2014

Diabetes Resource Guide:
3rd Edition
Diabetes Resource Guide
3rd Edition
Where to Find Diabetes Care, Education, and Support Services in or near Jackson County, Illinois

Developed by the Diabetes Today Resource Team
Last Updated June 2014
This guide was created as a resource to help Jackson County residents like you to more effectively manage your diabetes to reduce complications. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact your life. The American Diabetes Association reports that 21 million people in the United States have diabetes. You are not alone, and there are people who can help.

This guide was created to help you reduce your risk of diabetes or help you manage your diabetes. Most of these resources are for Jackson County or surrounding counties in Illinois.

The information in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or if you have diabetes, consult with your doctor or health care professional.

We are not necessarily endorsing or recommending specific providers listed in this guide. They are listed as possible places for you to contact.

If you have updates to the resource guide please contact Jackson County Health Department, 618-684-3143, ext. 133 or 134.

For additional resources visit www.accesssi.org or http://www2.sih.net/referralresourceE-manual.pdf
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Diabetes Overview:

What is Diabetes?
Diabetes is a disease in which the body does not make or properly use insulin. Insulin helps the body use energy from food you eat. Diabetes can not be cured but it can be treated and controlled.

What are the Complications of Uncontrolled Diabetes:
Complications resulting from uncontrolled diabetes include; eye, foot and skin complications, heart disease, kidney disease, nerve damage, dental problems, and depression. Complications like these can often be prevented or delayed through proper diabetes management and healthy lifestyle changes.

What are the Types of Diabetes?
- **Type 1 Diabetes:** the body no longer makes insulin. (5-10% of cases)
- **Type 2 Diabetes:** the body’s cells do not use insulin properly. Sometimes this is called “Insulin Resistance” (90-95% of cases). It is a progressive disease and insulin may be necessary.
- **Gestational Diabetes:** A form of diabetes first diagnosed during pregnancy. Usually goes away after pregnancy ends. Increased risk for developing Type 2 in future.
- **Pre-Diabetes:** a condition that occurs when a person’s blood glucose (blood sugar) levels are higher than normal, but not high enough for a diagnosis of Type 2 diabetes. Lifestyle changes may prevent progression to a diabetes diagnosis.

You are at greater risk of diabetes if you:
- Are overweight or obese (Body Mass Index over 25)
- Have a family history of diabetes
- Are over age 60
- Are Latino, African American, Asian American, Native American, Hawaiian or other Pacific islanders origin
- Had a baby that weighed over 9 lbs at birth
- Live a sedentary/inactive lifestyle
- Have high blood pressure
- Have high blood cholesterol levels

The following are symptoms you might experience if you are living with diabetes:
- Increased frequency of urination
- Dry mouth or skin
- Tiredness or fatigue
- Blurred vision
- More frequent infections
- Slow healing of cuts and sores
- Unexplained weight loss

SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT.
One out of every three people with diabetes is not aware that they have it. If you have these symptoms get tested.

Getting Tested?

Talk with your health care provider. It is important that you find a medical home/primary care provider if you do not have one. You should also look for someone who has an interest and specialized training in treating patients with diabetes.

A fasting* blood glucose (blood sugar) test or Oral Glucose Tolerance Test (blood glucose is measured after a fast and then 2 hours after drinking a high glucose beverage) may be used to test for pre-diabetes or diabetes.

The blood glucose test measures the amount of glucose (sugar) in the blood at one point in time. A hemoglobin (A1C) test indicates the blood glucose (sugar) level over time and is frequently used to indicate how well the diabetes is being controlled.

Test Results: What do they mean?

**Pre-Diabetes:** a fasting* blood glucose level of **100-125 mg/dl** or a two-hour blood glucose level between **140 and 199 mg/dl,** or a Hemoglobin A1C (A1C) of **5.7% – 6.4%**.

**Diabetes:** a fasting blood glucose level of **126mg/dl** or higher or a two-hour blood glucose level at **200 mg/dl** or higher during a 2 hour glucose tolerance test, or a Hemoglobin A1C (A1C) higher than **6.5%**.

*Fasting is defined as no food or beverages for at least 8 hours.

*SOURCE: American Diabetes Association Standards of Medical Care 33 (Supplemental1):S11-S61, 2010.*
Managing Diabetes

If you have been diagnosed with diabetes, here are some questions to ask your health care provider as well as some steps to help you in managing your diabetes.

When you see your health care provider, ask the following questions at each visit:

- How is my hemoglobin A1C?
  - What is my target A1C number?
  - When do I need to test it again?
- How is my Blood Pressure?
  - What is my target blood pressure number?
- How is my Cholesterol?
  - What is my target cholesterol number?
- Do I need an eye exam?
- Are there any other screenings I may need?
- Where can I attend diabetes education classes?
- Will you check my feet today?
- Are there support groups available for persons living with diabetes?

Tests you will need. Discuss these with your health care provider:

- Hemoglobin A1C (at least twice a year, and sometimes more often.)
- Blood pressure (every visit with your healthcare provider)
- Blood Cholesterol (once a year)
- Micro albumin to test kidneys (once a year)
- Dilated Eye Exam (once a year)
- Foot Exam (once a year)
- Dental Exam (twice a year)

Make sure to practice routine self-care:

- Check your blood glucose (blood sugar).
- Exercise.
- Follow a healthy meal plan.
- Take care of your heart.
- Take your medicine.
- Take care of your feet.
- Take care of your teeth.
- Manage stress.
- Create an action plan to stay healthy.

For more information on managing your diabetes refer to the booklet “Live your Life! Control your Diabetes.” If you have not yet received a copy ask your health care provider or call Jackson County Health Department at (618)684-3143, ext. 133 to obtain a free copy.
Certified Diabetes Educators/ Registered Dietitians
These health professionals are specially trained to work with patients with diabetes and to provide guidance on diabetes management.

American Association of Diabetes Educators
Address: 200 W. Madison St., Suite 800
Chicago, IL 60606
Phone: 800.338.3633
www.diabeteseducator.org
(This link helps you find a certified diabetes educator in your area.)

Illinois Department of Public Health
JoAnna R. Rewerts, MS, RD, LDN
Diabetes Program Registered Dietitian
535 W. Jefferson St.
Springfield, IL 62761
Phone: 217.785.1053
Fax: 217.782.1235
joanna.rewerts@illinois.gov

Jackson County

Lynn Gill, RD, MS
SIU Student Health Programs Wellness Center
Address: 374 E. Grand Ave.
Carbondale, IL 62901
Phone: 618.536.4441
lynnng@siu.edu
Website: www.shc.siu.edu
Services available to SIU students only. The $6.00 door fee can be charged to students’ bursar account. Offers diabetic counseling, provides basic diabetes education, nutrition education, and group education classes. Physician referral is needed.

Beth Michaels, MS, RDN, LDN, CDE
Southern Illinois Healthcare
Memorial Hospital of Carbondale and St. Joseph Memorial Hospital
Address: 405 W. Jackson St. 2 South Hospital Drive
Carbondale, IL 62902 Murphysboro, IL 62966
Phone: 618.549.0721 ext. 65227 618.684.3156 ext. 55400
beth.michaels@sih.net
Center for Medical Arts
Address: 2601 W Main St
Carbondale, IL 62901
Offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. Physician referral is needed.

Paula Vineyard Most, MS, RD, LDN, CLS
Phone: 618.967.1085
paulamost@mchsi.com
Offers nutrition education, basic diabetes education, provides presentations on certain nutrition topics. Private pay.
Debra A. Newbolds, RN, BSN, CDE
Southern Illinois Healthcare Memorial Hospital of Carbondale
**Address:** 405 W. Jackson St.
Carbondale, IL 62901
**Phone:** 618.549.0721 ext. 65616
debra.newbolds@sih.net

Program coordinator for the Thrive Diabetes Self-Management Program (An accredited American Association of Diabetes Educators program.) Also offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. Physician referral is needed. Provides insulin self administration training, instruction based on AADE 7 Self-Care Behaviors. Is a certified insulin pump trainer for Animas, Medtronic, Omni Pod and Spirit. Accepts insurance and private pay. Health Care Financial Assistance program is also available. Go to [www.sih.net](http://www.sih.net) for more information or call hospital billing department for information.

