

Take Control of Your Diabetes

If you are concerned about having diabetes or if you have been diagnosed with pre-diabetes, you probably have a lot of questions. With the help of the experts at Diabetes Healthcare of New Hampshire at Derry Medical Center, you will gain the knowledge you need to manage your diabetes.

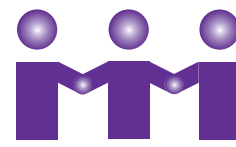
We will help you to understand your medications and the reasons for testing your blood sugar. We will provide information about nutrition, exercise, and overall lifestyle management. We work with your physician and insurance company to get you the education and services you need. Most importantly, we will work with you as a team to help you achieve your health and wellness goals.

Diabetes Healthcare of New Hampshire at Derry Medical Center has been recognized by the American Diabetes Association for Quality Self-Management Education.*



diabetes
ACHIEVING HEALTH ONE DAY AT A TIME.

Diabetes Healthcare of NH
at Derry Medical Center



Derry Medical Center

Diabetes Healthcare of NH at Derry Medical Center

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www.derrymedicalcenter.com

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*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



Diabetes Healthcare of NH at Derry Medical Center

PATIENT SERVICES

Diabetes Management: In collaboration with your referring health provider, we will recommend an individualized diabetic health plan that includes:

- A complete nutrition assessment
- A recommended exercise program
- The review and adjustment of medication regimens as needed
- A comprehensive assessment of all your cardiovascular risk factors and a recommendation for treatment options
- Laboratory and diagnostic testing

Continuous Glucose Monitor Systems: We have the latest continuous glucose monitor systems that allow us to identify blood glucose excursions and trends to help optimize diabetes control.

Insulin Pump Therapy: Some patients with diabetes benefit from insulin pumps and other advanced technologies. We will provide appropriate candidates with one on one insulin pump education, and will monitor and manage insulin pump progression.

Gestational Diabetes Management: Patients with gestational diabetes cope with complex issues. We will work closely with your health care provider throughout your pregnancy. We will help develop individualized meal plans and we will closely monitor your blood glucose levels, initiating and adjusting the necessary medications or nutrition plan throughout your pregnancy as needed.

Lifestyle Management: Our experienced educators will help you establish optimal health care practices for a lifetime of emotional and physical well being.

Nutrition: Our registered dietitians will perform an initial nutrition assessment and develop an individualized meal plan fitting each lifestyle and culture.

Diabetes Support Classes: Each month our Diabetes Nurse Practitioner offers a lecture on the different aspects of diabetes management, including:

- Lifestyle Management
 - Nutrition
 - Exercise
- Insulin Pump Support groups
- Continuous glucose monitoring system and related topics
- Medication management
- Meet Our Clinical Staff question and answer sessions

FOR MORE INFORMATION

For questions or more information about Diabetes Healthcare of New Hampshire at Derry Medical Center, please visit www.derrymedicalcenter.com. Or, call our office at **(603) 537-1300** for an initial consultation.

About Our Staff



James M. Harris, Jr., MS, APRN, BC-ADM, serves as Director of Diabetes Healthcare of NH at Derry Medical Center. Jim earned his Masters of Science in the Family Nurse Practitioner Program, and Bachelor of Science in Nursing from the University of Massachusetts in

Lowell. He is licensed by the State of New Hampshire and is board certified through the American Nurses Credentialing Center (ANCC). He is a member of American Diabetes Association and has a special clinical interest in lipids/cholesterol concerns.

Jim focuses on building a strong rapport with his patients. At the center of his practice is a commitment to clear communication and a team approach that includes the referring health care provider, diabetes educators, dietitians, podiatrists, ophthalmologists, and health care insurance providers.

Jim has extensive experience in the management of diabetes for patients with cardiac and renal concerns.



Lori Muller, RD, LD, CDE, provides counseling, medical management and educational services. Lori has a Bachelor's Degree in general nutrition from Rochester Institute of Technology. She has been an outpatient educator for over 10 years and has

specialized in diabetes for the past 5 years. In 2006, she became a CDE, certified diabetes educator, specializing in diabetes self management training.

She enjoys the relationships she establishes helping others better understand how to manage their diabetes, improve their health and general well being.

"I BELIEVE THE FOUNDATION OF DIABETES MANAGEMENT STARTS WITH DEVELOPING A PARTNERSHIP WITH EACH INDIVIDUAL PATIENT AND CONTINUES BY INVOLVING FAMILIES AND LIFESTYLE CHANGES." (JIM HARRIS, APRN, DIRECTOR OF DIABETES HEALTHCARE OF NH AT DERRY MEDICAL CENTER)

