

## What is Medical Nutrition Therapy (MNT)?

Medical Nutrition Therapy (MNT) is a key factor in improving diabetes health management.

The foods you eat - and the amount you eat - can affect your blood sugar (glucose) and blood fats (cholesterol, triglycerides). You can improve your blood sugar control by making food choices that build healthy meals. Scientific research has proven that controlling blood glucose levels can reduce the risk of developing complications of diabetes.

MNT includes an assessment of nutritional status followed by appropriate therapy - usually individualized to a patient's lifestyle by a registered dietitian.

## What does MNT include?

MNT includes nutritional, diagnostic, therapeutic and counseling services provided by a registered dietitian. The services may help to:

- Effectively treat and manage disease conditions
- Help reduce complications in patients with diabetes
- Improve patients' overall health and quality of life

## What are the benefits of MNT?

MNT for diabetes is covered by many health plans. MNT may increase health and well-being, productivity and satisfaction levels through decreased doctor visits, hospitalizations and reduced prescription drug use.

Our caring, experienced staff of registered, licensed dietitians and certified diabetes educators (CDE) will help you manage your diabetes through lifestyle changes including healthy eating, physical activity, monitoring and medication management.

## Who do I talk to about MNT?

If you or someone you know could benefit from Medical Nutrition Therapy, ask your doctor for a referral to see a registered dietitian from the Center for Diabetes Care at Indiana Regional Medical Center.

### Center for Diabetes Care Registered Dietitians

Lori Smith, RD, LDN, CDE  
Theresa Kinner, RD, LDN

*For a referral to participate in our  
Outpatient Services or for more information,  
please ask your doctor or call:*

**724-357-7164**

**INDIANA**  
REGIONAL MEDICAL CENTER  
**CENTER FOR DIABETES CARE**  
P.O. Box 788, Hospital Road  
Indiana, Pennsylvania 15701-0788

LIVING WELL WITH  
**DIABETES**



**INDIANA**  
REGIONAL MEDICAL CENTER  
**CENTER FOR DIABETES CARE**

## OVERVIEW

Scientific research has proven that controlling blood glucose levels can reduce the risk of developing complications of diabetes. Helping control your blood glucose levels over the long term is what our diabetes program is all about.

### *Diabetes is a serious problem when left untreated:*

- *It is the SIXTH LEADING CAUSE OF DEATH in the United States*
- *It is the leading cause of new cases of blindness*
- *It accounts for 56,000 leg and foot amputations each year*
- *It is the leading cause of kidney failure*
- *It increases the chance of having heart disease or suffering a stroke by two to four times*

**YOU CAN LOWER YOUR RISK FOR LONG-TERM COMPLICATIONS by learning how to manage and control your diabetes...**

**...AND WE CAN HELP!**

Diabetes is a disease that can have serious effects on many parts of the body, sometimes permanently. If left untreated, diabetes can lead to heart and kidney disease, amputations, blindness and other serious problems.

Our caring, experienced staff of registered licensed dietitians and certified diabetes educators (CDE) will help you manage your diabetes through lifestyle changes including healthy eating, physical activity, monitoring and medication management. The hospital provides this education through both our Inpatient and Outpatient Services.

## INPATIENT SERVICES

Management of your blood glucose level is important, perhaps more important when you are in the hospital. Recent studies have shown that keeping blood glucose levels near normal while hospitalized can help prevent infections and other complications.

Our experienced staff understands your special needs. They will work in the hospital with your doctors and nurses to give you the highest quality care for your diabetes and other conditions. This includes managing your blood glucose levels, providing for your nutritional needs and teaching you basic skills to manage your diabetes at home until you can participate in the outpatient program for more advanced instruction.

## OUTPATIENT SERVICES

### PRE-DIABETES

The Institute for healthy Living has partnered with Highmark to offer the following wellness programs to the general public, with **NO CHARGE TO HIGHMARK SUBSCRIBERS**:

### DIABETES AWARENESS & PREVENTION:

This four-week program will give you the tools to lower your risk for diabetes, live well with diabetes, improve your eating habits, increase your physical activity, manage stress, live a healthier lifestyle.

### PERSONAL NUTRITION COACHING:

A registered dietitian will be available to individuals specifically seeking nutrition counseling, related to weight management, heart health and diabetes.

### DIABETES SELF-MANAGEMENT CLASSES

Includes individual assessment and three group classes to learn more about managing your diabetes from meal planning to medication management to monitoring blood sugar levels.

### BLOOD GLUCOSE MONITORING

Individual session with a certified diabetes educator to learn how to begin monitoring blood sugar levels and review the benefits of monitoring along with recommended testing times and blood sugar goals.

### CARBOHYDRATE COUNTING

Individual session with a dietitian to learn more about the basics of carbohydrate counting with emphasis on carbohydrate consistency, label reading and meal planning. Advanced carbohydrate counting allows individuals to learn how to adjust insulin dosages based on carbohydrates consumed at meals or snacks in addition to current blood sugar readings.

Along with basic and advanced carbohydrate counting, individual nutrition sessions are also available, which address diabetes management in addition to other nutritional concerns such as weight management and lipid management.

### INSULIN PUMP OVERVIEW

Session with a certified diabetes educator to begin the process for insulin pump therapy.

### GESTATIONAL DIABETES

A session with the educators to review the treatment guidelines for managing gestational diabetes with nutritional management along with frequent blood sugar testing. Follow up sessions are included.

### DIABETES SUPPORT GROUPS

**ADULT:** This support group is offered monthly and includes a variety of topics and speakers on diabetes management.

**CHILDREN:** This support group is offered twice a year to children ages 7 to 13.