Gail Peterman, RD, LDN, CDE
Murphysboro Health Center
**Address:** 7 South Hospital Drive
Murphysboro, IL, 62966
**Phone:** 618.687.3418
**Fax:** 618.687.4053

Works with patients of Shawnee Health Service only.

Lori Trentacosti, MS, RD, LD, CDE
Christopher Rural Health Planning Corporation
**Address:** 4241 State Highway 14 West
Christopher, IL 62822
**Phone:** 618.724.2401 ext 1660
**Fax :** 618.724.2474
ltrentacosti@crhpc.org

Offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. Physician referral is needed. Accepts insurance and private pay.

Cynthia York-Camden MS, RD, LDN
SI Nutrition & Diabetes
**Address:** 19 E Shawnee Drive
Murphysboro, IL, 62966
**Phone:** 618.967.9535
**Fax:** 618.565.1701
Cynthia@sinutrition.com

Cindy is your personal dietitian nutritionist in Southern Illinois for diabetes, weight loss, and kidney disease. Flexible appointment times available to fit your schedule. Individual and group services. Medicare and most insurances accepted with doctor referral.
**Jefferson County**

**Diane Terry, RN, BSN, CDE**  
St. Mary’s Good Samaritan  
**Address:** 605 N. 12th St.  
Mt. Vernon, IL 62864  
**Phone:** 618.241.2708  
Diane_terry@ssmhc.com  

Offers diabetic counseling to individuals, provides basic diabetic education and nutrition education, group education classes, and offers training on testing blood sugar. Physician referral is needed. Accepts insurance, private pay fees, and Medicare. Illinois Department of Public Aid recipients may apply for financial assistance. Offers monthly diabetes support group programs. There are no charges for support group programs and no order from a physician is required.

**Williamson County**

**Natalie DeMello, RD, LDN, CDE**  
Department of Veterans Affairs Medical Center  
**Address:** 2401 W. Main St.  
Marion, IL 62959  
**Phone:** 618.997.5311 ext. 55327  
natalie.demello@va.gov  

Offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, group education classes, and basic information on insulin pumps. Provides shared medical appointments for diabetes. Physician referral is needed.

**Heather Holden-Burns, RD, CDE, M.Ed.**  
Diabetes and Endocrine of Southern Illinois  
**Address:** 3020 S. Park Avenue  
Herrin, Il 62948  
**Phone:** 618.988.1877  
hs Houston5315@yahoo.com  

Offers diabetic counseling to individuals, provides basic diabetes education, nutrition education, group education classes, offers training on testing blood sugar and basic information on using insulin pumps. Certified pump trainer for Medtronic, Animas, and Omnipod. Physician referral is needed. Accepts insurance and private pay fees.

**Cheryl Metheny, MS, RD, LDN, CDE, CLC**  
Illinois Dept. of Human Services  
**Address:** 1107 W. De Young  
Marion, IL 62959  
**Phone:** 618.993.7493  
cheryl.metheny@illinois.gov
Sharon Peterson, PhD, RD, LDN  
Southern Illinois Nutrition Therapy  
Address: 904 W. Grand Ave.  
Carterville, IL 62918  
Phone: 618.985.3885  
sharonlpeterson@hotmail.com  

Offers nutrition counseling to individuals with diabetes and specializes in eating disorders such as binge eating. Physician referral is not needed. Private pay with a sliding scale fee and reduced rates for students are available.

Amanda Settle, RD, LDN, CDE  
Department of Veterans Affairs Medical Center  
Address: 2401 W. Main St.  
Marion, IL 62959  
Phone: 618.997.5311 ext. 72320  
amanda.settle@va.gov

Offers diabetic counseling to individuals, provides basic diabetes education, and nutrition education. Physician referral is needed.

Amy Stout BSN, RN, CDE  
Southern Illinois Healthcare Herrin Hospital  
Address: 201 S. 14th St.  
Herrin, IL 62948  
Phone: 618.942.2171 ext. 35257  
amy.stout@sih.net

Offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, group education classes, and basic information on insulin pumps. Physician referral is needed.

Randolph County

Barb Brown, RD, LDN  
Sparta Community Hospital  
Address: 818 East Broadway  
Sparta, IL 62286  
Phone: 618.443.2177  
barb@spartahospital.com

Offers diabetic counseling to individuals, provides basic diabetes education and nutrition education. Physician referral is not needed. Call for details regarding billing.

Melissa Soellner, RD and ACSM Exercise Specialist  
Memorial Hospital—Physical Therapy Wellness Center  
Address: 833 Lehman Drive  
Chester, IL 62233  
Phone: 618.826.4581 ext. 1248  
msoellner@mhchester.com  
Website: www.mhchester.com

Offers diabetic counseling to individuals, provides basic diabetes education, nutrition education and group education classes. Physician referral is needed. Medicare provider and accepts private insurance and private pay fees.
Dental Care

Your oral health can be negatively impacted by diabetes. There are many fine practitioners in the area and they can be found in the yellow pages of local phone directories under ‘Dentists’ or in on-line listings. We have listed here those who accept Illinois Medicaid or who have sliding fees or discount programs.

Franklin County

Rea Clinic/Christopher- Dental
Address: 4241 Hwy T4 W.
Christopher, IL 62822
www.crhpc.org
Phone: 618.724.9290

Sesser Community Health Center
Address: 6294 State Hwy 154
Sesser, IL 62884
www.crhpc.org
Phone: 618.625.6979

Jackson County

Dental Group of Carbondale
Address: 1001 E. Main St., Bldg 4-C
Carbondale, IL 62901
Phone: 618.549.2273
Fax: 618.351.0212
Does NOT accept Medicaid. Offers discounts through Option One Dental Plan.

Douglas Baker, DDS
Address: 305 S. Oakland
Carbondale, IL 62901
Phone: 618.549.2166
Fax: 618.529.4128
Accepts Medicaid-eligible children, ages 3-14 Limited to residents of Jackson, Williamson, Franklin, Randolph, Perry, Union counties
Murphysboro Dental Center  
Address: 1116 Locust  
Murphysboro, IL  62966  
Phone: 618.687.4040  
Fax: 618.687.4333  
Accepts Medicaid-eligible children, ages 5-18.

Shawnee Health Care - Carbondale - Dental  
Address: 400 S. Lewis Lane  
Carbondale, IL  62901  
www.shsdc.org  
Phone: 618.519.9901  
Fax: 618.529.1384  

Shawnee Dental Center at Murphysboro  
Address: 4 S. Hospital Drive  
Murphysboro, IL  62966  
www.shsdc.org  
Phone: 618.684.2321  
Fax: 618.684.2417  

SIU Community Dental Center  
Address: 1365 Douglas Drive MC 6615  
Carbondale, IL  62901  
www.sah.siuc.edu/DH/hdchome.htm  
Phone: 618.453.2353  
Fax: 618.453.7020  
Accepts Medicaid-eligible children up to age 19. Serves Medicaid-eligible children with a physical, mental or behavioral disability and families that earn less then 200% of federal poverty level. Does not bill insurance. Closed during May.

SIU Dental Hygiene Clinic  
Address: 1365 Douglas Drive MC 6615  
Carbondale, IL  62901  
www.sah.siuc.edu/DH/clinic.htm  
Phone: 618.453.8826  
Provides oral health preventative services to community residents, students, faculty and staff. Serves SIU students, faculty, staff, and community members. Does not bill insurance. Closed mid-May to August.
University Place Dental Center
Address: 1366 E. Main
Carbondale, IL 62901
www.universityplacedental.com
Phone: 618.549.0208
Fax: 618.549.0182
Does not accept Medicaid. Offers discounts through Option One Dental Plan.

Union County

Cobden Dental Clinic
Address: 103 N. Appleknocker Drive
P.O. Box 469
Cobden, IL 62920
www.ruralhealthinc.org
Phone: 618.893.4005
Fax: 618.893.2476

Williamson County

Illinois Centre Healthcare - Dental
Address: 3115 Williamson County Parkway
Marion, IL 62959
www.shsdc.org
Phone: 618.969.8600
Fax: 618.997.1214

James Rea, DMD
Address: 401 S. 14th St.
Herrin, IL 62948
Phone: 618.942.4725
Accepts only Medicaid-eligible children needing full dentures. Accepts referrals from area dentists. Patient must have all teeth extracted, no time limits. First appointment is for x-ray and prior approval.

