Greater Pre-Diabetes and Diabetes Education and Support Services Guide

American Diabetes Association®
# Table of Contents

## Pre-Diabetes and Diabetes Management and Education

- What is Pre-diabetes.................................................................1-2
- Diabetes Risk Test (English)......................................................3
- Diabetes Risk Test (Spanish).....................................................4
- Diabetes Prevention Programs.................................................5
- Diabetes Management Programs.............................................6-7
- Support Groups........................................................................8
- Living with Type 2 Program.....................................................9
- Healthcare Team for People with Diabetes.............................10-12

## Prescription and Equipment Management

- Medication Cost and Medication Assistance Programs............13-14
- Sharps Collection Sites and information..................................15

## Active Daily Living

- Physical Activity and Physical Activity Resources................16-17
- Create Your Plate (English).....................................................18-19
- Create Your Plate (Spanish)...................................................20-21
- Food and Nutrition Resources................................................22-23
- New York State Smokers’ Quitline.........................................24

## Health Resources, Programs and Online Resources

- Online Resources - Websites and Apps ...............................25
- Diabetes Advocacy.................................................................26
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.

STOP DIABETES

American Diabetes Association.

For more information, visit us at www.diabetes.org or call 1-800-DIABETES
Are you at risk for Type 2 Diabetes?

Diabetes Risk Test

1. How old are you?
   - Less than 40 years (0 points)
   - 40—49 years (1 point)
   - 50—59 years (2 points)
   - 60 years or older (3 points)

2. Are you a man or a woman?
   - Man (1 point)
   - Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?
   - Yes (1 point)
   - No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?
   - Yes (1 point)
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure?
   - Yes (1 point)
   - No (0 points)

6. Are you physically active?
   - Yes (0 points)
   - No (1 point)

7. What is your weight status? (see chart at right)
   - (1 Point)
   - (2 Points)
   - (3 Points)

Add up your score.

If you scored 5 or higher:
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

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

Visit us on Facebook
Facebook.com/AmericanDiabetesAssociation

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.

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

¿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 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.

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.
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 (716) 835-0274 ext. 307

YMCA’S DIABETES PREVENTION PROGRAM (YDPP)

This class is offered locally at these 5 area locations, please call (716) 674-9622 to enroll directly or go to:

http://www.ymcabuffaloniagara.org/wellness/national-diabetes-prevention-program/

Delaware Family YMCA 2564 Delaware Ave, Buffalo NY 14216 (716) 875-1283
Independent Health Family Branch YMCA 150 Tech Dr, Williamsville NY 14221 (716)276-8319
Ken-Ton Family YMCA 535 Belmont Ave, Kenmore NY 14223 (716) 874-5051
Southtowns Family YMCA 1620 Southwestern Blvd, West Seneca NY 14224 (716) 674-9622
William-Emslie Family YMCA 585 William St Buffalo NY 14226 (716)845-5440

Other Locations in Erie County:

Rapha Family Wellness Center
3610 Main St Buffalo NY 14226
Contact Dr. Frances Illozu at (716)829-7298 or check on-line at:
http://www.raphafamilywellnesscenter.com

Jewish Community Center of Greater Buffalo
2640 North Forest Road Getzville, NY 14068
Contact Patricia Simonson at (716) 204-2073
http://www.jccbuffalo.org/

Jocelyn V Guthrie JBS & Wellness Consulting LLC.
Contact Jocelyn for dates and locations at (716) 256-3601
or at jbswellness@gmail.com
http://www.jbswellness.net/
Diabetes Management and Prevention Programs

Diabetes can be prevented, and can be managed so you can enjoy the best of health. If your doctor tells you that you have pre-diabetes, your best strategy to reduce your risk and delay the onset of diabetes is to attend a prevention program. You can go to a group program or see a dietitian or diabetes educator – your doctor will help you determine the best option for you. The following is a list of group and one-on-one education to help people control their diabetes.

