

- Exercise and blood sugar ranges
- Nutrition and carbohydrate counting
- Individualized meal plans
- Reading and understanding food labels
- Follow-up during pregnancy and after delivery
- Oral glucose tolerance test results

Inpatient Services*

- TiGR System – an on-demand, patient education program
 - Topics include: gestational diabetes, insulin injection, exercise, blood glucose monitoring, nutrition-related issues

Diabetes occurs when the levels of sugar in the blood are too high – because either the body doesn't produce enough insulin or can't use insulin properly. Insulin is a hormone made by the pancreas that lets the body turn blood sugar into energy or store it as fat. If untreated, diabetes can damage organs, including blood vessels, nerves, eyes and kidneys. It is especially critical to manage diabetes while pregnant. About one in 100 women of childbearing age has diabetes before pregnancy (pregestational diabetes). Another 4-10% develop diabetes during pregnancy (gestational diabetes). Most of these women can look forward to having a healthy baby. Let us work with you toward a healthy pregnancy.

Nutritional Counseling*

Clear Lake Regional Medical Center provides nutritional services to help individuals achieve a better quality of life.

Our registered dietician works with both adults and children to achieve their personalized nutrition goals. Some of the more common medical conditions where nutrition plays an important role in therapy or prevention include:

- Cancer
- High blood pressure
- High cholesterol
- Diabetes
- Kidney failure
- Gastrointestinal disorders
- Obesity
- Eating disorders
- Carbohydrate counting for intense insulin therapy (pump and multi-injection therapy)
- Impaired glucose tolerance
- Pregnancy

Our registered, licensed dietitians work closely with individuals on designing a personalized nutrition program. Your goal may be to effectively and safely lose or gain weight, or to prevent medical conditions such as heart disease, diabetes and hypertension. The dietician will teach you about the correlation between your condition and healthy eating.

In addition, we will work with you to ensure your success with weight loss, glucose control, cholesterol lowering or whatever your specific needs may be. Follow-up opportunities are an essential part of dietary/nutritional modification and are an important part of your program.

Clear Lake Regional MEDICAL CENTER

An HCA Affiliated Hospital

The Diabetes Management Center
450 Medical Center Blvd., Suite 100B
Webster, TX 77598 • 281-338-3357
clearlakermc.com

Mainland MEDICAL CENTER

A Campus of Clear Lake Regional Medical Center-An HCA Affiliated Facility

The Diabetes Management Center
1125 North Hwy. 3
Texas City, TX 77591 • 409-938-5202
mainlandmedical.com

The Diabetes Management Center is Recognized by the  **American Diabetes Association**®

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The Diabetes Management Center



The Diabetes Management Center offers education, resources and guidance for people of all ages living with diabetes. With a highly trained staff, personalized programs and a team approach, we provide a comprehensive scope of services to both inpatients and outpatients that meets the complex needs of people with diabetes. Our program has been certified by the American Diabetes Association for more than 20 years.

Clear Lake Regional MEDICAL CENTER

An HCA Affiliated Hospital

Hours of Operation:
Monday – Friday
8 a.m. – 4:30 p.m

Mainland MEDICAL CENTER

A Campus of Clear Lake Regional Medical Center-An HCA Affiliated Facility

Hours of Operation:
Monday – Thursday
8:30 a.m. – 5 p.m.

DIABETES

(*) Offered only at the Clear Lake Regional Medical Center Campus

Diabetes Program

Our team includes registered nurses, Certified Diabetes Educators and registered dietitians who work closely with children, adults and pregnant women – empowering them with the skills and resources to manage their diabetes and enjoy a healthy lifestyle. The team of educators also works closely with the patient’s referring physician throughout the entire educational process.

Many people who develop diabetes notice no symptoms, and as a result, diabetes may go undetected for years. By the time it is diagnosed, damage to the arteries, eyes, nerves and kidneys also may have developed. Overall, one out of three Americans with diabetes does not know that they have the disease.

More than 23 million people in the United States have diabetes, and it’s estimated that another 6 million are affected yet undiagnosed.

Our diabetes educators provide inpatient and outpatient education designed to help you improve your diabetes self-care skills and enhance the quality of your life. Our team of experts collaborate with each person individually to develop a specialized plan. Family members and caregivers are encouraged to be actively involved as well.

Diabetes Management Survival Skills

- Training for individuals during their hospital stay
- Diabetes and Pregnancy Program
- Comprehensive Self-Management

Program that includes all 10 content areas of ADA

- Nutrition counseling for people of all ages and any medical condition, diabetic and non-diabetic
- Diabetes Community Lecture Series

Comprehensive Diabetes Management Class

- Administration of insulin and other injectable medications
- Blood glucose monitoring
- Personal healthcare guidelines
- Nutrition management
- Understanding diabetes management medications
- Prevention of long-term complications
- Management of low blood sugar
- Weight control/weight loss
- Exercise

Medical Nutrition Therapy

Planning meals responsibly is a basic requirement for diabetes management, obesity and cholesterol issues. A registered dietitian who specializes in diabetes care and other nutritional conditions works with individuals and groups. The dietitian will assist you in developing realistic goals, meal management skills, flexible meal-planning and weight management guidelines. Additionally, the patient will learn how good nutrition impacts and improves health regardless of the condition.

Psychosocial Support

Chronic diseases can have a profound impact on patients and their families. We encourage families and any other persons directly involved

to participate in the diabetes self-management program and all other educational services.

Diabetes Management Center programs are available with a physician’s referral. Most health insurance plans, including Medicare, provide coverage for diabetes education with a referral. If you do not have a personal physician, please call 888-842-3627 for a physician referral.

An incomparable focus on educating and empowering patients to manage their disease earned The Diabetes Management Center at Clear Lake Regional Medical Center national recognition from the American Diabetes Association. This accreditation program is in accordance with the National Standards for Diabetes Self-Management Education.

Diabetes in Pregnancy Services*

Physician referral is required for any woman of child-bearing age. Pregnancy and new motherhood are times of joy, excitement and challenges for many women. While being pregnant brings its own set of changes to your body, women with diabetes may need to make additional lifestyle modifications to care for themselves, their diabetes and their baby.

The Diabetes Management Center at Clear Lake Regional Medical Center offers a unique program with a multidisciplinary team approach to ensure the health of patients with pre-existing diabetes and women who develop diabetes while pregnant. Our healthcare team – which includes certified diabetes educators, a registered dietitian and specialized nurses – works closely with patients on meal planning, exercise and medications. Together, we will create a

customized plan for taking care of mother and baby.

The Diabetes in Pregnancy Program at Clear Lake Regional Medical Center includes the following services:

Outpatient Services

- Gestational Diabetes Mellitus
- Pre-conception counseling for patients with Type 1 and Type 2 Diabetes
- Women who are currently pregnant, with Type 1 and Type 2 Diabetes
- Hypoglycemia, insulin resistance
- Infertility, Polycystic Ovary Syndrome (PCOS)
- Multiples
- Weight problems

Additional Instruction

- Medical nutritional therapy
- Carbohydrate counting
- Insulin therapy
- Oral agents
- Glucose meter instruction
- Advanced concepts of insulin pumps available

Diabetes in Pregnancy Class Content*

- Overview of GDM or DM in pregnancy
- Effects on mother and baby
- Treatment – nutrition, exercise, stress management, risk factors, prevention
- What to expect – labor, delivery and beyond
- Breastfeeding and diabetes

(*) Offered only at the Clear Lake Regional Medical Center Campus