
NEVADA DIABETES ASSOCIATION

SERVING CHILDREN AND ADULTS

Nevada Diabetes Association Resource Directory (Online Version)

Updates for 2014



Your Nevada Resource
For
Diabetes Information and Services

Email: ndaca@diabetesnv.org

Webpage <http://diabetesnv.org>

Executive Office
18 Stewart Street
Reno, NV 89501
775-856-3839

Nationwide
1-800-379-3839
Las Vegas
(702) 966-0686



Dignity Health™

Thank you Dignity Health
for making the publication
of our Resource Directory
possible

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NEVADA DIABETES ASSOCIATION



WWW.DIABETESNV.ORG



★ Services We Offer ★

Camp Programs

We offer unique camping programs for children and teens with diabetes as well as camps for families with children too young to attend other camps.

Support Groups

Our support groups are offered in Las Vegas and Northern Nevada and include our Injection Connection Teen Program, Family Support Groups and Adult Support Groups.

Education

We offer programs/literature to help diabetics & their families. Our Nevada Diabetes Resource Directory is distributed in Nevada, free of charge. One on one counseling is also available.

Emergency Medical

This program provides testing supplies and insulin to those in crisis, as well as provide other resources to at risk patients.

Advocacy

One of our main roles as an organization is to serve as advocates for issues pertaining to diabetes and people living with diabetes.

Fundraising

The NDA has various events throughout the year to raise funds to support our community outreach. Events like our annual golf tournaments are a fun way to fund our programs.

Executive Offices: 18 Stewart Street; Reno, NV 89501
ndaca@diabetesnv.org
800-379-3839

DIABETES MANAGEMENT SCHEDULE

(Take this information to your doctor to review your diabetes care)



Every Year

Weight and blood pressure
Foot exam
Discuss self monitoring blood glucose records
Discuss ALL medications
Discuss self-management skills
Discuss dietary needs
Discuss physical activity
Discuss smoking cessation

TWICE A YEAR:

Check your HbA1c _____ / _____
Date Date

ANNUALLY: Have a:

Dilated eye exam _____
Date

Dental exam _____
Date

Flu Shot _____
Date

Diabetes Education Review _____
Date

Peripheral nerve test _____
Date

Treadmill test or EKG _____
Date

Ask your physician to check

Protein and fat in your blood _____
Date

Protein in your urine. _____
Date

IMPORTANT PHONE NUMBERS

My Doctors:

Name: _____

Phone: _____

Name: _____

Phone: _____

Name: _____

Phone: _____

My Dietitian:

Name: _____

Phone: _____

My Insurance Company

Primary

Name: _____

Phone: _____

Policy # _____

Secondary

Name: _____

Phone: _____

Policy # _____

Other Important Numbers

Name: _____

Phone: _____



This manual is available on disk, in print and on the Nevada Diabetes Association's website.
For information call the NDA at 800-379-3839.

If you know of a diabetes resource that is not listed in this directory, or if the information listed is not accurate, please contact the NDA office.

Please feel free to make copies of this Resource Directory and distribute to those in need.

DIABETES PREVENTION CAMPAIGN

The Diabetes Prevention Program (DPP) was the first major clinical trial in the United States to show that moderate changes in diet and exercise can delay and possibly prevent Type 2 diabetes in a diverse population of people with impaired Glucose Tolerance, a pre-diabetic condition. The DPP found that **modest weight loss**, 5 to 7 percent of body weight, **and increased physical activity** can cut a person's risk of developing Type 2 diabetes by more than half.

The DPP provides the scientific evidence that the rising tide of type 2 diabetes in the U.S. can be turned back. The Nevada Diabetes Education Program (NDEP) is taking the lead on translating the DPP findings and developing a national education campaign and mobilizing its partners to get this important information out to health care providers and people at risk for Type 2 diabetes.

Known pre-diabetes risk factors include:

- Being overweight or obese.
- Family history of diabetes.
- Low HDL cholesterol and high triglycerides.
- High blood pressure (consistent reading of 140/90 mm Hg or higher).
- History of gestational diabetes or gave birth to a baby weighing more than 9 pounds.
- Belonging to one of the following minority groups: African Americans, Native American Indians, Hispanic Americans/Latinos, and Asian American/Pacific Islanders.

What You Can Do

There is good news, however. Results from the landmark Diabetes Prevention Program show that even moderate lifestyle changes can make a big difference in preventing Type 2 diabetes and can even reverse the pre-diabetes condition in some people. Metformin, a Type 2 diabetes medication, was also shown to be beneficial to some individuals with pre-diabetes/impaired glucose tolerance. If you are at risk for pre-diabetes, or even if you have it now, losing excess weight through proper diet and exercise can improve the body's ability to use insulin and to process glucose more efficiently.

- **Move.** If you do not do it now, get started. Surprisingly, seven in ten Americans don't engage in any type of regular physical activity. Yet a regular, moderate exercise program of just thirty minutes a day five days a week can greatly reduce your risk of diabetes. It does not have to be fancy- a brisk walk, outdoor play with the kids or even working in the yard burns calories and gets your body moving. Always check with your physician before starting a new fitness program, especially if you have a chronic illness or other health problems.
- **Eat right.** If you are overweight, you will need to reduce calorie intake and cut fats. A Registered Dietitian or Certified Diabetes Educator can help you develop a food plan that works for you. If you are a self-starter, try following the food pyramid for healthier eating habits. Again, touch base with your doctor if you have pre-existing health conditions.
- **Talk to your doctor.** New screening guidelines issued by the American Diabetes Association (ADA) call for physicians to test overweight individuals over the age of 45 with a fasting blood glucose test and/or oral glucose tolerance test. Fit the profile? Talk to your doctor today and get tested.

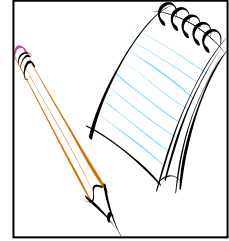
TAKE THE DIABETES RISK ANALYSIS

Find out if you are at high risk of getting diabetes by answering and scoring the following statements.

1. I had a baby weighing more than nine pounds at birth or had diabetes during pregnancy.

If you answered Yes give yourself a score of 6.

If you answered No give yourself a score of 0.



2. I have a parent(s), sister, or brother with diabetes.

If you answered Yes add 3 to your score. If you answered No add 0.

3. I consider myself Hispanic, African American, American Indian, Asian American, or Pacific Islander.

If you answered Yes add 3 to your score. If you answered No add 0.

4. I am overweight.

If you answered Yes add 3 to your score. If you answered No add 0.

5. I have been told I have a high blood sugar level.

If you answered Yes add 6 to your score. If you answered No add 0.

6. I am between 45 and 64 years of age.

If you answered Yes add 1 to your score. If you answered No add 0.

7. I am under 65 years of age AND I get little or no exercise during a usual day.

If you answered Yes add 3 to your score. If you answered No add 0.

8. I am 65 years old or older.

If you answered Yes add 3 to your score. If you answered No add 0.

Now, add up your total score from items 1 through 8.

If you scored 1 to 5 points, you are probably at low risk for having diabetes now. But don't forget about it, especially if you are Hispanic, African American, Native American, Asian American or a Pacific Islander. If you scored 6 or more points, you are at high risk for having or getting diabetes. Only a doctor can determine if you have diabetes. If you have diabetes, we encourage you to share this information with your family members. Online version of Type 2 Diabetes risk test available: http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/?loc=community_footer

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____



Carbohydrate Counting for People with Diabetes

Why Is Carbohydrate Counting Important?

- Counting carbohydrate servings may help you to control your blood glucose level so that you feel better.
- The balance between the carbohydrates you eat and insulin determines what your blood glucose level will be after eating.
- Carbohydrate counting can also help you plan your meals.

Which Foods Have Carbohydrates?

Foods with carbohydrates include:

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables, such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, and jelly

Carbohydrate Servings

In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate:

- Check serving sizes with measuring cups and spoons or a food scale.
- Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.
- The food lists in this handout show portions that have about 15 grams of carbohydrate.