Other

Affordable Dentures
Address: 2439 Bloomfield Road
Cape Girardeau, MO 63703
Phone: 573.335.5199
Diabetes Education and Information

Diabetes education is of critical importance and should be considered an integral part of diabetes prevention and care.

**American Diabetes Association**
Phone: 1-800-DIABETES
(888) 342-2383 (toll-free St. Louis) or (800) 445-1667 (toll-free information line)
www.diabetes.org
The nation wide hotline allows callers to get answers to questions about diabetes.

**American Heart Association**
www.heart.org

**Children with Diabetes**
www.childrenwithdiabetes.com
This website offers online information and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences, and diabetes related news for the online community.

**dLife**
www.dlife.com
dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for Type 1 and Type 2 diabetics, and caregivers.

**Foundation of the American Academy of Ophthalmology**
Phone: (877) 887-6327
www.eyecareamerica.org
Provides free eye health information and access to medical eye care.

**Illinois Department of Public Health: Diabetes Prevention and Control**
http://www.idph.state.il.us/diabetes/

**MedlinePlus: Diabetes (National Library of Medicine)**
Provides educational materials in English, Spanish, and other languages.

**National Diabetes Education Program**
www.ndep.nih.gov/index.htm

**National Diabetes Information Clearinghouse (NDIC)**
Phone: (800) 860-8747
www.diabetes.niddk.nih.gov

**National Eye Health Education Program**
Phone: (301) 496-5248
E-mail: 2020@nei.nih.gov
www.nei.nih.gov/nehep
Provides education and free materials regarding eye health, disease, and treatment.

**U.S. Centers for Disease Control and Prevention (CDC)**
Phone: (800) 232-4636
www.cdc.gov/diabetes/consumer/learn.htm
Provides educational resources.
Diabetes Support Groups in Southern Illinois

You are not alone. Joining a support group can help with positive reinforcement and interaction with people who have the same problems.

**Franklin County Evening Support Group**
Franklin Hospital Board Room
**Address:** 201 Bailey Lane
Benton, Illinois 62812
**Phone:** 618.439.0951 ext. 233
*Meets on the last Tuesday of each month, March - October.*

**St. Mary’s Good Samaritan**
Free Support Program Classes are held monthly at two locations: Centralia and Mt. Vernon

**Mt. Vernon Group**
6:00 pm, 1st Tuesday of each month
Good Samaritan Hospital Cafeteria
**Address:** 605 N. 12th
Mt. Vernon, IL 62864
**Phone:** 618.242.4600

**Centralia Group**
6:00 pm, 2nd Tuesday of each month
St. Mary’s Hospital Auditorium
**Address:** 400 N. Pleasant Ave.
Centralia, IL 62801
**Phone:** 618.242.4600
Eye Health and Vision Resources

Eye disease is a common complication from diabetes. You should receive an annual dilated eye exam from an ophthalmologist. Ophthalmologists are physicians who deal with structure, functions, and disease of the eye.

There are also many local optometrists that you could see. Below is a list of ophthalmologists in Jackson County. You may also want to check your local yellow pages.

Eye Care Specialists, LLC
Address: 1275 Cedar Court # 1
Carbondale, IL 62901
Phone: 618.351-9913 or 800.455.3937

Jackson Vision and Laser Center
Address: 2800 W. Main St.
Carbondale, IL 62901
Phone: 618.351.8900
www.jacksonvision.com

Marion Eye Center of Carbondale
Address: 1001 N. Beadle Dr., Suite #10
Carbondale, IL 62901
Phone: 618.549.2282
www.marioneye.com

Marion Eye Center-SIU Student Health Center
Address: 374 E. Grand Ave.
Carbondale, IL 62901
Phone: 618.549.0615
www.marioneye.com

Marion Eye Center of Murphysboro
Address: 1934 Walnut Street
Murphysboro, IL  62966
Phone: 618.565.1406
www.marioneye.com

Marion Eye Centers & Retina Institute
Address: 1200 W. DeYoung St.
Marion, IL 62959
Phone: 800.344.7058
www.marioneye.com
Financial Assistance

HEALTH INSURANCE PROGRAMS

**Affordable Care Act** – The Affordable Care Act is important federal legislation that sets out to make coverage for health care available and affordable to almost everyone. With the implementation of the Affordable Care Act as of January 1, 2014, **health insurance companies are no longer allowed to turn people down for individual health insurance coverage based on a pre-existing condition like diabetes.** There is an open enrollment period each year and special enrollment periods occur when you experience certain life events like birth of a child, adoption, marriage, divorce, loss of coverage due to job loss or employer decision, etc. Illinois has also expanded the **Illinois Medicaid program** to include adults ages 19-64 and raises income levels to 138% of federal poverty. In 2014 in Illinois, the federal marketplace and expanded Medicaid can be accessed through a new online portal to assist you, [www.getcoveredillinois.gov](http://www.getcoveredillinois.gov). There are Navigators and Certified Application Counselors in the area to assist you with enrollment in health coverage. There is no charge for this assistance. Contact your local health department or community health center.

**Illinois Department of Insurance, Office of Consumer Health Insurance** - Phone: 877.527.9431. If you are having a problem with your state-regulated health plan and you are unable to resolve it with the plan directly, file a complaint with the Department of Insurance. They may be able to provide you with assistance in reaching a conclusion. Also visit [http://insurance.illinois.gov/OCHI/office_consumer_health_ins.asp](http://insurance.illinois.gov/OCHI/office_consumer_health_ins.asp)

**Illinois Medicaid** - Phone: 800.843.6154. You can apply on-line at [www.getcoveredillinois.gov](http://www.getcoveredillinois.gov) or [www.abe.illinois.gov](http://www.abe.illinois.gov). You can also visit [www.hfs.illinois.gov](http://www.hfs.illinois.gov) or [www.dhs.state.il.us](http://www.dhs.state.il.us) for more information.

**All Kids** – All Kids is the name of the Children’s Health Insurance Program (CHIP) in Illinois – Phone: 866.255.5437. All Kids is designed to provide health coverage to children and teens from birth to age 19. Visit the Web site to find out if your child meets the income guidelines. Visit [www.allkidscovered.com](http://www.allkidscovered.com) or [www.allkids.com](http://www.allkids.com).

**Medicare** - Phone: 1.800.Medicare. Individuals eligible for this program include aged and disabled persons regardless of income. Visit [www.medicare.gov](http://www.medicare.gov) for more information.

**Illinois Department on Aging – Benefits and Prescription Drug Assistance** - Call the Senior Help Line for assistance with many programs available to seniors through the Illinois Department on Aging, 1.800.252.8966 or visit [www.state.il.us/aging/1rx/rx-main.htm](http://www.state.il.us/aging/1rx/rx-main.htm). This web site has information about the Medicare Prescription Drug Program (Medicare Part D), Illinois Cares Rx, Illinois Rx Buying Club, and I-Save Rx. Help is also available at [www.illinoisbenefits.org](http://www.illinoisbenefits.org).
HEALTH CARE AT DISCOUNTED RATES BASED ON INCOME (sliding fees)

Community Health Centers – There are several community health center organizations in southern Illinois that receive grant funding from the federal government to provide sliding fee discounts to eligible patients. Eligibility is determined by family size and income. Discounts can be used by individuals and families who are uninsured or who have deductibles and co-pays with their insurance coverage. Community Health Centers provide primary medical care, general dental care and behavioral health services. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to assist individuals with enrollment in an insurance program offered by the Affordable Care Act or in Illinois Medicaid. Local Community Health Center organizations have sites in many Southern Illinois communities and can be contacted for more information:

- Shawnee Health Service, 618-985-8221, www.shsdc.org
- Christopher Rural Health Planning Corporation, 618-724-2436, www.crhpc.org

Local Health Clinics - There may be a designated Rural Health Clinic in your community that provides a sliding fee discount to eligible low income individuals and families. Here is a partial list of Rural Health Clinics in southern Illinois:

