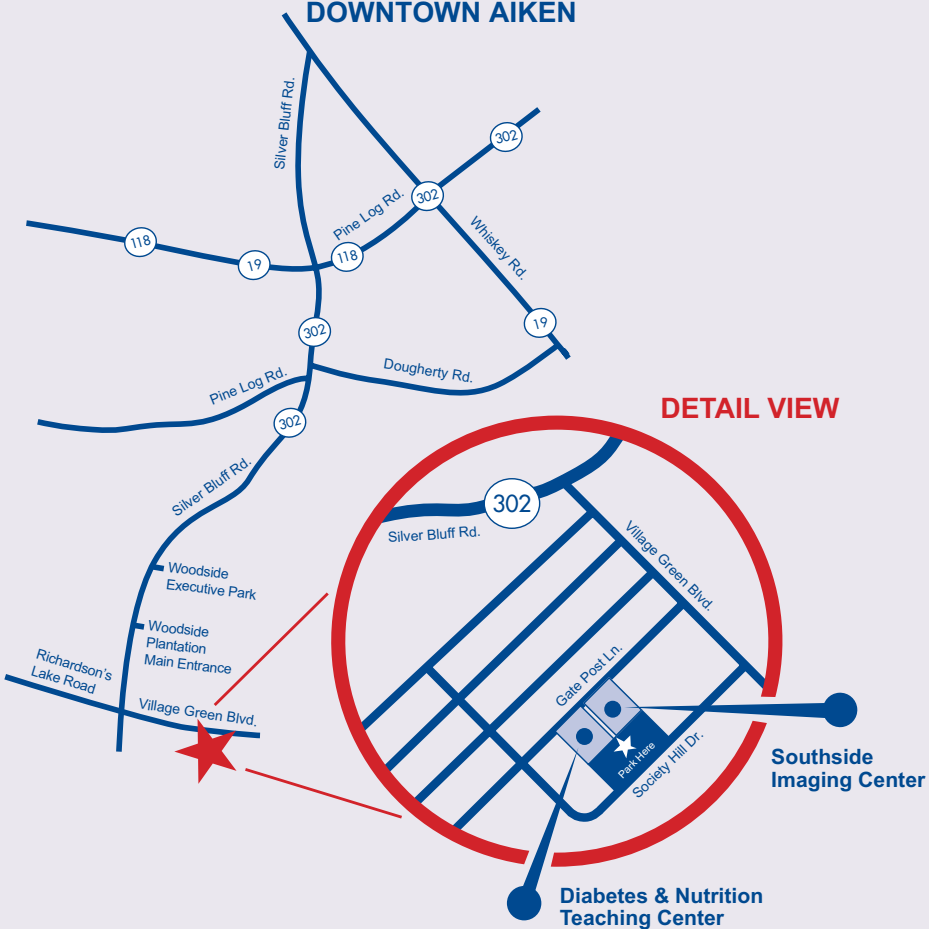


Our Location

DOWNTOWN AIKEN



Workplace Wellness

More and more, employers are realizing the value of having healthy employees and the role they play in their employees' health.

The Diabetes & Nutrition Teaching Center offers a nutritional program that includes:

- ✦ Employee health assessments
- ✦ Individual medical nutrition therapy plan of care and training
- ✦ On-site resting metabolic rate testing and evaluation
- ✦ Weight, body mass and waist girth tracking
- ✦ Small group nutrition lectures

Diabetes & Nutrition Teaching Center
 420 Society Hill Drive
 Aiken, SC 29803
 803-293-0023

DIABETES & NUTRITION TEACHING CENTER

Take charge of your health.

Accredited by the American Diabetes Association
and the American Dietetics Association



We are board certified
in Pediatric and Adolescent Nutrition and Weight Management,
Renal Nutrition Management and Diabetes Self-Management.