Notes:

Food Lists for Carbohydrate Counting

1 serving = about 15 grams of carbohydrate

Starches

- 1 slice bread (1 ounce)
- 1 tortilla (6-inch size)
- 1/4 large bagel (1 ounce)
- 2 taco shells (5-inch size)
- 1/2 hamburger or hot dog bun (1 ounce)
- 3/4 cup ready-to-eat cereal
- 1/2 cup cooked cereal
- 1 cup broth-based soup
- 4-6 small crackers
- 1/3 cup pasta or rice (cooked)
- 1/2 cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked)
- 1/4 large baked potato (3 ounces)
- 3/4 ounce pretzels, potato chips, or tortilla chips
- 3 cups popcorn (popped)

Fruit

- 1 small fresh fruit (4 ounces)
- 1/2 cup canned fruit
 - 1/4 cup dried fruit (2 tablespoons)
 - 17 small grapes (3 ounces)
 - 1 cup melon or berries
 - 2 tablespoons raisins
 - 1/2 cup fruit juice

Milk

- 1 cup fat-free or reduced-fat milk
- 1 cup soy milk
- 2/3 cup (6 ounces) fat-free yogurt sweetened with sugar-free sweetener

Sweets and Desserts

- 2-inch square cake (unfrosted)
- 2 small cookies (2/3 ounce)
- 1/2 cup ice cream or frozen yogurt
- 1/4 cup sherbet or sorbet
- 1 tablespoon syrup, jam, jelly, table sugar, or honey
- 2 tablespoons light syrup

Other Foods

- Count 1 cup raw vegetables or 1/2 cup cooked non-starchy vegetables as zero carbohydrate servings or “free” foods. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving.
- Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods.
- Count 1 cup of casserole or other mixed foods as 2 carbohydrate servings.

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Carbohydrate Servings/ Choices:

1 Carbohydrate Serving/ choice = 15 grams of carbohydrate
Each of the items listed in the amount given is equal to 1 serving that contains 15 grams of carbohydrate.

Baked beans	=	1/3 cup
Banana	=	1/2 banana
Beans	=	1/2 cup
Berries	=	1 cup
Biscuit	=	1 each, 2" in diameter
Bread	=	1 slice
Bun	=	1/2 bun
Cereal (cold)	=	See label
Cereal (hot)	=	1/2 cup, cooked
Corn on the cob	=	1/2 cob
Crackers	=	See label
Cut corn	=	1/2 cup
English muffin	=	1/2 muffin
Fruit (canned)	=	1/2 cup, in light or natural juices
Fruit (dried)	=	2 tablespoons
Fruit (whole)	=	1 small, size of a tennis ball
Graham Crackers	=	3 squares (1 1/2 WHOLE sheets)
Granola	=	1/4 cup
Grapes	=	12-15
Melon	=	1 cup
Milk	=	1 cup
Mini bagel	=	1 each
Pancake	=	1 each, 4" in diameter
Pasta	=	1/3 cup, cooked
Peas	=	1/2 cup
Popcorn	=	3 cups, light or air popped
Potato	=	1/2 cup mashed or boiled, 3 oz baked
Rice	=	1/3 cup, cooked
Soy milk	=	1 cup
Squash (winter)	=	1 cup
Tangerines	=	2 each, small
Tortilla	=	1- 6" in diameter
Waffle	=	1- 4" in diameter
Wheat germ	=	3 tablespoons, dry
Yogurt	=	3/4 cup or 6 oz, light yogurt



Free Foods = 5 grams of carbohydrate or less per serving **OR** less than 20 calories per serving.
Recommended daily intake of free foods is no more than three servings per day.

Meal Planning Tips

- A meal plan tells you how many carbohydrate servings to eat at your meals and snacks. For many adults, eating 3 to 5 servings of carbohydrate foods at each meal and 1 or 2 carbohydrate servings for each snack works well.
- In a healthy daily meal plan, most carbohydrates come from:
 - o 5 servings of fruits and vegetables
 - o 3 servings of whole grains
 - o 2 to 4 servings of milk or milk products
- Check your blood glucose level regularly. It can tell you if you need to adjust the timing of when you eat carbohydrates.
- Eating foods that have fiber, such as whole grains, and having very few salty foods is good for your health.
- Eat 4 to 6 ounces of meat or other protein foods (such as soybean burgers) each day. Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods such as soy.
- Eat some healthy fats, such as olive oil, canola oil, and nuts.
- Eat very little saturated fats. These unhealthy fats are found in butter, cream, and high-fat meats, such as bacon and sausage.
- Eat very little or no trans fats. These unhealthy fats are found in all foods that list “partially hydrogenated” oil as an ingredient.

Label Reading Tips

The Nutrition Facts panel on a label lists the grams of total carbohydrate in 1 standard serving. The label’s standard serving may be larger or smaller than 1 carbohydrate serving.

To figure out how many carbohydrate servings are in the food:

- Look first at the label’s standard serving size.
- Then check the grams of total carbohydrate. This is the amount of carbohydrate in 1 standard serving.
- Divide the grams of total carbohydrate by 15. This number equals the number of carbohydrate servings in 1 standard serving. Remember: 1 carbohydrate serving is 15 grams of carbohydrate.
- Note: You may ignore the grams of sugars on the Nutrition Facts panel because they are included in the grams of total carbohydrate.

Notes:

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Sample –1 Day Menu

Total Carbohydrate Servings: 15 grams

Breakfast	1 small banana (1 carbohydrate serving) 3/4 cup corn flakes (1 carbohydrate serving) 1 cup fat-free or low-fat milk (1 carbohydrate serving) 1 slice whole wheat bread (1 carbohydrate serving) 1 teaspoon soft margarine
Lunch	2 ounces lean meat (for sandwich) 2 slices whole wheat bread (2 carbohydrate servings) Raw vegetables: 3-4 carrot sticks, 3-4 celery sticks, 2 lettuce leaves 1 cup fat-free or low-fat milk (1 carbohydrate serving) 1 small apple (1 carbohydrate serving)
Snack	1/4 cup canned apricots (1 carbohydrate serving) 3/4 ounce unsalted mini-pretzels (1 carbohydrate serving)
Evening Meal	3 ounces lean roast beef 1/2 large baked potato (2 carbohydrate servings) 1 tablespoon reduced-fat sour cream 1/2 cup green beans 1 vegetable salad: lettuce, 1/2 cup raw vegetables, and 1 tablespoon light salad dressing 1 small whole wheat dinner roll (1 carbohydrate serving) 1 teaspoon soft margarine 1 cup melon balls (1 carbohydrate serving) Evening Meal 3 ounces lean roast beef 1/2 large baked potato (2 carbohydrate servings) 1 tablespoon reduced-fat sour cream 1/2 cup green beans 1 vegetable salad: lettuce, 1/2 cup raw vegetables, and 1 tablespoon light salad dressing 1 small whole wheat dinner roll (1 carbohydrate serving) 1 teaspoon soft margarine 1 cup melon balls (1 carbohydrate serving)
Snack	6 ounces low-fat fruit yogurt with sugar-free sweetener (1 carbohydrate serving) 2 tablespoons unsalted nuts

Notes:

Sample –Menu

Use this form to develop an individual Meal PLAN

Breakfast

Lunch

Snack

Evening Meal

Snack

Notes:

CARBOHYDRATES, PROTEINS & FATS

GLUCOSE = ENERGY

CARBOHYDRATE: Affects blood sugar the most; begins releasing energy immediately.

Simple sugars (less nutritious): sugar, soda, honey, syrup, fruit juice and products containing added sugar

Complex carbohydrates: **starches** (i.e., bread, cereal, rice, pasta, potatoes, crackers, beans), **fruit, milk, yogurt**

PROTEIN: Does not generally cause an immediate rise in blood sugar. Can affect blood sugars in some people if eaten in large amounts. Can also contain high amounts of fat.

Plays an important role in tissue repair and building
Takes longer to break down than carbohydrate.

Meats, fish, chicken, cheese, cottage cheese, eggs, peanut butter, tofu

FAT: Does not cause an immediate rise in blood sugar. Can delay the absorption of carbohydrates.

Twice as many calories as carbohydrate and protein
Very little breaks down into energy for short-term use

Oils, margarine, butter, mayonnaise, salad dressing, nuts, avocado, bacon, cream cheese, sour cream, etc.

A meal of mixed nutrients lasts about 4 hours in the body

What About Protein and Fat?

While proteins and fats will not raise our blood sugar, we must watch the portions we eat. Eating too much protein and fat may contribute to weight gain and high cholesterol. High fat foods can slow down the absorption of carbohydrates and can affect blood sugar readings up to several hours after a meal or snack.

Protein

- Foods that are counted as proteins in meal planning are: Beef, poultry, fish, lamb, pork, cheese, cottage cheese, eggs, peanut butter and tofu.
- Lean meats and low fat choices make the best options for adding protein to your diet.
- A 3-4 oz serving of meat is about equal to the size of a deck of cards.