- Southern Illinois Family Medicine, Carbondale, 618-536-6621
- Center for Medical Arts, Carbondale, 618-549-5361
- Medical Arts Clinic, Ltd., Murphysboro, 618-684-2172
- Murphysboro Family Medicine, Murphysboro, 618-687-2353
- Logan Primary Care, Herrin, 618-993-3300
- Heartland Pediatrics Associates, Marion, 618-993-5274
- Heartland Women’s Healthcare, Ltd., Marion, 618-997-5266
- Marion Diagnostic Center, LLC, Marion, 618-993-1400

Free Clinic - The Hands of Hope Family Clinic in Marion serves individuals not able to find a doctor or get medical care because of financial difficulties in Franklin, Johnson, and Williamson counties. The Clinic is staffed with volunteers and does not charge fees but asks for donations.
**Diabetes Self-Management Apps**

Use your iPhone or Android smart phone to take control over diabetes

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**Glooko**  
*Available for FREE on iPhone*

You can’t control your blood sugar levels unless you keep track of them. Handwriting your readings is time consuming and prone to error. Instead, let Glooko quickly and accurately record your numbers by syncing straight to your glucose meter. Just connect you iPhone to your meter with the GlookoMeter Sync Cable. Then download your full meter of blood glucose readings (compatible with 19 popular meters) directly to your phone to create an error-free logbook. You can even sync readings from more than one meter. Glooko allows you to spend less time imputing your numbers and more time learning from them.

**Fooducate—Healthy Weight Loss, Diet Tracker & Food Scanner**  
*Available for FREE on iPhone and Android*

You might be a foodie, but you’re not a detective. So let this multiple award-winning app do the investigative work for you. It can tell you if hidden sugar, trans fat, and corn syrup are lurking inside your groceries. But it does more than tell you what NOT to eat. It also provides suggestions for healthier alternatives. Just scan the product barcode or search by category, and Fooducate will automatically bring up a nutrition grade—A, B, C, or D. With more than 200,000 products in its database, Fooducate covers just about everything on your supermarket’s shelves. It even includes private labels such as Whole Foods and Trader Joe’s.

**Glucose Buddy: Diabetes Log**  
*Available for FREE on iPhone & Android*

You’ll never forget to take your blood sugar again with this helpful app. Glucose Buddy will give you constant reminders via push notifications. Plus, it will track your blood sugar levels, carb intake, medicine, A1c levels, and more. All you have to do is enter your numbers and Glucose Buddy will link your logs straight to your computer. It also integrates with the CalorieTrack app for faster food and exercise logging. Find out how your food intake and activity levels affect your glucose number by tracking more than 100,000 foods and 200 different exercises.

**dbees.com Diabetes Management**  
*Available for FREE on Android*

Diabetes isn’t a one-size-fits-all disease. You’re not exactly like anyone else with diabetes, which is why you need solutions targeted specifically to you. That’s where dbees.com Diabetes Management comes in. All you need to do is enter your diagnosis and treatment information. Then, the app will tailor activities and tests to you to help you keep your blood sugar under control. Dbees.com Diabetes Management supports Type I, Type II, LADA, and gestational diabetes. It covers treatments ranging from insulin to medications and diet. This handy app even lets you send information to your doctor via a secure connection.

**Diabetic Connect**  
*Available for FREE on iPhone & Android*

Of course you value your doctor’s advice in diabetes management. But it’s also nice to get tips from people who’ve lived with the disease. Diabetic Connect links you with an entire network of people who understand exactly what you’re going through. In fact, it’s the biggest diabetes network on the web. Turn to your peers whenever you need advice, support, or tips. You can lead in with your own question or follow existing threads.

**OnTrack Diabetes**  
*Available for FREE on Android*

You use GPS to keep your care headed in the right direction. OnTrack Diabetes will help you navigate all the twists and turns of diabetes management, and will ensure that you don’t ever veer away from your recommended treatment plan. This helpful app tracks your blood sugar, food intake, medication, blood pressure, pulse, activity, and weight. You can customize categories like medication and exercise type, and export your data in multiple formats.
Diabetes Self-Management Apps

Use your iPhone or Android smart phone to take control over diabetes

**Diabetic Audio Recipes Lite**
*Available for FREE on Android*

One of the hardest parts of living with diabetes is trying to figure out what to eat. Finding healthy recipes can be a real chore when you have to think about sugar, fat, and calories. Diabetic Audio Recipes Lite answers the question, “What’s for dinner?” every night of the week. With a constantly updated selection of healthy, easy recipes you’ll never have to wonder what to cook. This app reads the directions to you, so you can keep your hands free for chopping, peeling, and sautéing.

**iBGStar® Diabetes Manager**
*Available for FREE on iPhone*

The advantage of the iBGStar Diabetes Manager is its portability. No matter where you are—at home, at work, or even at a football game—you can record, review, and share your diabetes data. This app uses the latest mobile technologies and data management tools to track and seamlessly share your blood sugar levels across all of your devices; It graphs your readings to give you a visual representation of trends over time. You can also get an average of your results over a 7, 14, 30, or 90-day period to share them with your doctor.

**Calorie Counter & Diet Tracker by MyFitnessPal**
*Available for FREE on iPhone & Android*

Research consistently shows that a weight loss of just 5-10% can improve blood sugar levels. MyFitnessPal members who diet with friends lose 3X more weight on average. With over 3,000,000 foods, MyFitnessPal features the largest food database of any iOS calorie counter. You can add friends and easily track and support each other’s progress. Other features include tracking for over 350 exercises, a barcode scanner, a recipe calculator, daily nutrition summary with all major nutrients, and a notes section where you can record your blood sugar levels.

**Diabetes Companion by dLife**
*Available for FREE on iPhone*

Diabetes Companion offers you access to the most essential tools you’ll need to manage your diabetes on the go. Watch videos, get expert answers to your questions, look up foods and healthy diabetes-friendly recipes, and track and manage your blood glucose levels anytime, anywhere.

**Calorie Counter by FatSecret**
*Available for FREE on iPhone & Android*

Calorie Counter by FatSecret combines both a diet and calorie counting log with a recipe community. Unlike many tracking apps, FatSecret looks at how many calories you burn just being awake or asleep. In addition to tracking food and exercise you can also check out recipes that FatSecret recommends. Additional features include nutritional information for your favorite foods, brands, and restaurants, a barcode scanner, a diet calendar, and a journal to record your progress.

**WaveSense Diabetes Manager**
*Available for FREE on iPhone*

Do you want to track your blood glucose levels, carb intake, and insulin doses? The WaveSense Diabetes Manager can help. Enter you information and in seconds you can review the data with convenient charts and graphs and gain a new perspective on diabetes management. Watch videos to learn about healthy eating, lifestyle choices, and hear from others who are living with diabetes. Features of the software include a logbook, trend chart, email reports, color-coded results, video content, and fully customizable target ranges for hypo- and hyperglycemia limits and mealtime schedules. If you need a second opinion you can email your results to members of your healthcare team.
Diabetes Self-Management Apps

Use your iPhone or Android smart phone to take control over diabetes

**Diabetes Pilot**
*Available for $14.99 on iPhone*

This is one of the pricier diabetes management tools, but it offers just about everything you need to get your condition under control. Diabetes Pilot records your blood sugar levels, medications, exercise, test results, weight, and more. It also helps you make healthier food choices. Before you eat, look up the fat, sugar, salt, and cholesterol contents of your food in the app’s extensive database. Diabetes Pilot helps you calculate the correct insulin dosage when it’s time to take your medicine. And it charts your blood sugar levels over time and sends them to your doctor so you can see where you still need improvement.

**Diabetes App—Blood Sugar Control, Glucose Tracker & Carb Counter**
*Available for $6.99 on iPhone*

The key to managing your diabetes is getting your blood sugar under control. Yet that requires a complex understanding of all the different factors that affect blood sugar—like weight, exercise, diet, and medicine. Instead of crunching the numbers yourself, let Diabetes App be your digital assistant. It will track your daily carb intake, weight, blood sugar, activity level, medicine intake, and more. Plus, Diabetes app will stay on top of your medications. A database of more than 20,000 foods will help you make smarter food choices. Diabetes App also communicates directly with your health care team, which will aid your doctor in treatment recommendation.

