

OUR OUTPATIENT TEAM:

Certified Diabetes Educators
Patricia Birchall, APN, FNP-C, CDE
Kathleen Young, BSN, CDE
Jacqueline McCabe, RN, CDE
Margaret Monge, RD, CDE
Jen Bove, RN, CDE

Registered Dietitian
Margaret Monge RD, CDE

Clinical Exercise Physiologist
Fred Schuster, MA, STS

Doctor of Pharmacy
Richard Artymowicz, Pharm.D.,
FCCP, BCPS

INSURANCE AND REFERRALS

For all your diabetes care, please call The Diabetes Center at 609.463.2547 to schedule an individual session.

We offer individual one-on-one appointments as well as day and evening classes. The program is fully ADA certified and the fee for this program is covered under most insurances.

Cape Regional Health System
2 Stone Harbor Boulevard
Cape May Court House

Direct dial at 609.463.2547

Certified by:



For a Healthier Life.

Call us at CAPE | capehealth.com

THE DIABETES CENTER



For a Healthier Life.

DIABETES SELF-MANAGEMENT PROGRAM

Our Diabetes Education Centers are certified by The Joint Commission in Advanced Inpatient Diabetes Care since 2011 and are recognized by the American Diabetes Association for Diabetes Self-Management Education since 2002.

Diabetes self-management is a four-week outpatient course on blood sugar management taught by certified diabetes educators and diabetes specialists. This extensive class includes individual counseling with certified diabetes educators and dietitians with a follow up appointment upon completion.

Through this popular program, you'll learn techniques to maintain your health and prevent complications of diabetes.

We offer convenient day and evening classes.

OUR CLASS TOPICS INCLUDE:

- Self-monitoring for blood glucose and lifestyle management
- Meal planning with individualized, family-friendly, healthy food choices
- Understanding your medications
- Chair home exercise programs

HELPING YOU STAY IN CONTROL

Whether you have been living with diabetes for many years or are newly diagnosed, the Cape Regional Diabetes Education Centers are an excellent source of:

- Education
- Support
- Inspiration
- Dedication

WELLNESS PLANNING

- Healthy Eating
- Being Active
- Glucose Monitoring
- Taking Medication
- Problem Solving
- Reducing Risk
- Healthy Coping

ADDITIONAL PROGRAMS

Our Extensive Program Includes:

- Individual, confidential counseling
- Programs for pediatric patients and their families
- Blood sugar management during pregnancy
- Insulin pump training
- Continuous glucose monitor training and 7-day test
- Free monthly diabetes support group

For more information or to schedule an appointment call 609.463.2547 or visit www.caperegional.com