

Other Services

- **Pre-diabetes class**- where you will learn how making a few simple lifestyle changes can help you reduce your risks of developing diabetes.
- **Gestational diabetes** education- for those who develop diabetes during their pregnancy.
- Blood sugar **meter training**.
- **Byetta** training
- **Insulin** injection training
- **Insulin pump** therapy and training
- **Support groups** in both Biddeford & Kennebunk
- **Telephonic diabetes education** & support program- monthly individual education & support offered by phone in the work setting for Maine State Employees & employees of Medical Care Development.
- Community diabetes education programs

To register for any of the educational programs, please call SMMC Visiting Nurses at 985-1000 ext. 8617.

For more information on SMMC's diabetes programs please, contact Deb Dumoulin, BS, RN, RD at 294-8612 or smh.dkd@smmc.org.

Diabetes Nurse Educator/ Dietitian

Deborah K. Dumoulin, BS, RN, RD, LD

Deb has the unique distinction of being both a Registered Nurse and Registered Dietitian. She has counseled people with diabetes for almost 25 years.



Registered Dietitian

Jody Vlodek Berren, RD, LD



Jody is a Registered Dietitian that has been helping individuals achieve their diet & fitness goals for over 10 years.

Other Providers

Jennifer Courtois, RN

Megan Patten, RD, LD

Gail Richardson, RN

SMMC Visiting Nurses

BRANCH OFFICE:
235 Main Street
Biddeford, ME 04005
Phone: 207 283 7680

MAIN OFFICE:
72 Main Street
PO Box 739
Kennebunk, ME 04043
Phone: 207 985 1000

An affiliate of Southern Maine Medical Center



Diabetes Education Program

Located at:

SMMC Visiting Nurses
235 Main Street
Biddeford, Maine 04005
Call 985-1000 x8617

Managing diabetes for life

We provide the tools to help you take control of your diabetes and live a healthier life. Our programs help people with diabetes who: are newly diagnosed; need an update or review; are starting new medications; want answers to their questions.

- **Diabetes Self Management Training (DSMT)***- consisting of:
 - 1 hour visit with a nurse to learn the basics of diabetes management including how to monitor blood sugar.
 - 1 hour visit with a dietitian to develop a meal plan that works for you.
 - 9 hours of group classes on all aspects of managing diabetes, including a grocery store tour to help you with your shopping.
 - Follow up visits for one year at (1 month, 3 months, 6 months, 1 year) with a diabetes educator.
- **Medical Nutrition Therapy***:
 - Meal planning individually with our dietitians
 - Carbohydrate Counting
 - Behavioral Change Strategies
 - Label Reading
- **Annual follow up*** training after completion of the DSMT classes- once patients complete the classes they may continue to be followed by our nurse and dietitian to help them to stay on track (4 hours/yr)-2 hours each with our nurse & dietitian.

* Physician referral required

CLASS DATES FOR 2010

Nutrition Class: Participants should attend one of the nutrition classes held at Hannaford in Biddeford before attending the Diabetes Program.

| | |
|-------------|-----------------|
| January 13 | 10:am—12:00pm |
| February 10 | 3:30pm—5:30pm |
| March 9 | 10:00am—12:00pm |
| April 8 | 6:00pm—8:30pm |
| May 12 | 3:30pm—5:30pm |
| June 15 | 10:00am—12:00pm |
| July 14 | 3:30pm—5:30pm |
| August 11 | 10:00am—12:00pm |
| September 8 | 10:00am—12:00pm |
| October 14 | 6:00pm—8:30pm |
| November 10 | 3:30pm—5:30pm |
| December 7 | 10:00am—12:00pm |

Diabetes Program: A one day session on all aspects of diabetes is held from 9:00am-3:30pm with a group lunch. Participants must also attend a two hour nutrition class* one week prior to session.

Biddeford Location

| | |
|----------------------|-------------------------------|
| February 24th | 9:00am—3:30pm Classroom BD |
| June 23rd | 9:00am—3:30pm Classroom BD |
| August 25th | 9:00am—3:30pm Classroom BD |
| October 12th | 9:00am—3:30pm Classroom A |
| December 15th | 9:00am—3:30pm Classroom BD |

ALL CLASSES ARE LOCATED AT:

Kennebunk—

SMMC Visiting Nurses / 72 Main Street

Biddeford —

Southern Maine Medical Center
1 Medical Center Drive / Classrooms AC or BD
(See schedule for specific classroom location)

Nutrition classes in conjunction with a grocery store tour are held at:

Hannaford—Biddeford / 299 Elm Street
Please meet at front of store / service desk

Pre-Diabetes Education

Class Dates for 2010

| | |
|--------------|--|
| January 26 | 3:30-5:00pm Biddeford location-Class AC |
| March 16 | 5:30-7:00pm Kennebunk location |
| May 18 | 3:30-5:00pm Biddeford location-Class AC |
| September 14 | 5:30-7:00pm Kennebunk location |
| November 16 | 3:30-5:00pm Biddeford location-Class AC |

**Support Groups also offered
monthly. Call for more
information.**