**LogFrog DB—A Leap in Diabetes Management**
*Available for $2.99 on iPhone*

LogFrog DB is a diabetes tracking app with powerful, innovative features and a fun look and feel. It allows users to log the four most important factors for daily diabetes management: blood glucose values, medicine, carbs, and exercise. It can also keep notes and store A1c values. Data can be easily exported via email in a variety of formats depending on patient and doctor preference. A graphing tool is included to allow visualization of blood sugar trends over time, and graphs can be filtered to help reveal patterns around particular times of day, specific meals, exercise, etc.

**Glucool Diabetes**
*Available for $4.99 on Android*

Glucool Diabetes is one app that realizes you’re an individual. That’s why it lets you customize your diabetes management. Input all the key data: your blood glucose, blood pressure, medicine and insulin doses, carb intake, exercise, and more. Then the app will create personalized charts and reports that you can use to fine tune your treatment. Glucool Diabetes has several unique features, like advanced graphs that help you spot trends overtime, which you can send directly to your doctor. It can also help you quickly pinpoint out-of-range readings, and calculate your insulin dose.

**Calorie Counter PRO MyNetDiary**
*Available for $3.99 on iPhone & Android*

Want to know how many carbs are in that salad you’re about to eat? Not sure if you should get the small frozen yogurt or the medium? Calorie Counter PRO by MyNetDiary takes all the guesswork out of eating, with a database of more than 475,000 different foods. You can look up virtually anything in your supermarket or on a restaurant menu. Just type in the food name or use the handy bar code scanner. Calorie Counter will act as your personal nutritionist if you need to lose a few pounds. It will tell you exactly how many calories you should be eating, and how much exercise you need to reach your goal weight. You can even access MyNetDiary’s online community, which is staffed with a registered dietitian for support.
Health Care Resources

All persons should have a primary care physician. People with diabetes may also need a physician who specializes in Endocrinology or a primary care physician with an interest and experience in managing diabetes. There are many fine physicians in the area and they can be found in the yellow pages of local phone directories under ‘Physician and Surgeons’ or in on-line listings.

Find a Physician (SIH)
Southern Illinois Healthcare (SIH) operates a ‘Find a Physician’ service. You can talk with an informed individual and be matched to a physician that fits your needs. Call the SIH Call Center toll free at 1-866-744-2468 or go to the SIH web site at www.sih.net and click on ‘Find a Physician’.

Primary Medical Care (Physicians, Physician Assistants and Nurse Practitioners in Family Medicine, Obstetrics, Pediatrics, Internal Medicine)

| Center for Medical Arts, Carbondale | 618.549.5361 |
| Logan Primary Care, Herrin | 618.993.3300 |
| SIU Student Health Center, Carbondale (Serves SIU students only) | 618-453.3311 |
| Southern Illinois Family Medicine Carbondale (Main Phone #) | 618.536.6621 |
| Appointments Only | 618.453.3777 |
| Veteran’s Administration Medical Center, Marion (Serves area veterans) | 618.997.5311 |

Community Health Centers (also known as FQHCs—Federally Qualified Health Centers) These Centers are operated by local private non-profit organizations that receive federal grant funds. They accept Medicaid, Medicare, private insurance and operate sliding fee or discount programs for low-income residents. They offer a wide array of services including care coordination. Some offer specialized diabetes care.

Franklin County

Christopher REA Clinic

| Address: 4241 Highway 14 West, P.O. Box 155 |  |
| Christopher, Illinois 62822 |  |
| Phone: 618.724.2401 |  |
| Hours: Monday, Tuesday, Thursday, Friday 8 a.m. to 5 p.m.; Wednesday 8:00 a.m. to 8:00 p.m. |  |
| www.crhpc.org |  |
**Sesser Community Health Center**
*Address:* 6294 State Highway 154
Sesser, IL 62884
*Phone:* 618.625.6979
*Hours:* Monday-Friday 8:00 a.m. to 5:00 p.m.
[www.crhpc.org](http://www.crhpc.org)

**Jackson County**

**Adolescent Health Services**
*Address:* 400 South Lewis Lane
Carbondale, IL 62901
*Phone:* 618.519.9900
*Hours:* Monday, Tuesday, Thursday, Friday 8:00 a.m. - 5:00 p.m.; Wednesday 8:00 a.m. - 7:00 p.m.
[www.shsdc.org](http://www.shsdc.org)

**Cedar Court Clinic/Cedar Court Specialty Clinic**
*Address:* 1340 Cedar Court
Carbondale, IL 62901
*Phone:* 618.457.7821
*Hours:* Monday-Friday 8:30 a.m. – 5:00 p.m.
[www.chesi.org](http://www.chesi.org)

**Farmworker Health Program**
Murphysboro Health Center
*Address:* 7 South Hospital Drive
Murphysboro, IL 62966
*Phone:* 618.687.3418
*Hours:* Mon-Thursday 8:00 a.m. - 7:00 p.m.; Friday 8:00 a.m. - 5:00 p.m.
[www.shsdc.org](http://www.shsdc.org)

**Murphysboro Health Center**
*Address:* 7 South Hospital Drive
Murphysboro, IL 62966
*Phone:* 618.687.3418
*Hours:* Monday-Thursday 8:00 a.m. - 7:00 p.m.; Friday 8:00 a.m. - 5:00 p.m.
[www.shsdc.org](http://www.shsdc.org)

**Shawnee Health Care - Carbondale**
*Address:* 400 South Lewis Lane
Carbondale, IL 62901
*Phone:* 618.519.9900
*Hours:* Monday, Tuesday, Thursday, Friday 8:00 a.m. - 5:00 p.m.; Wednesday 8:00 a.m. - 7:00 p.m.
[www.shsdc.org](http://www.shsdc.org)
**Terrier Care School-Based Health Center**  
Carbondale Community High School  
**Address:** 1301 E. Walnut Street  
Carbondale, IL 62901  
**Phone Medical:** 618.519.9119  
**Phone School Nurse:** 618.457.3371, ext. 252  
**Phone Dental:** 618.519.9901  
**Hours:** 7:45 a.m. - 4:15 p.m. (closed on school holidays and June-July)  
www.shsdc.org

**Union County**

**Rural Health, Inc.**  
**Address:** 513 North Main Street  
Anna, Illinois  62906  
**Phone:** 618.833.4471  
www.ruralhealthinc.org

**Williamson County**

**Marion Wellness Center - School-Based Health Center**  
Marion High School  
**Address:** 1501 S. Carbon Street  
Marion, IL 62959  
**Phone:** 618.969.8228  
**Hours:** Monday- Thursday 7:30 a.m. - 4:00 p.m. (closed from noon - 12:30 p.m.); Friday 7:30 a.m. - 12:00 p.m. (closed on school holidays and June-July.)  
www.shsdc.org

**Marion Veterans Administration Medical Center**  
**Address:** 2401 W. Main Street  
Marion, IL, 62959  
**Phone:** 618.997.5311  
**Eligibility:** Veterans only  
**Hours:** Monday - Friday 8:30 a.m. - 5:00 p.m.  
www.marion.va.gov

**Carterville Family Practice Center**  
**Address:** 1006 South Division Street  
Carterville, IL, 62918  
**Phone:** 618.985.4841  
**Hours:** Monday - Thursday 8:00 a.m. - 6:00 p.m.; Friday 8:00 a.m. - 5:00 p.m.;  
Saturday 8:30 a.m. - 12:00 p.m.  
www.shsdc.org
Shawnee Health Care – Marion  
**Address:** 1506 N. Sioux Drive  
Marion, IL 62959  
**Phone:** 618.997.5270  
**Hours:** Monday - Wednesday 8:00 a.m. - 5:00 p.m.; Thursday 8:00 a.m. - 6:30 p.m.; Friday 8:00 a.m. - 5:00 p.m.  
[www.shsdc.org](http://www.shsdc.org)

Johnston City Community Health Center  
**Address:** 14410 Route 37  
Johnston City, IL 62951  
**Phone:** 618.983.6911  
**Hours:** Monday- Friday 8:00 a.m. - 5:00 p.m.  
[www.crhpc.org](http://www.crhpc.org)

REA Clinic-Herrin OB/GYN Clinic  
**Address:** 3303 Logan Drive  
Herrin, IL 62948  
**Phone:** 618.993.5767  
**Hours:** Monday- Friday 8:00 a.m. - 5:00 p.m.  
[www.crhpc.org](http://www.crhpc.org)
Pharmacies
Many pharmacists offer free consultation and referrals for people living with diabetes. They can also answer questions regarding choosing a meter and blood sugar testing. Your meter may also have a support line.

