

Virginia Center for Diabetes Prevention and Education

DID YOU KNOW....

- If you have prediabetes, the Diabetes Prevention Program can help you prevent or delay developing diabetes by as much as 58%. People over 60, can reduce their risk by 71%!
- If you have diabetes, learning about your care through Diabetes Self-Management Education, can help you lower your A1C level by as much as 2.3%.

Diabetes Programs in Your Area

Diabetes Self-Management Education

Would you like to learn how to lower blood sugar levels, decrease diabetes complications, and reduce healthcare costs?

Diabetes education provides evidence-based tools to help people with diabetes to guide decisions and activities about their diabetes. Diabetes education has been proven to help people with diabetes stay healthy.

Riverside Shore Memorial Hospital Diabetes Center - 20480 Market St., Onancock VA, 23417
(757) 302-2174

Diabetes Tele-education Program

Would you like to learn more about diabetes on-line?

The Diabetes Tele-Education Program has 4 diabetes classes offered to people with diabetes and their families. Classes may be viewed at a healthcare facility, or they can be watched at home. To learn more, click on the link below.

<https://med.virginia.edu/vcdpe/diabetes-tele-education-programs/>

Register for one class or all of them!

Diabetes Prevention Program

Do you have prediabetes? Take this simple **RISK TEST**. Individuals who joined in a lifestyle change program have decreased their risk of developing diabetes. Don't wait!

<https://www.cdc.gov/diabetes/prevention/index.html>

Virginia Cooperative Extension (540) 665-5699, vsantiago@vt.edu
Eastern Shore Rural Health Systems, 20280 Market St, Onancock, VA 23417 (757) 414-0400
Ext. 1320

Diabetes Eye Screening

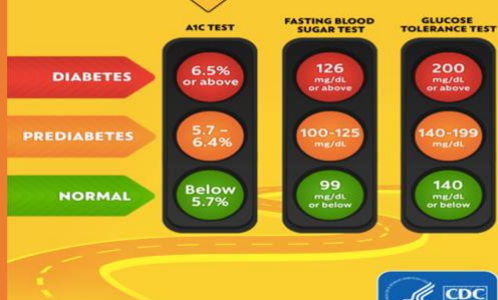
Diabetes eye disease is the leading cause of preventable blindness among people ages 20-79 years. Vision loss can be avoided or treated with early detection.

Screening can help to detect diabetes eye disease early, even before any noticeable changes in vision. It is recommended that patients with diabetes have a dilated eye exam performed by an ophthalmologist or optometrist, routinely.

Catherine L. Turlington, OD - 3298 Main St, Exmore, VA 23350 (757) 442-5079
Eastern Shore Eye Center - 3297 Broad St, Exmore, VA 23350 (757) 442-3937

Diabetes Resources

THE ROAD TO TYPE 2 DIABETES



Virginia Department of Health
<https://www.vdh.virginia.gov/diabetes/>

Virginia Cooperative Extension
<https://www.ext.vsu.edu/what-is-diabetes>

Center for Disease Control
<https://www.cdc.gov/diabetes/basics/index.html>