



Balance

Diabetes

CENTER OF EXCELLENCE



UMassMemorial
Health Care



University of
Massachusetts
UMASS Medical School



“With a disease like diabetes, our health care team will only be successful with the patient playing the most important role.”

~ David Harlan, MD, Co-director,
UMass Memorial Health Care Diabetes
Center of Excellence

Heather Elias, MD, is part of the care team at Marlborough Hospital and UMass Memorial Medical Center.

Teamwork



Pediatric dietitians (pictured from left) Lisa Greenman, MS, RD, LDN, and Jody Fleshman, MS, RD, LDN, help patients and families make healthy food decisions.



Max Figueroa swims at a local pool.

Cover photo: Patient Max Figueroa and his mother, Andrea, prepare a healthy meal in their home.

“Type 1 diabetes is not a 24-hour illness — it is a chronic disease that requires a partnership between patients, their families, and the doctors and nurses.”

~ Laurie Howard, Barre, MA

You're Not Alone.

Whether you, a child or a family member is newly diagnosed with type 1, type 2 or gestational (during pregnancy) diabetes or have been struggling to manage your diabetes for some time, you don't have to do it alone.

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At the UMass Memorial Health Care Diabetes Center of Excellence, you have an entire team of diabetes experts on your side to help you feel confident about your ability to not only control your

symptoms but also achieve balance in your life. We believe the most effective diabetes care is a partnership between you and your health care team, and that you play the most important role in managing your diabetes.

Your team includes adult or pediatric endocrinologists who specialize in diabetes, certified diabetes nurse educators, nutritionists and nurse practitioners. Together, they provide a one-stop resource for prevention, evaluation and diagnosis, education about self-management, nutrition consultation, and counseling and behavior modification. And you have access to today's most advanced diabetes research and treatments through our partnership with the University of Massachusetts Medical School.

Take the first step toward feeling better and living a longer, healthier life. See all that the UMass Memorial Diabetes Center of Excellence has to offer.

About Our Centers of Excellence

The Cancer, Diabetes, Heart and Vascular, and Musculoskeletal Centers of Excellence deliver seamless programs of quality and compassionate care for patients across our health care system. Developed to meet the needs of our community, our centers offer an experienced team approach to specialized treatment, advanced therapies and breakthrough clinical trials. Our highly trained physicians and staff provide patient-centered care in modern facilities with the latest technologies as we educate tomorrow's health care leaders and advance science through research at the University of Massachusetts Medical School.

A Collaborative Approach ...



Family medicine physician Ronald Adler, MD, and Donna DaSilva-Mangra discuss goal setting with the help of a scorecard, which gives a visual overview of patients' diabetes-related health information.

... to Patient-centered Diabetes Care

Diabetes care requires a team approach in which primary care physicians and specialists work together to support the most important member of the care team: the individual with diabetes.

Through the UMass Memorial Health Care system of member and affiliate hospitals in Central and Western Massachusetts, the Diabetes Center of Excellence shares its expertise with primary care physicians in the community. In fact, the Medical Center collaborates with community-based physician practices to help improve diabetes care management in the primary care setting.

This collaboration provides seamless, integrated care between specialists and frontline caregivers who deal with diabetes every day, ensuring that you receive the best possible care, when and where you need it.

All the Health Care Resources You Need

At the Diabetes Center of Excellence, you have convenient access to “eyes-to-toes care” and all the health care services you need to help you manage your diabetes. Our comprehensive resources include:

- **Evaluation of your current lifestyle and treatment routines** to identify where there’s room for improvement
- **In-depth education and training** (individual and group) so you can feel informed and empowered about managing your diabetes and preventing complications
- **The most current and effective treatment options**, tailored to your unique health and lifestyle needs
- **Eye and foot care** to help prevent problems
- **Diabetes support groups** that meet in Worcester and other community locations
- **Nutrition consultation** so you can make the healthiest diet decisions
- **Counseling** to help you address the emotional challenges of living with diabetes
- **Behavioral modification** to help you adopt healthier habits
- **Extensive online information and support** including a patient scorecard, monthly e-newsletter and online diabetes management system

Support

“After struggling to control my diabetes, I found the support I need at UMass Memorial Medical Center.”

~ Mary Wilson, Ayer, MA

Why Choose Us for Your Diabetes Care?

- **Our team of experts is on your side.** We ensure that you have all the information, treatment resources and support you need.
- **You'll be empowered to take control of your diabetes.** Knowledge is power, which is why we provide continuous, long-term education so you understand how to control your diabetes as completely as possible — and live your life as fully as possible.
- **We offer personalized care to fit your individual health needs and lifestyle.** Diabetes affects everyone differently, and the care you receive at UMass Memorial reflects that.
- **Access to the latest advances in diabetes care is local.** We're involved in diabetes research and education and are on the leading edge of treatment and understanding of this disease.
- **Your family is included.** When an individual has diabetes, it can have an impact on the entire family, and we provide education and support that includes them.
- **We see you as a whole person.** Diabetes is something you have, not who you are. And it can affect you emotionally as well as physically. We have resources in place to help you and your loved ones cope with the emotional side of living with diabetes.
- **You don't have to travel far to get the best of care.** All the resources you need are right here, close to home.