Protein servings ~ 1 ounce of protein

Peanut butter = 1 tablespoon

Almond butter = 1 tablespoon

Egg (whole) = 1 each

Egg (whites) = 2 each

Egg (substitute) = ¼ cup

Cheese = 1 ounce

Cottage cheese = ~¼ cup

Tofu = 3 ounces

Beef, poultry, fish, lamb, pork = 1 ounce

Fat

- Monounsaturated and polyunsaturated fats are heart healthy.
- Try to avoid saturated fats. These hydrogenated oils may contribute to cardiovascular disease and weight gain.
- Eliminate trans fat from your diet. These fats have NO health benefits. It will help lower “good” cholesterol and increase “bad” cholesterol.

MONOUNSATURATED

Avocado = 2 tbsp

Canola oil = 1 tsp

Olive oil = 1 tsp

Olives = 8-10

Almonds = 6 each

Cashews = 6 each

Peanuts = 10 each

Pistachios = 16 each

Hazel nuts = 6 each

Sesame seed = 1 tbsp

Sesame oil = 1 tsp

POLYUNSATURATED

Corn oil = 1 tsp

Cottonseed oil = 1 tsp

Safflower oil = 1 tsp

Sunflower, pumpkin seeds = 1 tbsp

Soybean oil = 1 tsp

Sunflower oil = 1 tsp

Margarine “light” = 1 tbsp

Mayonnaise “light” = 1 tbsp

Salad dressing “light” = 2 tbsp

Salad dressing “regular” = 1 tbsp

Walnuts = 4 halves

SATURATED

Butter = 1 tsp

Bacon

Bacon grease

Coconut oil

Cream

Cream cheese = 1 tbsp

Lard

Meat fat

Palm oil

Solid shortening

Sour cream = 2 tbsp



INSURANCE INFORMATION

If you are a resident of the State of Nevada and do not now have health insurance and you have been denied health insurance because you have diabetes or another pre-existing condition, you are now eligible to get healthcare coverage. If you do have health insurance, but your current policy excludes diabetes or other pre-existing condition related coverage, it can no longer discriminate against you.

THE LAW: The Affordable Healthcare Act has mandated that everyone have health insurance. Under this act Nevada has established an Insurance Exchange to enroll people who do not have health insurance or want better insurance. All insurance policies issued in Nevada must cover healthcare essentials and not discriminate against or charge more money because someone has a pre-existing condition. Many people who need health insurance will qualify for reduced rates based on their income and many will qualify for Medicaid based on their income. <https://www.nevadahealthlink.com/Insurance>

If you need help enrolling in a plan contact the Health Insurance Exchange NV: www.exchange.nv.gov

Access to Healthcare: <http://www.accesstohealthcare.org/>

You do not need to enroll in Health Insurance through the Exchange. There are many insurance agents who sell health insurance plans for individuals and small businesses. You can compare rates at sites like gohealthinsurance.com <http://www.gohealthinsurance.com/listings.jsp?src=G-GHI> Please note: The NDA does not endorse this site. This is used as a resource example.

You can also find a Health Insurance Broker to help you find the plan that is best for you. <http://www.agent-finder.org/?gclid=COXGyY6ihrwCFUZqfgodXV4AFA>

For questions about insurance contact the Nevada Division of Insurance. <http://doi.nv.gov/Consumers/>

For information on what Medicare covers for diabetes medications and durable medical equipment. <http://www.medicare.gov/pubs/pdf/11022.pdf> You will also need Medicare Part D to cover many diabetes medications.

For more information contact Medicare <http://www.medicare.gov/>

CLARK COUNTY

DIABETES MANAGEMENT CLASSES

*Classes Marked + are Free. Classes Marked * are recognized programs that meet the National Standards for Excellence in Diabetes Education. Please call to verify that a program is still available. Check with each facility for dates and times of classes and support group programs.*

***Desert Springs Hospital Diabetes Treatment Center**

2075 E. Flamingo Road, Ste 225
Las Vegas, NV 89119
(702) 369-7560

<http://www.desertspringshospital.com/hospital-services/the-diabetes-treatment-center>

The Center offers a wide range of services. Services are available in both English and Spanish. For more information call 702-369-7560 or speak with your healthcare provider.

Diabetes Health Management, LLC "The Jans"

Certified Diabetes Educators
7473 W. Lake Mead Blvd, Ste 100
Las Vegas, NV 89128
(702) 562-8134 Fax: (702) 562-8135
Email: diabeteshmnv@aol.com
* fees apply

Dignity Health Diabetes Services

***St. Rose Dominican Hospital**

Outpatient Diabetes Clinic
2651 Paseo Verde Pkwy., Suite 180
Henderson, NV 89074
Call 702.616.4975 to register
http://www.strosehospitals.org/Health_Information/Community_Programs/183368
** Diabetes self-management instructions with a CDE. To register for classes, please call. Also offers individual appointments as well.*

FirstMed Health and Wellness Center

3343 South Eastern Avenue
Las Vegas, Nevada 89169
702.731.0909 phone
702.731.1020 fax
<http://www.firstmednv.org/>
*Member of the Great Basin Primary Care Network

Health Plan of Nevada

(702) 877-5356 or (800) 720-7253; Monday through Friday, from 8 a.m. to 5 p.m. Pacific Time.
<https://www.healthplanofnevada.com/Body.cfm?id=125>

**Ongoing diabetes classes open to members and non-members through the Health Education and Wellness Department. There is a materials fee for these classes. Meetings are held at any Southwest Medical Associates location.*

Diabetes Care Center at North Vista Hospital

1409 E. Lake Mead Blvd.
North Las Vegas, NV 89030
(702) 649-7711
<http://www.northvistahospital.com/services/diabetes/>
**Classes for pre diabetes, diabetes & gestational diabetes*

Sav-On Pharmacy/Albertsons Diabetes Care Program

**offers a variety of different consultation formats like blood glucose monitoring, nutrition, insulin use, foot care, & sick day planning. Also offers a monthly 3 hour seminar which provides general diabetes overview, & information on medications, complications and nutrition. Call your local Diabetes Care Pharmacist for more information.*

***Summerlin Hospital Outpatient Diabetes Services**

657 Town Center Drive
Las Vegas, NV 89144
702-233-7000 <http://www.summerlinhospital.com/community-information/diabetes-education-program>
**classes & one on one visits for diabetes, pre-diabetes and gestational diabetes with a certified diabetes educator and registered dietician.*

***Sunrise Hospital**

3101 South Maryland Parkway
Las Vegas, NV 89109
(702) 233-5454 to register
<http://sunrisehospital.com/service/line/diabetes-classes>
**Registration for FREE Diabetes classes is required. To register, call (702) 233-5300.*

***VA Southern Nevada Healthcare System**

3880 South Jones Boulevard
Las Vegas, NV 89103
(702) 636-3005 FAX (702) 636-4045
** Diabetes Clinic for Veterans & Spouses, clinic Open 7:30 am-4:00 pm, Free diabetes education classes offered every Wednesday from 8am-11am.*

ORGANIZATIONS

Nevada Diabetes Association

NV 1-800-379-3839

Phone: (702) 966-0686

Website: <http://diabetesnv.org>

Services: *Diabetes Camps, Support Groups, English and Spanish resource materials, Diabetes Education Programs, Emergency Medical Assistance*

American Diabetes Association

Website: www.diabetes.org

Phone: 1-800-DIABETES (800-342-2383)

Services: Provides diabetes resource materials for people with diabetes, funds research, promotes advocacy and provides professional educators & speakers. Offers Safe-At-School Advocacy and free Wisdom Kits for newly diagnosed families.