**Catholic Health**
**Buffalo Mercy Hospital***
565 Abbott Road • Buffalo, NY 14220

**Catholic Health**
**Kenmore Mercy Hospital***
2950 Elmwood Avenue • Kenmore, NY 14217

**Catholic Health**
**Sisters of Charity Hospital***
2157 Main Street • Buffalo, NY 14214

**Catholic Health**
**St. Joseph Campus***
2605 Harlem Road • Cheektowaga, NY 14225

**Mount St. Mary’s Hospital and Health Center**
5300 Military Road • Lewiston, NY 14092

To register for Catholic Health programs
Call the Health Connection (716) 447-6205
http://www.chsbuffalo.org/

**Kaleida Health**
**Buffalo General Medical Center***
100 High St. • Buffalo, NY 14203
(716)580-7333

**Kaleida Health**
**DeGraff Memorial Hospital***
445 Tremont Street • North Tonawanda, NY 14120
(716)690-2406

**Kaleida Health**
Diabetes and Endocrinology Center of WNY*
705 Maple Rd., Williamsville NY 14221
716-580-7300

**Kaleida Health**
**Millard Fillmore Suburban Hospital***
1540 Maple Road • Williamsville, NY 14221
(716)568-3600

http://www.kaleidahealth.org/

**Living Healthy Diabetes Self-Management Program**
**Living Healthy Chronic Disease Self-Management Program**
- Evidence-based programs developed by Stanford University – provided by Erie County Senior Services
- Held at various Senior Centers and Locations throughout Erie County – *all ages welcome*

For More Information or to register for a workshop:
Call: (716) 858-8526
Email: choosehealthy@erie.gov

Websites: http://www2.erie.gov/seniorservices/
http://www.ceacw.org/

**Olean General Hospital * **
515 Main Street • Olean, NY 14760
Contact: Mary Fay RDN, CDE or Barbara Walker RD, CDE
716-375-6271/716-375-4127
https://www.ogh.org/

**UBMD Internal Medicine**
1020 Youngs Rd., Williamsville NY 14221
Contact Margaret Mersereau at (716)961-9900
http://www.ubmdim.com/

**Univera Healthcare**
Diabetes Self-Management Education Program
205 Park Club Lane • Buffalo, NY 14221
(716)847-1480
https://www.univerahealthcare.com/

**VA Western New York Health Care System***
Diabetes Self-Management Education Program
3495 Bailey Avenue • Buffalo, NY 14215
(716)862-7374
http://www.buffalo.va.gov/
WNY Diabetes Solutions: Diabetes Self-Management Education Program
4 Pharmacy Locations
Middleport Family Health Center
81 Rochester Rd., Middleport, NY 14105
(716)735-3261
http://www.middleportfamilyhealthcenter.com

Summit Park Pharmacy
2578 Niagara Falls Blvd
(716)731-3500
http://www.summitparkpharmacy.com/

Transit Hill Pharmacy
344 Transit Rd., Depew, NY 14043
(716)683-9444
http://www.transithillpharmacy.com/

Wurlitzer Family Pharmacy
521 Division St., North Tonawanda, NY 14120
(716)260-1131
http://www.wurlitzerfamilypharmacy.com/index.html

*The American Diabetes Association recognizes these educational services as meeting the National Standards for Diabetes Self-Management Education.

American Diabetes Association
Cure • Care • Commitment™

Helpful Videos and Websites on Diabetes and Pre-Diabetes

http://www.adcouncil.org/Our-Campaigns/Health/Type-2-Diabetes-Prevention

http://www.youtube.com/user/TheDiabetesDownload
Diabetes Support Groups

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.

