

YOU'RE IN CONTROL!

The diabetes self-management program offered by St. Luke's Cornwall Hospital **empowers** patients to understand and live with the disease. While careful monitoring and certain adjustments are necessary, many diabetics lead fun and active lifestyles.

Our team approach will help you understand all the factors that go into managing the day-to-day realities of living with diabetes. By enrolling in the program you will have the opportunity to learn important coping skills from —

- SLCH's Certified Diabetes Educators
- Certified Physical Trainers
- Licensed Social Workers
- SLCH's Care Transitions Team

**CALL US TODAY AND LET US HELP YOU
DESIGN A PROGRAM THAT FITS YOUR NEEDS!**

(845) 568-2878



The Diabetes Self-Management Program is recognized by the American Diabetes Association and is covered by most health insurance plans.

Classes are held at both St. Luke's Cornwall Hospital's Newburgh campus, 70 Dubois Street, and Cornwall campus, 19 Laurel Avenue. For more information on this program, or the Diabetes Support Group, call **(845) 568-2878**.

HOSPITAL INFORMATION

Phone.....(845) 561-4400
Web Site.....www.stlukescornwallhospital.org

Parking

The garage at our Newburgh campus makes parking convenient, safe and secure. Located right on Dubois Street, the garage is connected to the hospital by an enclosed pedestrian bridge. Self-service pay stations are located on the first and third levels of the garage. Valet parking is also available at the front entrance of the hospital for a flat fee of \$5 per day. The valet service is open from 6 a.m. - 9 p.m. Monday through Friday and 8 a.m. - 4 p.m. on weekends and holidays.

Directions

From New Paltz and points North: Take I-87 South toward New York City. Use the I-84 exit, Exit 17, toward NY-300/NY-17K/Scranton/Newburgh. Merge onto I-84 East toward Danbury. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W South/NY-32. Turn left onto South Street. Take first right onto Dubois Street.

From Fort Montgomery and points South: Follow US-9W North. Turn right on Broadway/NY-32/NY-17K. Turn left on Dubois Street.

From Fishkill and points East: Merge onto I-84 West/NY-52 West toward Newburgh/Newburgh Beacon Bridge. Take the NY-32 exit, Exit 10S, toward Newburgh/US-9W S/Mount Saint Mary College. Merge onto N Plank Rd/NY-32 toward Newburgh/West Point. Turn right onto Route 9W/US-9W S/NY-32. Continue to follow US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

From Middletown and points West: Merge onto I-84 East toward Newburgh. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

WWW.STLUKESCORNWALLHOSPITAL.ORG

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SLCH#1584 0517

 **St. LUKE'S CORNWALL HOSPITAL**
With you for life.

A Member of the

Montefiore
HEALTH SYSTEM, INC.

DIABETES LIFESTYLE LESSONS SELF-MANAGEMENT PROGRAM



**WE CAN GIVE YOU THE
KEYS TO SUCCESS!**



WWW.STLUKESCORNWALLHOSPITAL.ORG



ST. LUKE'S CORNWALL HOSPITAL CAN HELP YOU WRITE A NEW CHAPTER

- ▶ Individual Classes
- ▶ Group Classes
- ▶ Support Groups
- ▶ Nutrition Support

DIABETES QUESTION?

Even if you're not currently enrolled in the program, call our hotline at —

(845) 568-2878



WHAT YOU'LL LEARN

DIABETES OVERVIEW

This introductory lesson separates fact from fiction, explaining what diabetes is, and its effects on the body. Learn the differences between Type I and Type II Diabetes, and the ways in which they are treated.

MONITORING GLUCOSE/EXERCISE

Learn the various methods used to monitor blood sugars, the importance of home testing and record keeping, and the role exercise plays in managing blood sugar and improving overall well-being.

MEDICATION/INSULIN

Find out about various oral diabetes medications and insulin, and how they work.

STRESS/SOCIAL SUPPORT

Learn how stress can alter blood sugars, healthy ways to manage stress, and how to identify and rely on support systems.

NUTRITION

Proper diet is essential to the management of diabetes. A dietitian discusses a variety of dietary treatment options.

COMPLICATIONS OF DIABETES

Learn the causes of, and treatment for acute blood sugar reactions, and the possible long-term side effects of unmanaged diabetes.

REDUCING THE RISKS

Many diabetes-related problems of the skin, vision, feet and teeth can be avoided by taking precautions. Learn ways to reduce your risk.

SICK DAYS/TRAVEL MANAGEMENT

Learn how minor illnesses such as cold or flu can affect diabetes, and how you can manage it. Tips for safe, relaxed travel are also covered, as are community resources for diabetics. Local resources that diabetics may access for further information or follow-up care are also discussed.

**DON'T GET YOURSELF TIED UP IN KNOTS!
LET US HELP!**

