

The Team Approach

An evaluation and plan of care is established for each person attending the Anderson Diabetes Center. The patient and his/her family is actively involved in this plan of care. Our health care team consists of: Certified Diabetes Educators, including two Registered Nurses and one Registered Dietitian; Social Services; Pharmacists; and our Chief Medical Director. Exercise Physiologists are available through the Anderson Health & Fitness Center. Anderson Diabetes Center's team will work together with your family physician to provide you with complete care. The most important team member is YOU! Working together, we can make a difference. The degree of each patient's participation in the program is determined by the physician and his/her patient.

▣ Services & Classes Offered

- Latest concepts and techniques in diabetes self-management
- Nutrition and meal planning
- Carbohydrate counting (basic and advanced)
- Blood glucose monitoring
- How to recognize, treat and prevent emergency situations in diabetes
- Stress management
- Individualized exercise plan
- The family's adjustment to diabetes
- Complication prevention
- Medication regimens utilized to control blood glucose levels
- Other aspects of a healthy life
- Insulin pump therapy
- Continuous glucose monitoring