**Adult Type 1 Support Group**
UBMD Internal Medicine  
1020 Youngs Rd., Williamsville NY 14221  
Contact Margaret Mersereau at (716) 961-9900

**Amputee Support Group of WNY**  
(Including people with diabetes)  
Meets the last Wednesday of the month at 6 PM  
Kenmore Mercy Hospital Community Room  
2950 Elmwood Ave., Kenmore NY 14217  
Contact Joe Baumgarden at 716-447-6037  
*Stroke Support Groups also available through Catholic Health System. Visit chsbuffalo.org/events or call Health Connection at 716-447-6205

**Clarence Support Group**  
Meets the 3rd Tuesday of the month at 1 PM  
Old Goodrich Rd., Clarence Center 14032  
Contact Marion Miano at 585-542-2180

**ECMC Diabetes Support Group**  
(Types 1 and 2, including children)  
Meets the last Wednesday of the month at 5:30 PM  
462 Grider St., Buffalo NY 14215  
David K Miller Building Rm C202A  
Contact Jamie K. Dortch-Lanier at 716-228-5834 or jamielanier@icloud.com

**Olean General Hospital Diabetes Support Group**
Meets quarterly  
515 Main Street • Olean, NY 14760  
To obtain the schedule, contact:  
(716) 375-4127  
bwalker@ogh.org

**Parents of Diabetics (PODS) of WNY**
900 Maryvale Drive • Cheektowaga, NY 14225  
Contact: 716-833-2873  
www.podswny.org

**Seneca Nation Health Department**
Native American Support Group  
987 R C Hoag Drive • Salamanca, NY 14779  
Contact: Diabetes Clinic  
Kelli Vanini RN, CDE or Jody LaMarca RD,  
CDE 716-945-5894

**Tops Pharmacy Store #213**
Meets the 1st Thursday of every month at 3 PM in the “Carry Out Café”  
1460 South Park Ave., Buffalo NY 14220  
Contact Jamie Keller at 716-515-2060
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

Help with finding a CDE:
http://www.ncbde.org/find-a-cde/

**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

Help with finding an RD:
http://www.eatrightwnyda.org/find-an-rd/

**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 or abnormalities

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

Campers enjoy traditional camp activities, learn about managing their diabetes, and connect with other kids and adults living with diabetes.

Two sessions in July at the Rochester Rotary Sunshine Campus, Rush, NY.

For more information:
www.diabetes.org/adacampaspire
(585) 458-3040 x3472
Cost Comparison Chart - Use this chart to compare costs at different stores

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

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](http://www.nyprescriptionsaver.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, 9 am-5pm)

ERIE COUNTY DISPOSAL SITES
Hospitals

Bertrand Chaffee Hospital
224 E. Main St., Springville, NY 14141
716-592-2871
Monday to Sunday 8:00 AM - 4:00 PM

Buffalo General Hospital
100 High St Buffalo NY 14203
716-859-5600
Monday to Friday 8:00 AM - 4:00 PM
E/R Department

Kenmore Mercy Hospital
2950 Elmwood Ave Kenmore, NY 14217
716-447-6100
Monday to Sunday6:00 AM - 11:00 PM
E/R Department

Mercy Hospital
565 Abbott Rd Buffalo, NY 14220
716-826-7000
24/7 Drop Off E/R Department

Mercy Hospital-Orchard Park
Division
3669 Southwestern Blvd Orchard Park, NY 14127
716-662-0500 Front Desk

Millard Fillmore Suburban Hospital
1540 Maple Rd. Williamsville, NY 14221
716-568-3605
24/7 drop off E/R Department

Roswell Park Cancer Institute
Elm & Carlton St
Buffalo NY 14263

100 College Parkway
Amherst NY 14221
716-845-5998 for both locations

Sisters of Charity Hospital St Joseph Campus
2157 Main St Buffalo, NY 14214
716-862-1451
24/7 Drop Off E/R Department

St Joseph Hospital
2605 Harlem Rd Cheektowaga, NY 14225
716-891-2500
24/7 Drop Off E/R Department

Women and Children’s Hospital
219 Bryant St., Buffalo, NY 14222
716-878-7000
24/7 drop off E/R department

Additional Location sites are available at:

https://www.health.ny.gov/professionals/narcotic/medication_drop_boxes/erie.htm
https://www.health.ny.gov/professionals/narcotic/medication_drop_boxes/
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.
Physical Activity Resources