Children's Heart Center

3006 S. Maryland Pkwy., Suite 690

Las Vegas, NV 89109

Phone: (702) 732-1290, Toll Free: (866) 732-1290

Fax: (702) 732-1385

website: <http://www.childrensheartcenter.com/behavioral-health-program/>

Services: *Offers Healthy Hearts Program for children & their families- geared towards lifestyle activities and nutrition. Referral needed, call for details.*

Juvenile Diabetes Research Foundation (JDRF)

Las Vegas Chapter

5542 South Fort Apache, Suite 120

Las Vegas, NV 89148

Phone : (702) 732-4795 FAX: (702) 732-1635

Website: www.jdrf.org

Services: *Diabetes Publications, Research, Youth Ambassador Program, Parent Coffee Talk and Rockin' Teen Scene Program.*

Lower Extremity Amputation Prevention Alliance

Lawrence M. Rubin, DPM, Director

10924 Grand Haven Ave.

Las Vegas, NV 89134

Phone: (702) 233-5253 Fax: (702) 974-3668

* *provides diabetes foot care education & screening programs aimed at preventing lower extremity amputations*

www.leapalliance.org

Nevada Education Association for Diabetes (NEAD)

1529 Sabatini Drive

Henderson, NV 89052

Website: <http://www.diabeteseducator.org/>

* *For Healthcare professionals and diabetes educators. Offers speakers and education to those seeking information on diabetes.*

Nevada P.E.P. (Parents Encouraging Parents)

Main Office

2101 S. Jones Blvd. Suite 120 Las Vegas, NV 89146

Phone: (702) 388-8899 or (800) 216-5188

Fax: (702) 388-2966

Email: pepinfo@nvpep.org

<http://www.nvpep.org>

Services: *Provides support & advocacy to families with children with special needs. Assists with IEP and 504 plans.*

DIABETES MANAGEMENT & PREVENTION RESOURCES

Southern Nevada Health District/ Get Healthy Clark

County: Get Moving. Be Safe. Eat Better. Live Tobacco-Free. Know Your Risks:

www.gethealthyclarkcounty.org

* *Information and links to sites for resources including free online nutrition and physical activity programs, tobacco prevention, safety and much more.*

Healthy Living

Phone: (702) 616-4900

* *Learn how to live with a chronic condition. This is a free 6 week Stanford Chronic Disease Self Management Program. For more information on class dates and locations call: (702) 616-4900.*

iDo: Improving Diabetes and Obesity Coalition

<http://tiny.cc/3tTf2b> (community fact sheets)

<http://tiny.cc/JxTf2b> (healthcare provider fact sheets)

Phone: Jerry Reeves, MD: 702- 743 1964

jreeves.healthinnovations@gmail.com

*St. Rose Dominican Hospital

Diabetes Self-Management Program

benefit from this **FREE** Stanford's Diabetes Self-Management Program. Emphasizes diabetes self-management through mutual support and goal setting. This six-week course is designed to complement your current medical treatment as a way to regain control of your life. Please call 702.616.4900 to register.

YMCA Diabetes Prevention Classes

Contact Barbara Carter

702-522-7435

<http://www.lasvegasyymca.org/Durango-Hills/YMCA-Diabetes-Prevention-Program.aspx>

* *Offers a year long diabetes prevention class consisting of 16 weeks of classes then monthly maintenance classes. For information on program fees, financial assistance or to see if you qualify for assistance 702-522-7435*

Nevada Diabetes Education Program

www.ndep.nih.gov

* *Educational handouts for persons with pre-diabetes or diabetes, and all age groups and cultures, also media ideas for program managers.*

SUPPORT GROUPS

(information can change at any time so it is best to call before attending)

Adult Diabetes Education Management (ADEMS)

6301 W. Charleston (West Charleston Library)

Las Vegas, NV 89146

Phone: (702) 349-7370

www.diabetes-lasvegas.org, www.nursingenrichment.org

** Meetings held 2nd Tuesday of each month from 6pm to 7:30 pm*

Diabetes Power Show

www.diabetespowershow.com

** Free IPOD Webcast which allows you to stay up to date on diabetes management. You can listen to from the Internet and download from I-Tunes.*

JDRF Coffee Talk (Type 1)

5542 S Fort Apache Rd, Ste 100

Las Vegas, NV 89148

Phone: Marcy (702) 732-4795

**Meets 3rd Wednesday of each month*

Nevada Alliance Against Diabetes

1440 North Eastern Avenue

Las Vegas, NV 89101

Phone: (702) 876-4967

**Meetings are free of charge and are held twice a month from 6pm-9pm. (Spanish only).*

Nevada Diabetes Association

Diabetes in Children & Families (DCAF)

Support Group

Southwest Medical Associates Auditorium

2300 W. Charleston Blvd.

Las Vegas, NV 89102

(702) 966-0686

Website: <http://diabetesnv.org>

** For children and adolescents with diabetes and their families. Group meets the first Tuesday of every month from 7:00 to 8:30 p.m*

St. Rose Dominican Hospital

Adult support group

Outpatient Diabetes Clinic

2651 Paseo Verde Pkwy., Suite 180

Henderson, NV 89074

Call 702.616.4975 to register.

St. Rose Diabetes Support for Tykes and Tweens

3001 St. Rose Parkway Siena Campus

Henderson, NV 89052

Phone: Sandie (702) 616-4904

http://www.strosehospitals.org/Health_Information/Community_Programs/183368

**Meets 4th Monday of each month 6-7 pm*

DIABETES SUPPORT SERVICES

Care Free Footwear

1618 E. Charleston

Las Vegas, NV 89104

Phone: (702) 384-5121

<http://www.carefreefootwear.com/html/about.html>

**Specializing in diabetes footwear*

Foot Solutions

2249 North Rampart Blvd

Las Vegas, NV 89128

(702) 836-3668

<http://www.footsolutions.com/store/lasvegas-summerlin/problems/diabetes>

**Specializing in diabetes footwear*

Orthopedic Motion

2800 East Desert Inn Rd. Suite 250

Las Vegas, NV 89121

702.697.7070 Fax: 702.697.7077

<http://orthopedicmotion.com/wound-foot-care.htm>

**Specializing in diabetes footwear*

Desert Springs Hospital Leg Circulation Center

2075 E. Flamingo Road, Ste 225

Las Vegas, NV 89119

Phone: (702) 369-7979

** offers complimentary ABI Screenings for Peripheral Artery Disease*

Desert Springs Hospital Wound Care Center

2075 E. Flamingo Road

Las Vegas, NV 89119

Phone: (702) 369-7571

<http://www.desertspringshospital.com/hospital-services/advanced-wound-care-hyperbaric-medicine>

Dhaval Shah MD Wound Care

(702) 968-2437

www.cidsinfusion.com

Dignity Health – Saint Rose Wound Care Centers.

San Martín Campus and Rose de Lima Campus

702.492.8281 or 702.616.4870

http://www.strosehospitals.org/Medical_Services/211790

Kindred Hospital Wound Care Center

(702) 220-4325

<http://www.kindredhospitalvs.com/our-services/wound-care-clinic/>

North Vista Hospital Wound Care

(702) 657-5559

http://www.northvistahospital.com/services/wound_care/

Summerlin Hospital Wound Care Center

(702) 233-7979

<http://www.summerlinhospital.com/hospital-services/hyperbaric-and-wound-care-program>

Sunrise Hospital Wound Care Center

702-731-8266

<http://sunrisehospital.com/service/line/restore-wound-program/>

Valley Hospital Wound Care Center

702-671-8660

<http://www.valleyhospital.net/hospital-services/wound-healing-and-hyperbaric-center>

Desert Springs Hospital Ctr. for Surgical Weight Loss

2075 E. Flamingo Road, Ste 225

Las Vegas, NV 89119

Phone: (702) 369-7618

<http://www.desertspringshospital.com/hospital-services/the-center-for-surgical-weight-loss-at-desert-springs-hospital>

Clinical Pathology Laboratories

Phone: (702) 795-4900

www.cpplabs.com

** Offers low cost labs for cash pay patients. Call for locations and price quotes*

Lab Express/Synergy Labs

4550 E Charleston Blvd (Main Lab Location)

Las Vegas, NV 89104

Phone: (702) 643-5227 Fax: (702) 248-6486

4161 S Eastern Ave Ste A-6 (Mariana's Shopping Ctr.)

Las Vegas, NV 89119

Phone: (702) 815-0420

www.lxilabs.com

** offers low cost lab tests. Call or visit website for prices.*

MediAlert Foundation

Phone: 1-888-633-4298

www.medicalert.org

** Provides a MediAlert membership and basic stainless steel MediAlert ID for individuals unable to afford the cost.*

LOW COST CLINICS**Community Outreach Medical Center**

1140 Almond Tree Lane, Suite 306

Las Vegas, NV 89104

Phone: (702) 657-3873

www.nvcomc.org

** General Medicine, low cost lab testing and on site pharmacy.*

Eldorado Medical Center

1905 Civic Center Drive 2nd Floor

North Las Vegas, NV 89030

Phone: (702) 877-9514

<http://www.eldoradomedical.com/home.htm>

** Patient can be seen by appointment only and must provide Medicaid denial paperwork. Fees based on sliding scale.*

First Med Health + Wellness Center

3343 S. Eastern Ave.

Las Vegas, NV 89169

Phone: (702) 731-0909 Fax: (702) 731-1020

<http://www.firstmednv.org/>

** Provides preventative, primary and urgent care services for those 18 and older who are uninsured or under insured.*

First Person Care Clinic

1200 S 4th St, Ste 111

Las Vegas, NV 89104

Phone: 702-380-8118

www.firstpersoncareclinics.org

** Fees apply, call for details*

Guadalupe Medical Centers

Phone: (702) 384-1110

** Provides glucose testing for \$15, medical visits for \$39 and has on site low cost lab.*

Locations:

