

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

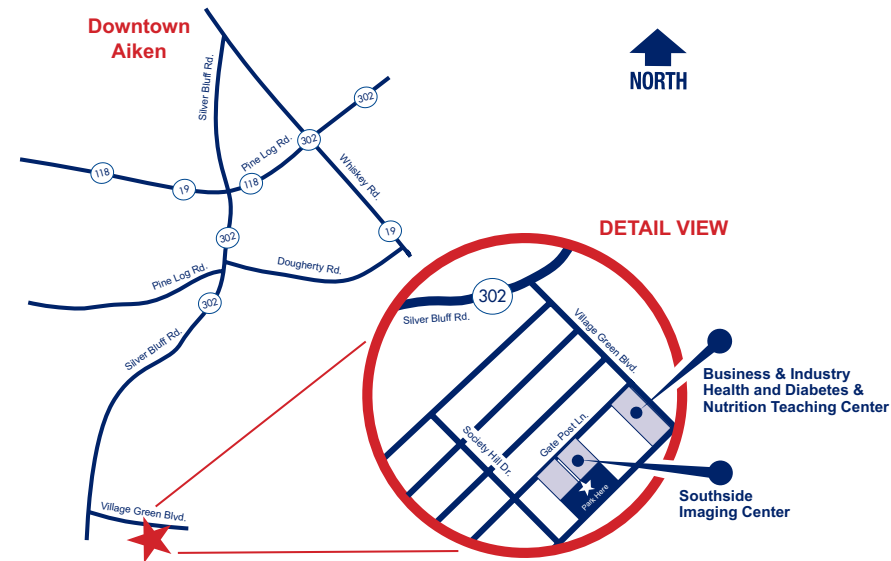
Weight, body mass and waist girth tracking

Small group nutrition lectures

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



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.



Aiken Regional
MEDICAL CENTERS

Diabetes & Nutrition Teaching Center

www.aikenregional.com

440 Society Hill Drive, Suite 204, Aiken, SC 29803
803-293-0023

Physicians are on the medical staff of Aiken Regional Medical Centers, but, with limited exceptions, are independent practitioners who are not employees or agents of Aiken Regional Medical Centers. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 180626 1/18



Control your diabetes. Control your weight.
Control your health. **For life.**



Aiken Regional
MEDICAL CENTERS

Diabetes & Nutrition Teaching Center

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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.

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, and achieve overall health benefits.

Both adults and children receive interdisciplinary care from Certified Diabetes Educators, Registered Nurses, Registered Dietitians and various support personnel, all in coordination with your personal physician.

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

Blood Sugar Management Education Includes:

- Pre-diabetes
- Hypoglycemia
- Gestational Diabetes
- Type 1 Diabetes
- Type 2 Diabetes (insulin and noninsulin)
- Impaired Glucose Tolerance
- Cystic Fibrosis-Related Diabetes



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

*Physicians are not employees or agents of this hospital.

Non-Diabetic 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 concerns
- Pregnancy
- Hypertension
- Food allergies
- Chronic kidney disease
- Wound healing
- Cancer
- Cholesterol management
- Eating disorders
- Evaluation pre/post nutrition stomach surgery

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 goals.

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

