Jerseyville, IL 62052  
Phone: 618-498-8467  
Fax: 618-498-8495

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

# Diabetes Education Services



Jersey Community Hospital

400 Maple Summit Road

Jerseyville, IL 62052

**(618) 498-8467**

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

## *What Is Diabetes?*

**Diabetes occurs when the body does not make enough insulin or the insulin cannot work correctly. The main types of diabetes are:**

**Type 1**—occurs when the pancreas stops making insulin.

**Type 2**—occurs when the pancreas makes insulin, but the body has difficulty using the insulin to move the sugar from the blood into the body tissues.

**Gestational**—occurs in pregnant women, there is no known specific cause but it is believed that changes in hormones during pregnancy reduce a women's receptivity to insulin.

## *Can Diabetes Harm You?*

Diabetes is a very serious, lifelong disease. Diabetes causes your blood sugar level to be too high. Over time, high blood sugar levels can harm your nerves, eyes, kidneys, heart, and blood vessels. It can cause loss of vision, gum disease, kidney failure, heart attacks, strokes, loss of toes or feet, and sexual dysfunction.

## *Who Gets Diabetes?*

Anyone can get diabetes. If you have one or more of the following, you are at increased risk:

- \* Overweight
- \* Family history of diabetes
- \* Had a baby weighing over 9 lbs.
- \* Diabetes during pregnancy
- \* High Blood Pressure
- \* Stress of an illness/injury
- \* African American, Hispanic American, Native American

## *What Are Signs Of Diabetes?*

Some people have diabetes and have no signs that they are aware of. That is why it is important to be tested for diabetes. Most common signs people can experience are:

- \* Increased thirst
- \* Increased urination
- \* Increased hunger
- \* Feeling very tired
- \* Unexplained weight loss
- \* Frequent infections
- \* Blurred vision
- \* Dry/Itchy skin
- \* Numbness, tingling, or persistent pain in hands or feet

## *The Good News...*

There is a lot you can do to stay healthy. Research shows that if you keep your blood sugar under good control, you may prevent or delay these serious health problems.

### *How?*

A registered nurse, who is also a Certified Diabetes Educator, as well as a Registered Dietician, will work with you and your physician to establish a diabetes plan that suits your lifestyle.

### *How Do I Start?*

Ask your physician about the program or call Jersey Community Hospital at (618) 498-8467.

### *What About Costs?*

Most insurance companies including Medicare cover this service.

**Jersey Community Hospital is aware of the importance of helping people with diabetes to stay healthy.**