1820 E. Lake Mead Blvd. #M, N. Las Vegas, NV 89030

731 North Nellis Blvd. #2, Las Vegas, NV 89110

1060 N. Rancho Drive, Las Vegas, NV 89106

Helping Kids Clinic

968 E. Sahara Ave.

Las Vegas, NV 89104

Phone: (702) 732-7001

www.helpingkidsclinic.org

** Medical clinic providing healthcare for children birth-18 years. Clinic asks for a \$10 donation to be seen and \$20 for physicals.*

HOPE Christian Health Center Clinic

4357 Corporate Center Dr, Ste 450

North Las Vegas, NV 89030

Phone: (702) 644-4673 (HOPE)

www.hopehealthvegas.org

** Provides affordable compassionate health care. HOPE Christian Center is a Non profit 501 c 3 organization.*

HOPE Medical & Dental Clinics

City Impact Center

970 E. Sahara, Las Vegas, NV 89104

Tuesday 8am-12pm, Wednesday 2pm-6pm

ICLV Wellness Center

3425 Cliff Shadows Pkwy, Suite 100

Las Vegas, NV 89129, 702-673-4745 Tues 8am-12pm

[http://www.cityimpactlv.com/pages/programs/](http://www.cityimpactlv.com/pages/programs/medicaldental-clinics.php)

[medicaldental-clinics.php](http://www.cityimpactlv.com/pages/programs/medicaldental-clinics.php) *Walk in Only at City Impact Center. Appointment needed at ICLV Wellness Center

Huntridge Teen Clinic

2100 S. Maryland Parkway, Suite 1

Las Vegas, NV 89104

Phone: (702) 732-8776

* Provides low cost services to those ages 12 to 18. Does not provide comprehensive medical. Must call for appointment.

Machuca Family Medicine

1501 S. Eastern Ave.

Las Vegas, NV 89104

Phone: (702) 778-7614 Fax: (702) 778-7615

* Offers \$40 consultations to anyone as well as free pap smears & mammograms to women 40+ years of age.

Nevada Alliance Against Diabetes

1440 North Eastern Avenue

Las Vegas, NV 89101

Phone: (702) 876-4967

*Private practice that has physician and nutritionist on staff. They are also a research site for clinical trials and provide holistic care.

Nevada Health Centers, Inc.

www.nvhealthcenters.org

See listings below for an area near you. Works on Sliding scale fee. Most visits range from \$25-\$55 & offers in house labs starting at \$10

Cambridge Family Health Center

3900 Cambridge Ave. Ste 101

Las Vegas, NV 89119

Phone: (702) 307-5415 Fax: (702) 307-5416

Eastern Family Medical & Dental Center

2212 South Eastern Avenue

Las Vegas, NV 89104

Phone: (702) 735-9334 Fax: (702) 735-9335

Martin Luther King Family Health Center

1700 Wheeler Peak Dr.

Las Vegas, NV 89106

Phone: (702) 383-1961 Fax (702) 319-6147

Nevada Health Centers OB/GYN

1799 Mount Mariah Dr.

Las Vegas, NV 89106

Phone: (702) 253-7802 Fax: (702) 633-6474

Las Vegas Outreach Clinic

Free Services for the homeless

47 W. Owens Ave., North Las Vegas, NV 89030

Phone: (702) 307-4635 Fax: (702) 307-4631

Positively Kids Clinic

701 N. Pecos Rd.

Las Vegas, NV 89101

Phone: (702) 455-3692

* Provides low cost medical and dental for children up to 18 yrs old.

Touro University

Dr. David J. Park, DO, FAAFP

874 American Pacific Drive

Henderson, NV 89014

Phone: (702) 777-4809

*Must identify themselves as a patient of the iDo Diabetes Program and patient will be seen for \$35.

Volunteers in Medicine of Southern Nevada

4770 Harrison Drive, #B

Las Vegas, NV 89121

Phone: (702) 967-0530

www.vmsn.org

*Free clinic which offers comprehensive primary care to those eligible. No walk-ins. Must call for eligibility screening

SOUTHERN NV DIABETES SPECIALISTS***Lubna Ahmad, M.D.**

The Endocrine Clinic

7010 Smoke Ranch, Suite 100

Las Vegas, NV 89128

Phone: (702) 228-5000

***Brian A. Berelowitz, M.D., P.C.**

653 Town Center Dr, Bldg 2, Suite # 315

Las Vegas, NV 89144

Phone: (702) 804-9486

Chard D. Bubbs, M.D.

Health Care Partners

2365 Reynolds Ave.

North Las Vegas, NV 89030

Phone: (702) 399-1287

Rosalyn Collins, APN

Southwest Medical Associates Endocrinology

2704 N. Tenaya Way, Suite 2500

Las Vegas, NV 89128

Phone: (702) 877-5199

Barry Gould, M.D.

Southwest Medical Associates Endocrinology

2704 N. Tenaya Way, Suite 2500

Las Vegas, NV 89128

Phone: (702) 877-5199

Safak Emir B. Guven, M.D.

Southwest Medical Associates Endocrinology
2704 N. Tenaya Way, Suite 2500
Las Vegas, NV 89128
Phone: (702) 877-5199

***Firhaad Ismail M.D.**

2470 E. Flamingo #C
Las Vegas, NV 89121
Phone: (702) 792-4500

***Serena Klugh, M.D.**

Palm Medical Group
9280 W. Sunset Rd. Suite 306
Las Vegas NV 89148
Phone : (702) 696-7256

***William R. Litchfield, M.D.**

Desert Endocrinology
2415 W. Horizon Ridge Parkway
Henderson, NV 89052
Phone: (702) 434-8400

Neal Marek, DPM (Podiatrist)

Nevada Foot Institute
4631 E. Charleston Blvd.
Las Vegas, NV 89104
Phone: (702) 438-2425

***Samer Nakhle, M.D.**

Palm Medical Group
9280 W. Sunset Rd. Suite 306
Las Vegas, NV 89148
Phone: (702) 696-7256

***Molouk Rahnema, M.D.**

Palm Medical Group
9280 W. Sunset Rd. Suite 306
Las Vegas, NV 89148
Phone: (702) 696-7256

***Avi A. Ostrowsky, M.D.**

3150 N. Tenaya
Las Vegas, NV 89128
Phone: (702) 360-9210

Kevin Springer, APN

Desert Endocrinology
2415 W. Horizon Ridge Parkway
Henderson, NV 89052
Phone: (702) 434-8400

***Freddie G. Toffel, M.D.**

2700 E. Sunset Rd #D34, Las Vegas, NV 89120
Phone: (702) 736-2021

Paul V. Tomasic, M.D.

Southwest Medical Associates Endocrinology
2704 N. Tenaya Way, Suite 2500
Las Vegas, NV 89128
Phone: (702) 877-5306

Claudia Vogel, M.D.

100 N. Green Valley Pkwy South, Suite 340
Henderson, NV 89074
Phone: (702) 990-4530

Tomas Walker, APN

Desert Endocrinology
2415 W. Horizon Ridge Parkway
Henderson, NV 89052
Phone: (702) 434-8400

***Milton Wong, M.D.**

Desert Endocrinology
8925 W. Sahara
Las Vegas, NV 89117
Phone: (702) 387-8868

UNR School of Medicine

1707 W. Charleston Blvd., Suite 200
Las Vegas, NV 89102
(702) 671-6469

** Dr. Kannan, Dr. Izuora, Dr. Abdelnour may provide discount services for cash pay patients*

Indicates Board Certification Endocrinology*SNV PEDIATRIC ENDOCRINOLOGIST****Amy Darukhanavala, M.D.**

The Peds
5235 S. Durango Drive, Suite 103
Las Vegas, NV 89148
Phone: (702) 851-7287

Asheesh Dewan, M.D.

