

FREE Diabetes Clinic

If you have diabetes and need help with medications, strips, meters, or any other problem, our free clinic, can help you take control of your health. Below is a brief description of the health care professionals and the services they provide.

- **Diabetes educator:** teaches you about the day to day care of your diabetes; helps you with monitoring blood sugar, healthy way to cope with diabetes, reducing risks for complications, teaches self-management classes, and much more.
- **Dietitian:** an expert in food and nutrition, the dietitian helps you find a meal plan that works for you; helps with making a meal plan, reading food labels, choosing healthier foods, and much more.
- **Clinician:** looks after your overall health as well as your diabetes management plan; helps with your glucose tests, medications and answers any overall health questions.

This service is not intended to substitute for your physician's recommendations or treatment. We are here if you need additional help.

Clinic location and time

Where: Somerset County Health Dept.
7920 Crisfield Hwy., Westover

When: Every other Monday

Time: 8:30 AM - 12:00 noon

Call: 443-523-1760
(for schedule and to set an appointment)

Each appointment consists of:

- **FREE** Glucometer and **Strips** for those who qualify
- Voucher for medications (**restrictions apply**)
- HA1C Finger-stick Blood Test
- Glucose Finger-stick Blood Test
- Blood Pressure Screening
- ADA Risk Assessment Test
- Dietician Counseling

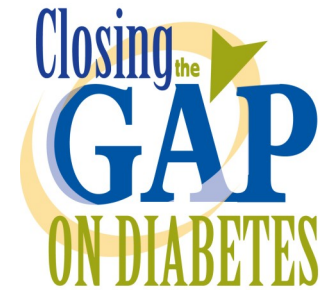
Requirements:

- Somerset or Worcester County resident
- 18 years or older

Somerset County
Health Department

7920 Crisfield Highway
Westover, MD 21871
Phone: 443-523-1760
www.somersethd.org

**Somerset
County
Health Dept.**



**Take Control
Of Your
Health**

Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

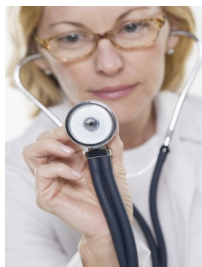
Major Types of Diabetes

Type 1 diabetes: results from the body's failure to produce insulin.

Type 2 diabetes: results from insulin resistance (a condition in which the body fails to properly use insulin).

Gestational diabetes: is a form of glucose intolerance that is diagnosed in some women during pregnancy.

Pre-diabetes: is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of Type 2 diabetes.



Symptoms of low blood glucose

- Weak or tired
- Nervous or irritable
- Dizzy or shaky
- Hungry
- Sweating
- Fast heartbeat
- Blurry vision
- Headache

Symptoms of high blood glucose

- Extreme thirst and hunger
- Need to urinate often
- Dry skin and mouth
- Blurry vision
- Drowsiness
- Slow healing wound or infection

Complications of Diabetes

- Heart disease and blood vessel problems
- Vision problem or blindness
- Kidney disease
- Nerve disease
- Infections of gums or skin



Your Team Of Professionals

There may be days when getting your diabetes under good control seems like a lonely job. But you're not alone. There are many health-care professionals who can be part of your team to help you manage your diabetes and maintain your health. Remember, YOU are the most important person on your diabetes team, but you are not alone.



A variety of healthcare providers can help you learn about diabetes and how to take good care of yourself. Working with healthcare providers is a two-way street; they need you to tell them how things are working and when you need help.

The Somerset County Health Department is holding a free diabetes clinics with the purpose of provide additional help to people who are having difficulties managing their diabetes.