Illinois Department on Aging - Pharmaceutical Assistance Program –
Phone: 1.800.252.8966 Individuals eligible for this assistance program include aged and disabled persons regardless of income. There is an enrollment fee to join. Several prescription assistance programs are available, including the Medicare Prescription Drug Program, I-SaveRx, and Illinois Rx Buying Club.

Jackson County

Center for Medical Arts Pharmacy
Address: 2601 W. Main St.
Carbondale, IL 62901
Phone: 618.529.5361

CVS Pharmacy
Address: 2431 W Main St
Carbondale, IL 62901
Phone: 618.457.0491

Kroger
Address: 501 N Giant City Rd
Carbondale, IL 62902
Phone: 618.549.9743

Kroger
Address: 550 E Industrial Park Rd.
Murphysboro, IL 62966
Phone: 618.687.9454

Schnucks Pharmacy
Address: 915 W Main St.
Carbondale, IL 62901
Phone: 618.351.0710

Shawnee Health Care Pharmacy
Address: 7 South Hospital Drive
Murphysboro, IL 62966
Phone: 618.684.9362

Walgreen Drug Stores
Address: 206 S. Wall St.
Carbondale, IL 62901
Phone: 618.457.4104

Walgreen Drug Stores
Address: 1600 West Main St.
Carbondale
Phone: 618.457.8397

Walgreen Drug Stores
Address: 503 Walnut St.
Murphysboro, IL 62966
Phone: 618.565.2329

Wal-Mart Pharmacy
Address: 1450 East Main St.
Carbondale, IL 62901
Phone: 618.549.0709

Wal-Mart Pharmacy
Address: 6495 Country Club Rd.
Murphysboro, IL 62901
Phone: 618.687.3478
Williamson County

Carterville Family Drugs
Address: 1205 S. Division St.
Carterville, IL 62918
Phone: 618.985.2441

Fred’s Pharmacy 2484
Address: 905 W. Main St.
Marion, IL 62959
Phone: 618.998.1269

Herrin Drug
Address: 116 N. Park Ave.
Herrin, IL 62948
Phone: 618.942.5315

Kroger Pharmacy
Address: 1704 West DeYoung St
Marion, IL 62959-1054
Phone: 618.993.6518

Logan Primary Pharmacy
Address: 401 Rushing Dr.
Herrin, IL 62948
Phone: 618.997.9997

Logan Professional Pharmacy
Address: 303 Rushing Dr.
Herrin, IL 62948
Phone: 618.993.5555

Medicine Shoppe Pharmacy
Address: 1315 W. Main St.
Marion, IL 62959
Phone: 618.997.1393

Natural Med Apothecary
Address: 212 N. Park Ave.
Herrin, IL 62948
Phone: 618.942.6900

Phil’s Prescription Drugs
Address: 641 N. Pershing St.
Energy, IL 62933
Phone: 618.942.4631

Tri-C Medical Pharmacy
Address: 100 S. Division St.
Carterville, IL 62918
Phone: 618.985.4100

Walgreen Drug Stores
Address: 1710 W. DeYoung St.
Marion, IL 62959
Phone: 618.998.1603

Walgreen Drug Stores
Address: 1606 S. Park Ave.
Herrin, IL 62948
Phone: 618.942.5291

Walmart Pharmacy # 216
Address: 2802 Outer Road Dr.
Marion, IL 62959
Phone: 618.997.2021
Physical Activity Programs

Getting physical activity can help you control your diabetes. It is recommended you get 30 minutes of exercise daily. Walking is a great form of exercise and there are many START! Walking Paths in the region (see page 27 for more information.) For additional exercise opportunities, contact the following:

**Carbondale Park District** (Life Center)
Address: 2500 W. Sunset
Carbondale, IL 62901
Phone: 618.549.4222
http://www.cpkd.org

**Curves For Women**
Address: 103 S. 13th Street
Murphysboro, Il 62966
Phone: 618.565.1600
www.curves.com

**Gold's Gym**
Address: 2421 West Main Street
Carbondale, Il 62901
Phone: 618.457.0318
www.goldsgym.com

**Gold's Gym**
Address: 2500 Williamson County Pkwy
Marion, Il 62959
Phone: 877.465.3703
www.goldsgym.com

**John A Logan College – Community Health Complex**
Address: 700 Logan College Drive
Carterville, IL 62918
Phone: 618.985.3741
http://www.jalc.edu/chech/

**Murphysboro Park District**
Address: 710 S. 24th
Murphysboro, Illinois 62966
Phone: 618.684.3333
www.murphysboropark.com

**Southern Illinois University Carbondale: Intramural-Recreational Sports**
Address: 300 East Grand Avenue
Carbondale, IL 62901
Phone: 618.536.2391
www.reccenter.siu.edu/
Walking Paths

(There are also several Walking Paths available on the Southern Illinois University campus, as well as around the region. Visit the website, startwalkingnow.org, for more information.)

Below is a list of Walking Paths in Jackson County:

**Attucks Park**
*Address:* 400-800 N. Wall St
Carbondale, IL 62901

**Bike Way**
*Address:* located across from the Eastgate Shopping Center, on Wall Street.
Carbondale, IL 62901

**Carbondale Super Block**
298 Lewis Lane
Carbondale, IL 62901

**The David Kenney Trail**
*Address:* Chautauqua Bottoms Nature Preserve Carbondale, IL 62901

**Evergreen Park**
*Address:* 1205 W. Pleasant Hill Rd
Carbondale, IL 62901

**Green Earth/Oakland Nature Preserve**
See http://www.greenearthinc.org/naturepreserves.htm

**The Stan Harris Trail**
*Address:* Oakland Nature Preserve Carbondale, IL 62901

**The Woodland Trail**
*Address:* Oakland Nature Preserve Carbondale, IL 62901
*Open Dawn to Dusk*

**Herbie Beyler Trail**
*Address:* Brush Hill Nature Preserve
Carbondale, IL 62901
*Open Dawn to Dusk*

**Marberry Arboretum**
*Address:* S. Wall St / Pleasant Hill Rd
Carbondale, IL 62901

**The Maurice Webb Trail**
*Address:* Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901
*Open Dawn to Dusk*

**Memorial Hospital of Carbondale**
*Address:* 405 W Jackson St Carbondale, IL 62901

**Riverside Park**
*Address:* 2610 W Riverside Park Rd
Murphysboro, IL 62966

**SIU Campus Lake**
*Address:* South side of SLUC campus
Carbondale, IL 62901

**St. Joseph Memorial Hospital**
*Address:* 2 South Hospital Dr
Murphysboro, IL 62966

**Trinity Christian School**
*Address:* 1218 West Freeman
Carbondale, IL 62901

**University of Illinois Extension**
*Address:* 402 Ava Rd
Murphysboro, IL 62966

**The Woodland Spur Trail**
*Address:* Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901

**Indoor Paths:**

**Boys and Girls Club of Carbondale**
*Address:* 250 N Springer
Carbondale, IL 62901

**SIU Student Center**
*Address:* 1255 Lincoln Drive Carbondale, IL 62901
Physicians-Diabetes Specialists (Endocrinology)

Endocrinology deals with the hormone-secreting glands (ex: thyroid, pituitary, adrenal, pancreas, ovaries, testes, etc.) and also deals with diabetes. The doctors listed below are Endocrinologists.

Issa Abedmahmoud, MD, (aka Dr. Abed)
Diabetes and Endocrine of Southern Illinois
Address: 3020 S. Park Ave.
Herrin, IL 62948
Phone: 618.988.1877

Frank O. Becker, MD
CHESI Cedar Court Specialty
Address: 1340 Cedar Court
Carbondale, IL 62901
Phone: 618.457.7821

Ayesha Rather, MD
Diabetes and Endocrinology Clinic
Address: 805 W. DeYoung St., Suite E
Marion, IL 62959
Phone: 618.969.9421
www.mariondeclinic.com

Thomas Tse, MD
Diabetes Thyroid & Osteoporosis Clinic of Southern Illinois
Address: 311 W Lincoln St
Belleville, IL 62220
Phone: 618.277.5013
Podiatrists/ Foot Care

Diabetes can effect the blood circulation to your legs and feet. If you have diabetes, it is recommended that you get an annual foot exam by a podiatrist.