The Peds
5235 S. Durango Drive, Suite 103
Las Vegas, NV 89148
Phone: (702) 851-7287

***William Horn, M.D.**

The Dream Fund Pediatric Endocrinology Clinic
St. Rose Dominican Hospitals
10001 S. Eastern Avenue, Suite 209
Henderson, NV 89052
Phone: (702) 616-5865

***Rola Saad, M.D. (Pediatric Endo)**

Kids Health Care
3006 S. Maryland Parkway, Suite 315, Las Vegas, NV 89109
Phone: (702) 992-6868

UMC Children's Endocrinology and Diabetes Clinic

Cathy Flynn, APN
1524 Pinto Lane
Las Vegas, NV 89106
Phone: (702) 383-6299 Fax: (702) 383-3708

EYE CARE SERVICES

Eye Care America-Diabetes EyeCare Program

www.eyecareamerica.org

** promotes annual dilated eye exams for people with diabetes. People eligible receive a comprehensive medical eye exam and up to one year of care.*

Access to Health Care Network

Phone: 877-385-2345

www.accesstohealthcare.org

** offers dental and vision plans to those who qualify. No medical plan for southern NV at this time*

Dr.'s Kopolow & Girisgen

VIP Vision Plan

Phone: (702) 341-7254

**Free vision plan open to anyone in Clark County. Has 10 locations in area and offers free vision screenings and eye exams for \$59. Call (702) 341-7254 for details or visit*

www.vipvisionplan.com to enroll.

DENTAL SERVICES

Access to Health Care Network

Phone: 877-385-2345

www.accesstohealthcare.org

** offers dental and vision plans to those who qualify. No medical plan for southern NV at this time*

CSN Dental Hygiene Program

(702) 651-5510

6375 W. Charleston Blvd. Suite A- 500

Las Vegas, NV 89146

**Dental cleanings provided by dental hygiene students, fees range from \$35-\$135*

Huntridge Teen Clinic

(702) 732-8776

2100 S. Maryland Parkway, Suite 5

Las Vegas, NV 89104

** serves ages 12 to 18, Hope Dental Clinic on Fridays, call 702-952-9559*

Nevada Health Center

Eastern Family Medical & Dental Services

2212 S. Eastern Ave.

Las Vegas NV 89104

Phone: (702) 735-9334 Fax: (702) 735-6147

Paradise Park Children's Dental Clinic

4770 Harrison Drive

Las Vegas, NV 89121

Phone: (702) 432-3334

www.paradiseparkdental.com

** full low cost dental services to children. Fees based on sliding scale*

UNLV School of Dental Medicine

(702) 774-2400

1001 Shadow Lane

Las Vegas, NV 89106-4124

<http://www.unlv.edu/dental>

**reduced cost care provided by dental students*

UNLV General Practice- Residency Program

(702) 671-5175

1707 W Charleston Blvd Ste 290

Las Vegas, NV 89102

** provides more advanced procedures (surgeries, implants) provided by residents*

WASHOE COUNTY DIABETES SERVICES

DIABETES MANAGEMENT CLASSES

Health Enhancement Services*

Renown Diabetes Health Center & Stepping Stones to health and wellness Diabetes Specialty Clinic
1500 E. Second Street, Suites 402 & 403
Reno, NV 89502
(775) 982-5073. <http://www.renown.org/>
Email: Stepping_Stones@renown.org

Veterans Administration Medical Center (VAMC)

Diabetes Classes
1000 Locust Street, Reno, NV 89502
Phone: (775) 786-7200
<http://www.va.gov/>

SPECIAL CHILDREN'S SERVICES

Children and Family Camp Programs

Nevada Diabetes Association for Children and Adults
(see Organizations)
(775) 856-3839 or (800) 379-3839

PLACES TO GET TESTED FOR DIABETES IF YOU DO NOT HAVE A DOCTOR OR HEALTH INSURANCE

Sliding fee, Medicaid accepted at the following locations.

Gerlach Medical Clinic

350 Short St., Gerlach, NV 89412
(775) 557-2313 Fax: (775) 557-2140

HAWC Community Health Clinic

1055 S. Wells Ave, (775) 329-6300
Screenings, Support Services, Pharmacy

NV Hopes

580 W. 5th Street (775) 786-4673
Screenings, Support Services, Pharmacy

Renown Health *

Health Management Services
850 Mill St, Suite 100 (775) 982-5073

HEALTH PROGRAMS FOR THE UNINSURED

See health insurance information:

Access to Healthcare Network

(775) 770-3872
<http://accesstohealthcare.org/>

SUPPORT GROUPS

Nevada Diabetes Association

Adult Support Program

Meets 2nd Tuesday of each month
18 Stewart Street
Reno, NV 89501
Call 775-856-3839

Nevada Diabetes Association

Family Support Program

Meets 2nd Wednesday of the month
Call for information on speakers, meeting topics, parties
(775) 856-3839

DIABETES SUPPORT SERVICES

Renown Health Advanced Wound Care

Center for Advanced Medicine B
1500 E 2nd St Suite 104
Reno, NV 89502
Phone: 775-982-4268
<http://www.renown.org/AdvancedWoundCare#sthash.Ps7ONHjL.dpuf>

The Wound Care Center

Northern Nevada Medical Center
2375 E. Prater Way
Sparks, NV 89434
775-331-7000
<http://www.nnmc.com/hospital-services/wound-care>

Western Bariatric Institute,

645 N Arlington Ave Suite 525,
Reno, NV 89503
775) 326-9152
<http://www.westernbariatricinstitute.com/>

Sasse Surgical Associates

75 Pringle Way #804
Reno, NV
(775) 829-7999
<http://www.sassesurgical.com/>

ORGANIZATIONS

Care Chest of Nevada

7910 North Virginia, Reno, 89506
(775) 829-2273 Fax: (775) 829-8745
Services: Diabetes Supplies, Medications, Disability Aids and Equipment

Lions Clubs International

District 4-N, The Lions of Nevada
District Diabetes Chairman
P.O. Box 2287 Reno, NV 89505
E-mail: Lions4NDiabetes@worldnet.att.net
Services: eyeglasses, eye care and medical eye needs, diabetes information materials

ORGANIZATIONS cont.

Nevada Diabetes Association (NDA)

18 Stewart Street, Reno 89501

(775) 856-3839 or (800) 379-3839

Fax: (775) 348-7591

E-mail: ndaca@diabetesnv.org

Services: Camp programs, Diabetes Awareness Programs. Information, English and Spanish materials Resources and Referrals. Professional Education Programs. Medical Assistance program (see Care Chest)

Nevada P.E.P. Satellite Office

4600 Kietzke Lane G-128

Reno, NV 89502

(775) 448-9950 Fax: (775) 448-9603

Services: Support services for families of children with disabilities. Public Awareness, Resource Library. Individual Assistance, Community Specialist Network.

Northern Nevada Chapter JDRF

5335 Kietzke Lane #230 Reno, NV 89511

P. O. Box 70928

Reno, NV 89570

Phone: (775) 786-1881 or 800/925-5533

Fax: (775) 827-0131

DIABETES SPECIALISTS N. NEVADA

***Lisa G. Abbott M.D.**

(775) 786-6770

540 W. Plumb Ln 201

Reno, NV 89509

***Ossama M, Al-Taher, M.D.**

(775) 982-5000

10085 Double R Blvd Suite 310

Reno, NV 89521

***James Atcheson, M.D.**

(775) 982-6130

1500 E. 2nd St. Ste 401

Reno, NV 89502

***Daniel R Caruso M.D.**

(775) 287-2625

5605 Riggins Ct Ste 206

Reno, NV

***Carol Cheney MD**

(775) 883-9003

2874 North Carson Street Ste 200

Carson City, NV

***Kathryn Eckert MD. (Pediatrician)**

(775) 333-8000

75 Pringle Way, Suite 909

Reno, Nevada 89502

***Robert S Fredericks, M.D.**

(775) 682-8500

1495 Ridgeview, Suite 230

Reno NV 89509 Reno 89509

David J. Howard, MD

(775) 784-7500

1500 E. 2nd St. Ste 302

Reno, NV 89502

***Claude K Lardinois, M.D.**

(775) 784-7500

1500 E. 2nd St. Ste 302

Reno, NV 89502

***Evan M. Klass, M.D.**

(775) 784-7500

1500 E 2nd St Suite 302,

Reno, NV 89502

***Ray Plodkowski**

(775) 784-7500

1500 E. 2nd St. Ste 302

Reno, NV 89502

***Quange Nquyen, M.D.**

775-784-7500

1500 E 2nd St. Suite 302

Reno, NV 89502

***Robert J Rosenquist, M.D.**

(775) 682-8500

1495 Ridgeview, Suite 230

Reno NV 89509 Reno 89509

***Stanley R Shane, M.D.**

(775) 784-7500

1500 E. 2nd St. #302

Reno, NV 89502

John R. Sutton, DO, FACOI, CCD, FACE

(775) 841-6333

1177 North Division #3

Carson City, NV 89703

DIALYSIS CENTERS

Davita - Sparks Dialysis Center

4860 Vista Blvd. Sparks, NV 89436

(775) 359-5432

Renown Health Center

1500 E. 2nd Street

Reno, NV 89502

(775) 982-5611 (Hemo) Suite 101

982-4409 (CAPD) Suite 205

VISION PROVIDERS

Eye Care Associates of Nevada

Medical and surgical management of eye disease
2285 Green Vista Dr
Sparks, NV 89431
(775) 674-1100
(800) 331-4393