302 University Parkway • Aiken, SC 29801 • 803-641-5000 • www.aikenregional.com

Physicians are on the medical staff of Aiken Regional Medical Centers, but, with limited exceptions, are independent practitioners who are not agents or employees of Aiken Regional Medical Centers. The hospital shall not be liable for actions or treatments provided by physicians.





Diabetes & Nutrition Teaching Center

We are dedicated to helping you meet personal health goals through:

- Prevention of diabetes-related complications
- Weight-loss and nutritional counseling
- Technologies to aid your progress
- Workplace wellness programs

Our accredited self-management education program was the first diabetes education program in the Central Savannah River Area to receive recognition from the American Diabetes Association.

803-293-0023

Diabetes Management

There is no cure for diabetes, but the good news is that the majority of diabetics can prevent major health complications with proper nutrition, exercise and stress management practices.

That's where the **Diabetes & Nutrition Teaching Center of Aiken Regional Medical Centers** comes in. The credentialed, professional staff members use highly advanced treatment methods to help you manage your diabetes, thereby providing overall health benefits.

All patients (adults and children) receive specialized, interdisciplinary care from a physician who specializes in the treatment of diabetes, and from registered nurses, registered dietitians and various support personnel, all enhanced by the skills of Certified Diabetes Educators.

Patients at the **Diabetes & Nutrition Teaching Center** receive:

- A personalized health needs assessment
- A self-care plan that includes:
 - Nutrition education
 - Disease-specific self-management sessions
 - Constant reinforcement through personal patient contact

Diabetes management is not limited to an outpatient basis. If hospitalization becomes necessary, we use a team approach with inpatient education and patient-specific case management during your inpatient stay.

Unmanaged diabetes can lead to blindness, heart attack, stroke, kidney failure and amputations. Gestational diabetes, insulin resistance, impaired glucose tolerance or pre-diabetes are related diagnoses that can have these same outcomes.

Technologies to Aid Your Progress

We use some of the most advanced technology available in a leading-edge approach that includes continuous glucose monitoring, insulin pump therapy, personalized patient-specific care plans, and an enhanced diabetes data management system.

These tools allow you to develop the skills you need to control your diabetes – instead of the disease taking control of you.

Weight-Loss and Nutritional Counseling

People who are not diabetic but are seeking help with weight loss or other health issues can find the resources they need at the Diabetes & Nutrition Teaching Center. The Center offers one-on-one, patient-specific nutrition counseling.

Specialized nutrition counseling can help ensure lifelong health for a variety of conditions or needs, including:

- Weight problems
- Hypertension
- Food allergies
- Wound healing
- Evaluation for gastric bypass surgery
- Cholesterol management

Certified personnel at the Diabetes & Nutrition Teaching Center perform nutritional assessments and develop a care plan tailored to patients' specific health needs.

We have special equipment to assess a patient's resting metabolic rate (RMR). RMR is determined with a breathing test that measures a person's caloric expenditure as they exhale. Based on this test, specific nutrition interventions can be planned, giving the patient and care team coordinator the tools necessary to reach that patient's personal healthcare goal.

Childhood and Adolescent Nutrition and Weight Management

We are here to help parents meet childhood nutrition and weight-management goals at any age or stage. We offer one-on-one counseling and individualized plans.

Our staff develops personal nutrition plans of care for:

- Weight-loss management
- Disease-specific nutritional management and prevention
- High cholesterol and/or triglycerides
- High blood pressure
- Food allergies
- Pre-diabetes and diabetes self-management
- Nutrition for athletes
- Poor growth/failure to thrive
- Healthy eating through stages of growth

The physician-referred program uses a comprehensive approach to help your child meet personal health goals, including:

- Collaboration with local school systems
- Promotion of exercise regimens
- Consideration of cultural variances
- Building self-esteem through goal-setting for a healthy lifestyle
- Consideration of financial constraints

For more information, call 803-293-0023 and ask to speak with one of our care team professionals.