Jackson County

Southern Illinois Foot & Ankle Clinic
Christopher Moore, DPM & David Gunzel, DPM
Address: 1235 North Cedar Court
Carbondale, IL 62903
Phone: 618.457.043
Toll Free: 866.211.3668
Fax: 618.457.5199

Williamson County

Family Foot & Ankle Center of Southern Illinois
Melinda Moore, DPM
Address: 3022 S Park Ave
Herrin, IL 62948
Phone: 618.942.3334

Southern Illinois Podiatry
David Dickinson, DPM & Daniel Brown, DPM
Address: 101 North 16th Street
Herrin, IL 62948
Phone: 618.988.6034

William P. Hess, DPM
Address: 1506 W Main St
Marion IL 62959
Phone: 618.997.9369
Smoking Cessation

- Call 7 a.m. to 11 p.m., seven days a week.
- Get answers to your questions.
- Receive individual counseling, tips, and encouragement.
- Call as many times as needed for FREE.

1-866-QUIT-YES
1-866-784-8937
Transportation

Below is a listing of transportation resources in our area. Many communities also have taxi services available. See the phone book for more information about taxi services in your area.

Care-A-Van (Herrin)
Serves 15-18 mile radius of Herrin Hospital. Will take patients to and from hospital and hospital-related doctor appointments. Curb-to-curb service with assistance from family is appreciated. Monday-Friday from 8 a.m. to 4:30 p.m. No cost, but donations are accepted.
Phone: 618.942.5900

Department of Human Services (All requests handled by First Transit)
Rules:
1. Rider must be on the state medical program and need transportation.
2. Transportation must be pre-approved by First Transit.
3. Requests for transportation are scrutinized carefully.
4. Approved provider of transportation must be used.
5. Provider must make an application to the Department of Human Services to become approved.
Phone: 877.725.0569
Hours: Depends on the provider of the service.
Cost: None

Jackson County Mass Transit District
Routes: Routes by appointment in Jackson County.
Hours: M-F from 7 a.m. - 6 p.m.
Phone: 618.549.0304, 1.866.844.7433
Cost: $3.00 for the general public; $2.00 for seniors; $2.50 for students.

Rides Mass Transit
Routes: Routes by appointment in Williamson County.
Hours: M-F from 8 a.m. - 5 p.m.
Phone: 618.993.1900
Cost: Senior passes available. For all others, a small fare may be charged.
Website: www.ridesmtd.com

Saluki Express
Hours: M-F from 8 a.m. - 4:30 p.m.
Routes: Carbondale. Call for information. Routes and hours vary when SIUC is not in session. The public may ride buses. Hours: M-F. Times depend on the route and if SIUC is in session.
Cost: A small fare is charged to non-students.
Phone: 618.453.5749
**Wound Care**

**SIH Center for Wound Healing – St. Joseph’s Hospital**

**Address:** 2 South Hospital Dr.
Murphysboro, IL, 62966

**Phone:** 618.684.1035 (Hospital phone: 618.684.3156)

**Hours:** Mon- Fri. 8 a.m. - 4:30 p.m.

Specializes in chronic, non-healing wounds including: vascular ulcers, neuropathic ulcers, diabetic ulcers, pressure ulcers, atypical wounds, and complicated surgical wounds. Call for more information.

**SIH Herrin Hospital Wound Care**

**Address:** 315 S. 13th St.
Herrin, IL 62948

**Phone:** 618.988.6157

**Hours:** Mon- Fri. 8 a.m. - 4:30 p.m.

Specializes in chronic, non-healing wounds including: vascular ulcers, neuropathic ulcers, diabetic ulcers, pressure ulcers, atypical wounds, and complicated surgical wounds. Call for more information.
Glossary of Terms

For more definitions and information visit: http://diabetes.niddk.nih.gov/dm/pubs/dictionary/

A1C: (Also called hemoglobin A1C or glycosylated hemoglobin) A test that measures a person’s average blood glucose level over the past 2 to 3 months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. The test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood. Results are given as a percentage or as an average glucose value, called an estimated average glucose.

Blood Glucose: (bluhd) (GLOOkohss): the main sugar found in the blood and the body’s main source of energy. Also called blood sugar.

Blood Glucose Meter: (bluhd) (GLOO-kohss) (MEE-tur): a small, portable machine used by people with diabetes to check their blood glucose levels. After pricking the skin with a lancet, one places a drop of blood on a test strip in the machine. The meter then displays the blood glucose reading.

Blood Pressure: the force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as two numbers. For example, a blood pressure result of 120/80 is said as “120 over 80.” The first number is the systolic pressure or the pressure when the heart pushes blood into the arteries. The second number is the diastolic pressure or the pressure when the heart rests.

Body Mass Index: (BMI): a measure used to evaluate body weight relative to a person’s height. BMI is used to find out if a person is underweight, normal weight, overweight, or obese.

Calorie: a unit representing the energy provided by food. Carbohydrate, fat, protein, and alcohol provide calories in the diet. Carbohydrate and protein have 4 calories per gram, fat has 9 calories per gram, and alcohol has 7 calories per gram.

Carbohydrate: (KAR-boh-HYdrayt): one of the three main nutrients in food. Foods that provide carbohydrate are starches, vegetables, fruits, dairy products, and sugars.

Carbohydrate Counting: (KAR-bohHY-drayt) (KOUN-ting): a method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in food.

Certified Diabetes Educator: (CDE) (SER-ih-fyd) (DY-uh-BEEteez) (EH-juh-KAY-tur): a health care professional with expertise in diabetes education who has met eligibility requirements and successfully completed a certification exam.

Chronic Kidney Disease: (CKD) (KRON-ik) (KID-nee) (dih-ZEEZ): any condition that causes reduced kidney function over a period of time. CKD is present when a patient’s kidney filtration rate remains below 60 milliliters per minute for more than 3 months. CKD may develop over many years and lead to end-stage renal disease.
**Circulation**: (SUR-kyoo-LAYshuhn): the flow of blood through the body’s blood vessels and heart.

**Complications**: (KOM-plih-KAYshuhnz): harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure, and LDL cholesterol levels close to normal can help prevent or delay these problems.

**Diabetes**: (DY-uh-BEE-teez): a condition characterized by hyperglycemia (high blood glucose) resulting from the body’s inability to use blood glucose for energy. In type 1 diabetes, the pancreas no longer makes insulin; therefore, blood glucose cannot enter the cells to be used for energy. In type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly. Also called Diabetes Mellitus.

**Diabetic Ketoacidosis**: (DKA) (DY-uh-BET-ik) (KEE-toh-ASSih-DOH-siss): an emergency condition in which extremely high blood glucose levels, along with a severe lack of insulin, result in the breakdown of body fat for energy and an accumulation of ketones in the blood and urine. Signs of DKA are nausea and vomiting, stomach pain, fruity breath odor, and rapid breathing. Untreated DKA can lead to coma and death.

**Diabetic Retinopathy**: (DY-uhBET-ik) (RET-ih-NOP-uh-thee): damage to the small blood vessels in the retina. Loss of vision may result. Also called Diabetic Eye Disease.

**Dietitian**: (DY-uh-TISH-uhn): a health care professional who advises people about meal planning, weight control, and diabetes management. A registered dietitian (RD) has met certain educational and internship requirements.

**Endocrinologist**: (EN-doh-krihNOL-uh-jist): a doctor who treats people who have endocrine gland problems such as diabetes.

**Fructose**: (FROOK-tohss): a sugar that occurs naturally in fruits and honey. Fructose has 4 calories per gram.

**Gastroparesis**: (GASS-troh-puhREE-siss): a form of neuropathy that affects the stomach. Digestion of food may be incomplete or delayed, resulting in nausea, vomiting, or bloating, making blood glucose control difficult.

**Glaucoma**: (glaw-KOH-muh): an increase in fluid pressure inside the eye that may lead to vision loss.

**Glucagon**: (GLOO-kuh-gon): a hormone produced by the alpha cells in the pancreas. Glucagon raises blood glucose. An injectable form of glucagon, available by prescription, may be used to treat severe hypoglycemia.