Nevada Retina Associates

Medical and surgical management of retinal disease
610 Sierra Rose Dr
Reno, NV 89511
(775) 356-7272

RURAL NEVADA SERVICES

DIABETES MANAGEMENT CLASSES

Carson City

**Carson Tahoe Regional Healthcare
Specialty Medical Center**
Diabetes Program
775 Fleischman Way
Carson City, 89703
(775) 885-4506

Churchill County

Diabetes Wellness, Classes in English and Spanish.
By appointment.
195 N. Ada Street, Fallon (Patty)
(775) 423-4933 Email: diabeteswellness@hotmail.com

Choose Control*

Churchill Community Hospital
801 E. Williams, Fallon
(775) 423-3151 ext. 2116 connie.honea@bannerhouse.com

Douglas County

Carson Tahoe Minden Medical Center
925 Ironwood Drive, Suite 1105 Minden, NV

Lyon County

South Lyon Medical Center (Education Department)
213 S. Whitacre Street, Yerington, NV
(775) 463-2301 ext. 249

WHERE TO GET TESTED FOR DIABETES IF YOU DO NOT HAVE A DOCTOR OR HEALTH INSURANCE.

Sliding fee, Medicaid accepted at the following locations.
www.nvrhc.org

RURAL NEVADA CLINICS

Amargosa Valley Medical Clinic

845 Farm Road, Amargosa Valley 89020
(775) 372-5432 Fax: (775) 372-1303
Helps uninsured and underinsured, low income please call clinic for details.
Medical Services M-F 8-5pm

Austin Medical Clinic

121 Main Street, Austin
(775) 964-2222 Fax: (775) 964-2232

Beatty Medical Clinic

702 Irving St., Beatty 89003
(775) 553-2208 Fax: (775) 553-2844
Helps uninsured and underinsured, low income, sliding scale payments are used based on income.
Dental, Women's Health, Pediatrics and other Medical Hours 8-5pm

Caliente Clinic

700 North Springs Street
Caliente, NV 89008
775-726-3121
Helps uninsured and underinsured, low income, sliding scale payments are used based on income.
Medical Services please call for hours.

Carlin Clinic

151 So. 8th St, Carlin
(775) 754-2666 Fax: (775) 754-2654
Sierra Family Health (Carson City)
1000 N. Division St. Carson City
(775) 887-5140 Fax: (775) 887-5143

Crescent Valley Medical Center

5043 Tenabo Ave, Crescent Valley
(775) 468-1010 Fax: (775) 468-1019

Eureka Medical Clinic

250 So. Main St. Eureka
(775) 237-5313 Fax (775) 237-5073
Jackpot Community Health Center
135 Keno St. Jackpot
(775) 755-2500 Fax (775) 755-2502

Wendover Community Health Clinic

925 Wells Ave, Wendover
(775) 664-2220 Fax: (775) 664-2965

Lincoln Co. Medical Clinic - Alamo
First West Street (775) 725-3364

Additional Clinic Resources: Fees may vary.

DIALYSIS CENTERS

Carson City

DCI

778 Basque Way
Carson City, NV 89706
(775) 883-5400 fax: (775) 883-0255

Washoe Health Center in Carson

3310 Goni Rd., Bldg. H
Carson City, NV 89706
(775) 886-6450

Nye

DaVita - Pahrump Dialysis Center

1460 E. Calvada Blvd.
Pahrump, NV 89048
(775) 751-4300

FIND AN ENDOCRINOLOGIST

American Association of Clinical Endocrinologists

1000 Riverside Ave, Ste 205
Jacksonville, FL 32204
(904) 353-7878 Fax (904) 353-8185 [http://
www.aace.com](http://www.aace.com)

State of Nevada Board of Medical Examiners

1105 Terminal Way, Suite 301, Reno, Nevada 89502 (775)
688- 2559 Las Vegas area residents can reach the Reno office
toll-free by calling: (888) 890-8210

Nevada Diabetes Association

(775) 856-3839 or (800) 379-3839

NATIVE AMERICAN DIABETES RESOURCE SERVICES

B.I.A. Agency

Western Nevada Agency
311 Washington Street, Carson City 89701
(775) 887-3500

Nevada Urban Indians

5301 Longley Lane, Reno, NV 89511
(775) 788-7600

Reno Sparks Indian Colony

98 Colony Road, Reno
(775) 329-5162

Washoe Tribe Health Center, Indian Health Services

1559 Watasheema, Gardnerville
(775) 265-4218

Owyhee Service Unit

The Owyhee Service Unit is located on the Duck Valley Reservation, which overlaps Nevada and Idaho.

Owyhee PHS Indian Hospital

P.O. Box 130, Owyhee, Nevada 89832
Highway 225
(775) 757-2415

Walker Tribal Health Clinic

1025 Hospital Road, Schurz, Nevada 89427
(775) 773-2005

The Fallon, Pyramid Lake, Reno/Sparks and Washoe Clinics are managed through tribal contracts. The Fort McDermitt Clinic and Walker Tribal Health Center are IHS-operated.

The tribal communities of Moapa and Las Vegas are located approximately 360 miles from Schurz. They receive health care through tribal and IHS contract care. The other tribal communities in the Service Unit are Yomba, Winnemucca, Yerington, and Lovelock and receive health care through direct IHS services and contract care.

For more information on IHS contact:

Phoenix Area Indian Health Service

Two Renaissance Square
40 North Central Avenue
Phoenix, AZ 85004
Phone: (602) 364-5039
FAX: (602) 364-5042

HEALTHCARE FOR THE UNINSURED

If you do not have health insurance the following programs may be of help.

Nevada Health Insurance Exchange

Register online for health insurance.

<https://www.nevadahealthlink.com/>

Access to Health Care Network- NHAP Program

Need help registering for health insurance? Access can help.

Phone: 877-385-2345

www.accesstohealthcare.org

** NHAP for ages 55-64 years of age and uninsured. Also will start providing medical discount plans for southern Nevadans who qualify. Call for details.*

www.Healthcare.gov

** If you live in a State other than Nevada check this website for insurance. Online service which will help consumers take control of their health care by connecting them to new information and resources that will help them access quality, affordable health care coverage.*

Nevada Check Up

Phone: 1-877-543-7669

www.insurekidsnow.gov

** Nevada Check Up is the State of Nevada's Children's Health Insurance Program. It provides low cost, comprehensive health care coverage to working families with uninsured children 0-18 years 11 month of age who are not covered by private insurance or Medicaid. Call toll free number or access application at website.*

** See Access to HealthCare Network for assistance with application*

Medicare

Phone: 1-800-Medicare

www.medicare.gov

** A federal health insurance program to those who meet the eligibility criteria. To be eligible to receive Medicare benefits a person must be at least sixty-five years old or must have a disability that prevents them from working.*

** For assistance with Medicare questions, call the Nevada State Health Insurance Assistance Program at (702) 486-3478*

**see State Health Insurance Program for information, counseling & assistance regarding Medicare.*

Medicare Part A- is a hospital insurance.

Medicare Part B- is optional and is medical insurance for outpatient hospital care & doctor's services.

Medicare Part C (Medicare Advantage) combines Part A & Part B. These plans are run by private insurance companies. Generally you must see doctors in the plan.

