

Nutrition Support

A big part of managing diabetes is adapting your lifestyle with a proper diet. Our **Nutrition Services Department** offers counseling and a plan specifically tailored to your needs. We:

- Help you to better understand the basics of nutrition including how calories, carbohydrates, protein, and fat impact your weight, disease process, and overall health
- Provide education on carbohydrate counting and label reading
- Provide advice for meal planning, grocery shopping, and incorporating nutrient-dense foods into your daily routine
- Help you to set realistic, manageable goals
- Provide follow-up counseling sessions for continuous improvement or maintenance

**For more information:
508-764-2474**



DIABETES MANAGEMENT

Harrington

HEALTHCARE SYSTEM

Total Local Care

Living with

Diabetes

just got easier with Harrington.

Harrington

PHYSICIAN SERVICES

Total Local Care

Diabetes Management
Endocrinology Care
128 Main Street Suite 2
Sturbridge, MA

508-347-7585



In 2012, there were 29.1 million Americans diagnosed with diabetes.

Diabetes is prevalent in seniors, affecting nearly 12 million people in America.

More than 200,000 Americans under the age of 20 are estimated to have diabetes.

* National Diabetes Statistics Report, 2014

You Can Manage Your Diabetes.

Even though diabetes is a serious disease, it can be managed with proper care, nutrition, exercise, and specialists who help plan for your success.

At Harrington, we specialize in helping people manage their diabetes.

We give you the tools you need to control the disease and lower the risk of developing complications.

Know Your Risks.

Taking control of your diabetes is an important step in maintaining your health and wellness for years to come.

Undiagnosed or poorly managed diabetes can result in serious complications:

- **Skin** - including bacterial infections and itching.
- **Vision** - including an increased risk for glaucoma, cataracts, and retina disorders. Diabetes is a leading cause of blindness.
- **Neuropathy** (Nerve Damage)
- **Foot ulcers and amputations**
- **Kidney disease** - Diabetes is the leading cause for kidney failure.



How We Can Help

We do all we can to help you control and manage your diabetes. We have many resources and tools available in our physician office and through outpatient services:

- Dietary support
- Exercise programs
- Medication management
- Blood glucose monitoring
- Oral health and hygiene
- Support classes and individual counseling