**Glycemic Index**: (gly-SEE-mik) (IN-deks): a ranking of a carbohydrate-containing food, based on the food’s effect on blood glucose compared with a standard reference food.

**Glycemic Load**: (gly-SEE-mik) (lohd): a ranking of a carbohydrate-containing food, based on the food’s glycemic index and the amount of carbohydrate in a typical serving.
**Gram**: a unit of weight in the metric system. An ounce equals 28 grams. In some meal plans for people with diabetes, the suggested amounts of food are given in grams.

**Hormone**: a chemical produced in one part of the body and released into the blood to trigger or regulate particular functions of the body. For example, insulin is a hormone made in the pancreas that tells other cells when to use glucose for energy. Synthetic hormones, made for use as medicines, can be the same or different from those made in the body.

**Hyperglycemia**: (HY-pur-glySEE-mee-uh): higher than normal blood glucose. Fasting hyperglycemia is blood glucose above a desirable level after a person has fasted for at least 8 hours. Postprandial hyperglycemia is blood glucose above a desirable level 1 to 2 hours after a person has eaten.

**Hyperinsulinemia**: (HY-pur-IN-suhlin-EE-mee-uh): a condition in which the level of insulin in the blood is higher than normal. It is caused by overproduction of insulin by the body, and is related to insulin resistance.

**Hypertension**: (HY-pur-TENshuhn): a condition present when blood flows through the blood vessels with a force greater than normal. Also called High Blood Pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems, and death.

**Hypoglycemia**: (HY-poh-glySEE-mee-uh): also called low blood glucose, a condition that occurs when one’s blood glucose is lower than normal, usually below 70 mg/dL. Signs include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. If left untreated, hypoglycemia may lead to unconsciousness. Hypoglycemia is treated by consuming a carbohydrate-rich food such as glucose tablets or juice. Hypoglycemia may also be treated with an injection of glucagon if the person is unconscious or unable to swallow. Also called an Insulin Reaction.

**Impaired Fasting Glucose (IFG)** (im-PAIRD) (FASS-ting) (GLOO-kohns): a condition in which a fasting blood glucose test shows a level of glucose higher than normal but not high enough for a diagnosis of diabetes. IFG, also called pre-diabetes, is a level of 100 to 125 mg/dL. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease and stroke.

**Impaired Glucose Tolerance**: (IGT) (im-PAIRD) (GLOO-kohss) (TOL-ur-uhnss): a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. IGT, also called pre-diabetes, is a level of 140 to 199 mg/dL 2 hours after the start of an oral glucose tolerance test. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for IGT that are no longer used are “borderline,” “subclinical,” “chemical,” or “latent” diabetes.

**Insulin**: (IN-suh-lin): a hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, insulin must be taken by injection or other means.
**Insulin Resistance**: (IN-suh-lin) (ree-ZISS-tuh-nss): the body’s inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood.

**Lancet**: (LAN-set): a spring-loaded device used to prick the skin with a small needle to obtain a drop of blood for blood glucose monitoring.

**Lipid profile**: (LIP-id) (PROH-fyl): a blood test that measures total cholesterol, triglycerides, and HDL cholesterol. LDL cholesterol is then calculated from the results. A lipid profile is one measure of a person’s risk of cardiovascular disease.

**Metabolic Syndrome**: (MET-uhBOL-ik) (SIN-drohm): a grouping of health conditions associated with an increased risk for heart disease and type 2 diabetes. Conditions include hypertension, a large waist, high triglyceride levels, low HDL cholesterol levels, and above-normal blood glucose levels. Metabolic syndrome was previously called Syndrome X.

**Nephropathy**: (neh-FROP-uh-thee): disease of the kidneys. Hyperglycemia and hypertension can damage the kidneys’ glomeruli. When the kidneys are damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove wastes and extra fluid from the bloodstream.

**Neuropathy**: (noo-ROP-uh-thee): disease of the nervous system. The three major forms in people with diabetes are peripheral neuropathy, autonomic neuropathy, and mononeuropathy. The most common form is peripheral neuropathy, which affects the legs and feet.

**Obesity**: (oh-BEE-sih-tee): a condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more.

**Oral Glucose Tolerance Test**: (OGTT) (OR-uhl) (GLOO-kohss) (TOL-ur-uh-nss) (test): a test to diagnose pre-diabetes and diabetes. The oral glucose tolerance test is given by a health care professional after an overnight fast. A blood sample is taken and then the patient drinks a high-glucose beverage. Blood samples are taken at hourly intervals for 2 to 3 hours. Test results are compared with a standard and show how the body uses glucose over time.

**Overweight**: an above-normal body weight; having a body mass index of 25 to 29.

**Pancreas**: (PAN-kree-uh-hss): an organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand.

**Pancreatitis**: (PAN-kree-uh-TYtiss): an irritation of the pancreas that can cause it to stop working. Pancreatitis can be acute or chronic. Diabetes may develop when pancreatic tissue is destroyed from chronic pancreatitis and the insulin-producing cells of the pancreas, called beta cells, have been damaged. Pancreatitis can also occur as a side effect of the diabetes medication exenatide (Byetta).

**Peripheral Artery Disease**: (PAD) (puh-RIF-ur-uhhl) (ar-TEEree-uhhl) (dih-ZEEZ): also called peripheral vascular disease; a condition in which the large blood vessels of the legs are narrowed or blocked by fatty deposits, decreasing blood flow to the legs and feet. PAD increases the chances of amputation, heart attack, and stroke.
**Pre-diabetes:** (PREE-dy-uh-BEE-teez): a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.

**Protein:** (PROH-teen): 1. One of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. 2. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.

**Saccharin:** (SAK-uh-rin): a dietary sweetener with no calories and no nutritional value

**Saturated Fat:** a type of dietary fat that can increase the risk of heart disease. Saturated fat is found in meat, poultry skin, butter, lard, shortening, and all milk and dairy products except fat-free versions.

**Self-Management:** the ongoing process of managing diabetes including meal planning, planned physical activity, blood glucose monitoring, taking diabetes medicines, handling episodes of illness and of low blood glucose and high blood glucose, managing diabetes when traveling, and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, dietitians, pharmacists, and others.

**Sorbitol:** (SOR-bih-tol): 1. a sugar alcohol—a sweetener—with 4 calories per gram. 2. a substance produced by the body in people with diabetes that can cause damage to the eyes and nerves.

**Stroke:** a condition in which the blood supply to the brain is suddenly cut off, caused by a blockage or the bursting of a blood vessel in the brain or neck. Then brain tissue can be damaged. A stroke can cause a person to lose the ability to speak or move parts of the body.

**Sucralose:** (SOO-kruh-LOHSS): a dietary sweetener made from sugar but with no calories and no nutritional value.

**Sugar Alcohols:** sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about 2 calories per gram. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. Also known as polyols.

**Trans Fat:** a type of dietary fat that increases the risk of heart disease. Trans fat is produced when liquid oils are turned into solids through a process called hydrogenation. Foods with trans fat include those listing hydrogenated or partially hydrogenated fat on the label, such as crackers, snack foods, commercially produced baked goods, and some stick margarines.

**Triglyceride:** (try-GLISS-ur-eyed): the storage form of fat in the body. High triglyceride levels may occur when diabetes is out of control.

**Type 1 Diabetes:** (typ) (whuhn) (DY-uh-BEE-teez): a condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body’s immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas
then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults.

**Type 2 Diabetes:** (typ) (too) (DY-uhBEE-teez): a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in children, teens, and young people.

**Urinalysis:** (YOOR-ih-NAL-ih-siss): a test of a urine sample that can reveal many problems of the urinary tract and other body systems. The sample may be observed for color, cloudiness, concentration; signs of drug use; chemical composition, including glucose; the presence of protein, blood cells, or germs; or other signs of disease.

**Xylitol:** (ZY-ih-lol): a carbohydrate-based sweetener found in plants and used as a substitute for sugar; provides calories. Found in some mints and chewing gum.

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For more information, to provide updates or to be listed in this resource guide call (618) 684-3143, ext. 134 or 133

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