

Diabetes Education Center

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and lifestyle factors such as obesity and lack of exercise appear to play roles.

In 2012, approximately 29.1 Americans, or 9.3% of the population had diabetes, according to the National Diabetes Statistics Report, 2014. While an estimated 21 million had been diagnosed with diabetes, unfortunately, 8.1 million are unaware that they have the disease.

NorthShore University HealthSystem (NorthShore) is dedicated to combating the risk factors and effects of diabetes through our comprehensive education and support programs. We encourage you to contact your physician and our Diabetes Education Center to discuss the prevention and treatment options that are best for you and your family.



Diabetes Education Centers:

To schedule an appointment, please call
(847) 926-5032.

Evanston Hospital
Medical Office Building
1000 Central Street
Suite 800
Evanston, IL 60201

NorthShore
Medical Group
731 S. IL Route 21
Suite 130
Gurnee, IL 60031

Glenbrook Hospital
Medical Office Building
2150 Pfingsten Road
Glenview, IL 60026

Skokie Professional
Office Building
9669 Kenton Avenue
Suite 550
Skokie, IL 60076

Highland Park Hospital
Medical Office Building
767 Park Avenue West
Suite 250
Highland Park, IL 60035

Adult Endocrinology
and Metabolic Diseases
NorthShore Medical
Group at Old Orchard*
9977 Woods Drive
Skokie, IL 60077

Vernon Hills
Specialty Suites
225 N. Milwaukee Avenue
Vernon Hills, IL 60061

* To schedule an
appointment at this
location, please call
(847) 663-8540.

Gurnee Ambulatory
Care Center
7900 Rollins Road
Gurnee, IL 60031

northshore.org

 **NorthShore**
University HealthSystem



Improving Diabetes Management
Through Education and Support

 **NorthShore**
University HealthSystem

Diabetes Education Counts

Lowering your blood sugar, losing excessive weight and becoming more physically active will substantially reduce your risk for complications of diabetes. Accomplishing this alone can be difficult and frustrating.

Good education and support are two essential ingredients that will allow you to achieve glucose control. The Diabetes Education Center at NorthShore has an expert team to support and guide you toward your goals.

Adults with type 1, type 2 or gestational diabetes mellitus benefit markedly from diabetes programs. NorthShore's outpatient programs are recognized by the American Diabetes Association (ADA), and provide comprehensive, holistic care and education for diabetes patients.

Our Specially-Trained Staff

The team at the Diabetes Education Center includes board certified endocrinologists, registered nurses and registered dietitians who have national recognition through the ADA. These Certified Diabetes Educators (CDE) are specialists in teaching you to better manage your diabetes.

Our commitment to you is to discuss the most important information relative to your care needs and to offer the best in diabetes research and management for your consideration. The staff participates in continuing diabetes education programs and clinical research to stay at the forefront of our field and make sure that you have access to all the most current tools and techniques to best manage your diabetes.

Many insurance plans, including Medicare, cover diabetes education. Check with your provider for details.

A Team Approach to Management

NorthShore's Certified Diabetes Educators meet one-on-one with you to develop an individualized treatment plan that fits your healthcare needs and lifestyle. We answer your questions about the disease, provide personalized meal plans, recommend medications and adjustments and assist with lifestyle modifications such as exercise.

Our team will coordinate with your primary care physician to provide the most comprehensive plan available, and to connect you to NorthShore's award-winning healthcare services, including Podiatry, the Eye and Vision Center and Integrative Medicine among many others.

Special Services Available

The Diabetes Education Center can assist with a wide range of specialized issues and provide the most up-to-date services, including:

- Priority appointments for individuals urgently needing to begin insulin treatment
- Priority appointments for women with gestational diabetes
- Blood glucose meter and insulin pump start-up and management
- 72-hour continuous blood glucose sensors, recommended for insulin-dependent diabetics who need help with blood sugar pattern management
- Ongoing support groups featuring medical experts, guest speakers and the opportunity to learn from peers
- Classes on a variety of topics, including cooking demonstrations and walking groups (visit northshore.org/diabetes for a schedule)
- Specialized classes for our Medicare population
- Web-based health management through NorthShoreConnect



Advanced Technology for Advanced Care

NorthShore's nationally-recognized electronic medical records system allows for real-time access to your health history by your entire care team. In addition, patients have access to NorthShoreConnect, a secure, free, online portal that allows diabetes patients to upload health and glucose-monitoring information and send it directly to their physician from the comfort of home or their mobile device. NorthShoreConnect also lets patients view test results, schedule appointments, renew prescriptions and view and pay medical bills in one convenient location.

For more information or to schedule an appointment with a Certified Diabetes Educator, please call (847) 926-5032, or visit northshore.org/diabetes for additional resources, including patient education materials available in multiple languages.