

The Mount Sinai Diabetes Alliance

Personalized education, healthy meal planning, and care for those who wear the Mount Sinai badge.



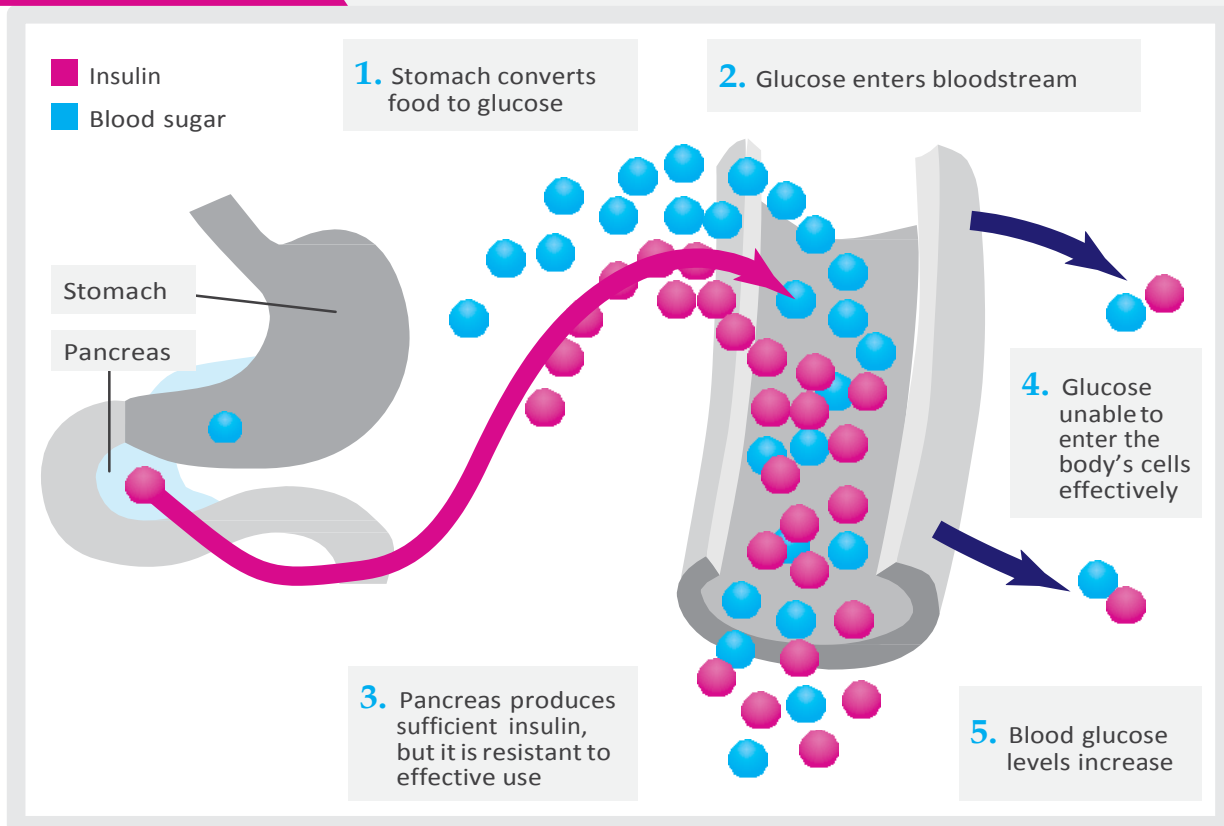
Diabetes: What You Need to Know

Diabetes occurs when there is a breakdown in our body's ability to carry sugar, which comes from the food we eat, to our cells. Normally, sugar is carried into our cells by a hormone called "insulin."

Diabetes occurs when either:

- The body does not make enough insulin, or
- The body is unable to use its insulin

Type 2 Diabetes



Is diabetes a serious condition?

It can be. Diabetes can increase your chance of developing:

- Heart disease
- Problems with the legs and feet
- Eye problems
- Kidney disease

How is diabetes treated?

- If you're prescribed medications, make sure to follow your doctor's directions
- Eat a healthy diet: Three balanced meals and two snacks per day
- Thirty minutes of moderate exercise five days per week (walking, stretching, biking, swimming, light housework). Exercise helps to lower blood sugar and blood pressure and can even help you lose weight.

The Mount Sinai Diabetes Alliance

Personalized support to manage your health

As an employee of Mount Sinai, New York's largest health care system, you have access to many health and wellness programs to improve your overall health.

The Mount Sinai Diabetes Alliance is a program designed to provide personalized support to employees living with diabetes or at risk for developing diabetes. With the help of a Registered Dietician who is also a Certified Diabetes Educator (CDE) who works with your physician, you can better manage your condition and overall health.

What you can do to stay healthy

Check in with your physician regularly to make sure you're staying as healthy as possible.

This may include:

- Having your average three-month blood sugar level or A1c blood level checked
- Ensuring that your blood pressure and cholesterol are checked during visits with your physician
- Getting your kidneys and eyes tested each year
- Seeing a foot doctor at least one time per year

The Mount Sinai Registered Dieticians and CDEs have joined together with your doctor to offer diabetes education, meal planning, and care on campus at the primary care division of the Faculty Practice Associates.

To sign up for a visit with a Mount Sinai Registered Dietician/CDE, please e-mail: wellness@mountsinai.org.

How a Registered Dietician, who is also a CDE, can help you to prevent or manage diabetes and improve your overall health

CDEs specialize in diabetes education and care and will work personally with you and your doctor to:



Teach you about your medicines and how to monitor your blood sugar level



Help you create a healthy and easy-to-follow meal plan for you and your family



Work with you to develop a plan to prevent or care for diabetes



Coordinate visits to other physicians who will monitor your heart, eyes, feet, and kidneys

Groupclasses

In addition to one-on-one visits, you may be able to attend group classes led by the CDE. There, you will meet other employees who, like you, are planning a well-balanced diet, learning about medications, discussing ways to prevent diabetes-related health conditions, and beginning a walking or movement program. A CDE will also be available to answer questions and tailor your treatment plan to your individual needs.

Is there a cost associated with seeing the CDE?

Some insurance companies pay for diabetes self-management education and medical nutrition therapy/services. However, if your insurance does not reimburse for the cost of these services, Mount Sinai will cover this cost as a commitment to our employee community.



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