

Certified Diabetes Educators



**Carol Inkrott,
RD, LD, CDE**

Carol is a Registered, Licensed Dietitian and a Certified Diabetes Educator. She graduated from Ohio State University and completed a dietetic internship at Massachusetts General Hospital. She has counseled patients at Wooster Community Hospital for the past 22 years.



**Diane Rowe,
BSN, RN, CDE**

Diane is a Registered nurse and Certified Diabetes Educator with a bachelor's degree in nursing from the University of Akron. A lifetime resident of Wayne County, she has been teaching diabetes self-management at Wooster Community Hospital for 14 years.

Additional Staff

Susan Anderson, RD, LD
Arica Betson, RD, LD

The Diabetic Clinic at
Wooster Community Hospital serves
clients with Pre-diabetes, Type 1,
Type 2 and Gestational Diabetes.

**The Nutrition & Diabetes Department is
located on the ground floor.**

Will my health insurance cover the cost?

Insurance coverage varies with each
insurer. Medicare covers diabetes
self-management training and MNT
and annual follow-ups.

For cost information call:

330-263-8196



Wooster Community Hospital

1761 Beall Avenue • Wooster, Ohio 44691
Phone: 330-263-8196 • Fax 330-263-8197
www.woosterhospital.org • E-mail:
rdld@wchosp.org

Diabetic Clinic



Wooster
Community
Hospital



DIABETIC CLINIC provides Diabetes Self-Management Training (DSMT) and Medical Nutrition Therapy (MNT) to people with diabetes through our two-part program:

- One-on-One Sessions
- Conversation Map Classes

You will learn how to...

- Live safely with diabetes
- Keep your blood glucose numbers in a healthy range
- Prevent or reduce the effects of other health problems diabetes often causes

One-on-One Sessions

You receive individual attention from the dietitian and the registered nurse to create your personal action plan.



The Conversation Map Classes...

...are a series of four, two-hour group sessions guided by one of our Certified Diabetic Educators (CDE). These classes allow you to discuss your questions and concerns with other patients. You learn from each other, and each decides how to manage their own diabetes day to day.



You will learn about various topics including...

- How carbohydrates affect blood sugar
- Balancing healthy foods with those you love
- Reading food labels
- Tips to eat smart when dining out
- Exercise options and safety
- Using diabetes medicine safely
- Preventing and treating low blood sugar
- Protecting your feet and eyes

AFTERNOON AND EVENING CLASSES OFFERED

Free transportation (afternoon classes only) - Subject to availability