The Wellness Institute of Buffalo
Offers many resources for exercise at no charge including Pilates & Nature Walks. Visit their website to see the various activities that are going on in WNY:
http://www.healthycommunitynetwork.com/

Erie County Senior Services Wellness Programs
Club 99 Senior Fitness Program, Falls Prevention Program and ‘Matter of Balance’ Workshops
Phone 716-858-8526 or Email: choosehealthy@erie.gov
http://www2.erie.gov/seniorservices/

Team Red’s Red Riders - Tour De Cure
Any cycling ability level can attend our monthly meet ups, bike rides, and other activities.
Phone 716-835-0274
http://main.diabetes.org/site/TR?fr_id=11690&pg=entry

Other Health Resources

Novo Nordisk
Diabetes Care
https://www.cornerstones4care.com/

BlueCross BlueShield Weight Management
https://www.bcbswny.com/content/WNYmember/health-wellness/wellness_seminars_and_prevention/weight-anagement.html

Independent Health Managing Your Diabetes
https://www.independenthealth.com/Portals/0/PDFs/Individuals/ManageYourDiabetes.pdf
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.

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)

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

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.)

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.
¿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 reducida de postres cada día. Para determinar cuántos postres o dulces puede comer, siga estas pautas:
  - No comprar o cocinar dulces extra para atraerlos.
  - Comer postres moderados, generalmente de alimentos extraídos de frutas, verduras o nueces.
  - No comer más de una porción diaria de postres dulces. Regresar al menú en las comidas y en las ensaladas.
  - Las sugerencias de los menús para realizar un plato con alimentos integrales, frutas y verduras, así como evitar consumir alimentos procesados y fritos.

¡CREANDO SU PLATO!

1. Imagíneselo 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 tendrá 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, sémola 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 ¼% 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, plátano, manzana, pera, mango, uvas, arándanos rojos o azules, melón, papaya, remolacha, naranja, toronja

Vegetales sin almidón
- frescos, congelados o enlatados
- espinacas, zanahorias, lechuga, hojas verdes como la acelga, repollo, repollo chino (bok choi), 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 salchimil
- 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](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 Erie County, then click on the blue dots to get information about the markets.


Food Programs for Older Adults

**Meals on Wheels** – home delivered meals for seniors. For more information:

[https://mealsonwheelswny.org/](https://mealsonwheelswny.org/)
Phone 716-822-2002

**Ken-Ton Meals on Wheels**

Phone: 874-3598

Food Programs for the Community

**Food Bank of WNY**-providing food to the hungry throughout WNY at various locations. To find the location closest to you click below on the following link:

[https://www.foodbankwny.org/pantrymeal-locator/](https://www.foodbankwny.org/pantrymeal-locator/)
Phone 716-852-1305

Program Help Signing up for Food Programs Nutrition Outreach and Education (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 716-858-8000.  
http://www2.erie.gov/socialservices/  
To see what benefit you qualify for visit:  
https://www.mybenefits.ny.gov/mybenefits/begin

**Food Programs for Women and Children**

**Catholic Charities of Buffalo WIC Program** (Women, Infants, Children)  
Phone 716-218-1484  
http://www.ccwny.org/wic

**Learning to Cook Healthy**

**The Cooking School at Tops Markets**-Offering healthy lifestyle classes for Heart Health and Diabetes. Click on the link below for more information:  
http://www.topsmarkets.com/departments/the_cooking_school

**Erie County Senior Services–Nutrition for seniors**

**Stay Fit Dining – Nutrition Lunch Program**  
Daily lunch planned by Registered Dietitians - served daily to seniors who are 60+ years of age.

**Nutrition Counseling with Registered Dietitians** for seniors who are 60+ years of age in 45 locations throughout Erie County. For more information call 716-858-8526.  
http://www2.erie.gov/seniorservices/
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
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.
86,000 Americans have prediabetes.

Join the Millions®
Stop Diabetes.
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).