Pediatric Diabetes Care

The Diabetes Center of Excellence provides care for infants, children and adolescents with type 1 and type 2 diabetes through our Children's Medical Center in Worcester.

Our full-service team includes pediatric endocrinologists (they're among the region's only subspecialists board-certified in pediatric diabetes care), certified diabetes nurse educators, dietitians, social workers, child life specialists and psychologists. We provide telephone consultations regarding insulin management, work closely with school nurses to coordinate care, and provide 24/7 coverage for medical emergencies for patients under our care.

“The physicians took care of Matt physically and emotionally and, as parents, we got what we needed, too.”

~ Cathy Robbins, Holden, MA



Confidence



Insulin pump user Jonathan Caparso, receives advice from Dianne Carter, NP.

“The nurturing, caring and supportive attitude of the entire UMass Memorial Medical Center staff has been wonderful.”

~ Leonard Pacek, Holden, MA



Diabetes education is an important part of the care Nicole Parent, RN, (pictured right) provides to Carolyn Minty at HealthAlliance Hospital.

Energy

Coordinated Care, Breakthrough Research



Coordinated Referrals to Specialists

We coordinate referrals to all the specialists involved in treating the complications of diabetes — giving you efficient, streamlined access to a full range of medical and surgical expertise. As part of UMass Memorial, cardiology, vascular care, eye care and weight loss services are available to you in convenient and close-to-home locations.

Access to Leading-edge Research and Clinical Trials

As part of an academic medical center and medical school dedicated to research and education, we're involved in cutting-edge research focused on developing a cure for diabetes. Our goal is to provide innovative patient care to prevent diabetes in at-risk individuals while also pursuing a cure for those already diagnosed with the disease. We are also engaged in clinical trials and studies to help improve treatment and management of diabetes and translational studies arising from breakthrough scientific discoveries.

National Recognition

Our self-management education model is approved by the American Diabetes Association (ADA), which means that we've met high national standards for our comprehensive diabetes education. Our multidisciplinary pediatric diabetes clinic is also the only ADA-approved program for children in Central Massachusetts.

Our researchers have received numerous honors for their contributions to the understanding of diabetes and its treatment, including twice earning the Banting Medal for Scientific Achievement Award. The Banting Medal is the ADA's highest scientific award and honors individuals who have made significant, long-term contributions to our understanding of diabetes, its treatment and/or prevention.

“I’m very impressed with UMass Memorial Medical Center. The physicians and staff are very involved in my care and follow up often.”

~ Joseph Fagone, Daytona Beach, FL

Supporting Your Potential

Words of Encouragement

Living with diabetes doesn’t mean that the disease has to limit your potential. Our team works with you to not only improve your self-management, but also help you reach your personal goals. And for added motivation, our Worcester office displays a Diabetes Hall of Honor with a photo gallery and inspirational quotes from notable public figures, athletes and musicians who have the disease — including B.B. King, Crystal Bowersox and Dominique Wilkins.

Our own patients are in the spotlight, too. Outstanding adult and pediatric patients are nominated as Honorees of the Month for their accomplishments and progress in controlling their diabetes, and are also featured in our Hall of Honor.

Take the Next Step

Feel confident about your ability to control your diabetes symptoms and how this challenging chronic disease affects your life. Partner with the UMass Memorial Health Care Diabetes Center of Excellence for expert, comprehensive diabetes care that’s conveniently close to home. And know that you’re not alone.

To schedule an initial consultation, simply call 888-358-6277.

For more information about the care we provide at each of our hospitals and clinics, visit us at www.umassmemorial.org/diabetes.

Andrew Vierkant and pediatric endocrinologist Mary Lee, MD, look to the Diabetes Hall of Honor for inspiration.



Inspiration

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The UMass Memorial Health Care Diabetes Center of Excellence brings the region's finest providers from a number of specialties and sites to help our adult and pediatric patients find balance and live well with type 1, type 2 or gestational diabetes.

Combining the expertise of our teaching and research partner, the University of Massachusetts Medical School, our primary care and specialty physicians, and our member and affiliated community hospitals, the Diabetes Center of Excellence takes a comprehensive approach to care. We offer seamless access to educators and nutrition experts, as well as specialists focused on heart and vascular problems, and eye, foot and weight loss care, so our patients achieve their optimal health.

www.umassmemorial.org/diabetes

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