

## Highly Trained & Certified Staff

The Diabetes Management Team at SOCH includes certified diabetes educators, registered nurses, dietitians, pharmacists, podiatrists and fitness instructors who specialize in diabetes self-management training. This multi-faceted team of professionals works closely with physicians and specialists to help participants manage their diabetes safely and effectively.

## Diabetes Facts

Diabetes is a chronic disorder that affects approximately 18 million people in the United States. However, one in every three people with diabetes do not know they have the disease. Diabetes prevents the body from manufacturing or properly using insulin, which is necessary for converting food into energy. When the body cannot produce enough insulin, blood sugar levels rise. Elevated blood sugar levels over time can lead to serious complications, such as blindness, heart disease, stroke, amputation, nerve and kidney damage and circulatory problems.

Through education and self-management of diabetes, those with diabetes can prevent serious health problems, learn to adopt a healthier lifestyle and improve their quality of life.

**For more information on the Diabetes Self-Management Program at Southern Ocean County Hospital or to schedule an appointment with a certified diabetes educator, please call SOCHConnect at (609) 978-3400.**



Endocrinologist Sajjad Hussain, M.D.  
Medical Director  
Diabetes Self-Management Program



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Coordinator, Diabetes Self-Management Program

SOCH's Diabetes Self-Management Program is located in The Family Resource Center on the Fourth Floor of the Ocean Club 700 S. Route 9, Stafford Twp., NJ 08092



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The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

# Diabetes Self-Management Program



The Diabetes Self-Management Program at Southern Ocean County Hospital is committed to improving the quality of life of those with diabetes. The focus of diabetes education at SOCH is on both the patient and his or her family and centers around the cornerstones of diabetes self-management:



- Blood Sugar Monitoring
- Medical Nutritional Therapy
- Exercise
- Medication

The goal of the program is to provide individuals with diabetes and their families with the tools to take control of diabetes, safely manage the disease and prevent serious complications.

**For more information or to schedule an appointment with a certified diabetes educator, call SOCHConnect at (609) 978-3400.**

## Learning to Manage Diabetes

Participants of the Diabetes Self-Management Program meet team members in a one-on-one setting to assess their needs and design a customized educational program. Services include instructions on how to safely administer insulin, the proper care and use of a self-blood sugar monitor and more. Team members take time to provide hands-on practice to ensure participants are comfortable with their medication regimen and proficient in self-blood sugar testing and all aspects of diabetes care.

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# Diabetes Services

## Diabetes Educational Series

The Family Resource Center offers a Diabetes Educational Series which is presented by certified diabetes educators and dietitians. This series provides participants with the latest information on nutrition, medications, health habits and exercise as well as important information on complications, risk factors, stress management and self-management of blood sugar levels. For more information on this program, please call SOCHConnect at (609) 978-3400.

## Individual & Family Counseling

Individual and family counseling services are available and provide confidential, personal attention and hands-on practice from a registered nurse or a registered dietician.

## Nutritional Consultations

Registered dietitians from SOCH, specially trained in diabetes, are available to provide individual meal planning assistance and design a nutritional program based around foods the participant likes.

## Gestational Diabetes

Individual counseling and training are also available for expectant mothers with gestational diabetes. Services are coordinated with the participant's physician.



## Diabetes Foot Screenings

Diabetes Foot Screenings are available on the first Wednesday of each month at Wound Care Concepts, the wound care center at SOCH, which is located on the first floor of the Medical Arts Pavilion in the Physical Therapy Department.

## Diabetes Educational Support Group

The Diabetes Support Group at SOCH meets on the first Thursday of each month at 2 p.m. in The Family Resource Center, located on the fourth floor of the Ocean Club. These free meetings are facilitated by a certified diabetes educator who reinforces self-care issues of diabetes control, allowing those with diabetes to share their experiences while providing the latest information on current trends and issues in diabetes.

## Safe Syringe Disposal Program

SOCH's Safe Syringe Disposal Program offers people with diabetes and other injection-dependent individuals the proper containers for safe disposal of syringes and lancets. A one-time \$10 deposit is required. Bio-System Safe Containers can be picked up at The Family Resource Center weekdays from 9 a.m. - 5 p.m. The Family Resource Center is located on the fourth floor of the Ocean Club.