Medicare Part D- Prescription coverage

Medicare "Extra Help" Programs

Nevada Aging and Disability Services Division

Phone: (702) 333-1038

** Special Programs may cover Medicare Part B and Part D Premiums and protect you from the drug plan "Donut Hole"*

Nevada Medicaid Office

Phone: (702) 668-4200 (Las Vegas)

Phone: (775) 684-3600

Toll-free: 1-800-992-0900 ext 2

<http://www.medicaid.nv.gov/>

** Nevada Medicaid is a program which provides quality health care services to low-income Nevadans who qualify based on federal and state law.*

** See Access to Health Care Network for assistance with Medicaid application*

Pre-Existing Condition Insurance Plan (PCIP)

www.pcip.gov

** For those 18 years or older. Must have been uninsured for at least the last 6 months and have a pre-existing condition. For more information visit www.healthcare.gov or complete application at*

www.pcip.gov

CO-PAYMENT PROGRAMS

Partnership for Prescription Assistance

Phone: 1-888-477-2669

www.pparx.org

**Serves as resource for possible co-pay assistance programs. Call or go to website for more information.*

DRUG DISCOUNT CARDS

**_There are many types of drug discount cards. Check with the pharmaceutical company that produces your prescription for patient assistance programs or discount cards. _Some discount cards offer significant savings while others may not be as great of a deal.*

Together RX Access

P.O Box 9426

Wilmington, DE 19809-9944

Phone: 800-444-4106

www.togetherrxaccess.com

** Program no longer available.*

Needy Meds Drug Discount Card

www.needymeds.org/drugcard

** Offers a discount card that provides a 20-60% discount on many medicines. The card is free and open to everyone.*

Nevada Drug Card

www.nevadadrugcard.com

**Free discount prescription drug card program. Speak with your local pharmacist about their prescription programs.*

RX Hope

Phone: 877-267-0517

www.rxhope.com

** Free discount savings card. Covers some pet medications as well*

WorldDoc Foundation

www.myhealthnv.com

**provides discount drug cards*

Medication Assistance/ Resources

Access 2 Wellness

Phone: 1- 866-317-2775

www.access2wellness.com

**Website is designed to help people find information on assistance programs quickly and easily. It describes available programs and provides contact information. It also features a unique Eligibility Tool that can quickly and easily determine which patient assistance programs might be most appropriate.*

Partnership for Prescription Assistance

Phone: 1-888-477-2669

www.pparx.org

** Helps qualifying patients with & without prescription drug coverage find the medicines they need for free or nearly free. Call for details to see if there is a program for you.*

Hopelink

178 Westminister Way

Henderson, NV 89015

Phone: (702) 566-0576 Fax: (702) 566-0494

www.link2hope.org

**offers financial assistance to those who qualify including assistance with housing, utilities and prescriptions. (Prescription assistance for Henderson residents only). Call for details.*

Medicine Cabinet

Office Phone: (702) 444-6082

Office Fax: (702) 650-2184

<http://wp.tmcmeds.com/>

**Membership Fees apply*

Needy Meds

www.needymeds.org

** Website has information on medicine and healthcare assistance programs. They are not a patient assistance program and do not supply medicine or financial assistance.*

Nevada Senior RX

Department of Health & Human Services

Phone: 866-303-6323

Phone: 775-687-7555 (Reno-Carson City-Gardnerville)

<http://dhhs.nv.gov/seniorrx.htm>

** A program that provides Nevada Seniors (with or without Medicare Part D) with assistance paying for medications.*

Nevada Disability RX Program

Department of Health & Human Services

Phone: 866-303-6323

Phone: 775-687-7555 (Reno-Carson City-Gardnerville)

http://dhhs.nv.gov/DisabilityRx_qlify.htm

**Provides assistance with the cost of prescription medications to qualified individuals with disabilities.*

Care Chest of Nevada

7910 North Virginia, Reno, NV 89506

(775) 829-2273 Fax: (775) 829-8745

Services: Diabetes Supplies, Medications, Disability Aids and

Diabetes Supplies – Insulin

RXAssist

Phone: (401) 729-3284

www.rxassist.org

** is a website with information, news, and a database that are all designed to help you find out about ways to get affordable, or free, medications. The database includes information on the pharmaceutical companies' patient assistance programs, or programs that provide free or low cost medication to low-income patients.*

RX Hope

Phone: 877-267-0517

www.rxhope.com

** Helps qualifying patients with & without prescription drug coverage find the medicines they need for free or nearly free. Offers discount savings cards. Call for details to see if there is a program for you.*

Prescription & Medical Supply Assistance Programs

Most of these plans can be reached through the Patients Assistance Program

Abbott Patient Assistance Program

Phone: 1-800-222-6885 Option 7

www.abbottpatientassistancefoundation.org

** provides Freestyle or Precision Meter & testing strips to those who qualify. Call or access website for more details.*

Amylin Pharmaceuticals- Patient Assistance Programs

Phone: 800-330-7647

www.amylinreimbursement.com

** Call or go onto website for application. Must meet qualifications and have no prescription coverage. Meds include Symlin Pen and Byetta Pen.*

BD Medical- Insulin Syringe Assist Program

Phone: (866) 818-6906 Option 1

** Offers 3 month supply of syringes for \$15 to those who qualify. Call for details.*

BD Medical- Diabetes Care

Phone: 1-888-232-2737

**call to request \$2 coupons off syringes and needles*

GlaxoSmithKline- GSK Access

Phone: 866-475-3678

www.gskforyou.com

**Provides prescription assistance program to those meeting qualifications. Call or request to fax application or download it from the website. Meds include Avandia, Avandaryl, Avandamet.*

Lilly Cares Patient Assistance Program

Phone: 800-545-6962

www.lillycares.com

**Provides prescription assistance program to those meeting qualifications. The patient needs the doctors' involvement or letter stating the need for insulin. You must not have any other prescription coverage to qualify. Call for more information. (Meds include Humalog & Humulin insulins)*

Merck Patient Assistance Program

Phone: 800-727-5400

www.merckpap.com

** Provides medicines free of charge to those eligible. May print out application from web or call for details. Meds include Januvia & Janumet.*

Novo Nordisk- Diabetes Patient Assistance Program

Phone: 866-310-7549

www.diabetespap.com

** Can not have any prescription coverage to qualify. Call for details. Meds include NovoLog, Novolin & Levemir insulins, Glucagen Kits, Victoza, NovoFine Needles, Prandin & Prandinet.*

Sanofi- Aventis- Patient Assistance Program

Phone: 800-221-4025

www.patientassistanceprogram.sanofi-aventis.us

** Provides prescription assistance program to those who have no prescription coverage or can not afford medications and met eligibility requirements. The patient needs the doctor's involvement stating need for insulin. Call or go on website to obtain copy of application. (Meds include Lantus and Apidra)*

Pfizer-MAINTAIN Program

Medicines Assistance for Those Who Are In Need

Phone: 866-706-2400

www.pfizerhelpfulanswers.com

** for the uninsured & underinsured who need help getting Pfizer medicines for free or at a savings to patients who qualify.*

Takeda Pharmaceuticals

Takeda Patient Assistance Program

www.takedapap.com

Phone: 800-830-9159

** Program for low income individuals or families with no active prescription coverage. Meds include Actos, Actos + Metformin and Duetact*

Xubex Free Diabetes Kit & Supplies

Phone: 866-699-8239

www.xubex.com

** Program provides free diabetic supplies to those who qualify. Applicants receive a free diabetes care kit which includes glucose meter, lancet device, carrying case and strips. Apply on line or call for more information. Offers discount diabetes program for testing strips and lancets.*

Special Programs & Services

Access To Health Care Network- Hotline

Phone: 1-877-385-2345

** Service to assist families with Nevada Check Up and Medicaid applications.*

CONSUMER HEALTH ASSISTANCE (CHA)

555 E. Washington Ave. Suite 4800

Las Vegas, NV 89101

Phone: (702) 486-3587 Fax: (702) 486-3586

Toll Free: 1 (888) 333-1597

Email: cha@govcha.state.nv.us

Website: <http://dhhs.nv.gov/CHA.htm>

** assists consumers in solving problems related to medical management and workers compensation claims management. They do not provide financial assistance to the uninsured.*

Nevada 211

www.nevada211.org

** Call 211 which connects callers to free information about critical health & human services available our community.*

NIDDK

Phone: 1-800-860-8747

www.diabetes.niddk.nih.gov/dm/pubs/financialhelp/

** Publication called "Financial Help for Diabetes Care" which offers programs which may provide coverage for medical expenses for a person with diabetes. Phone or visit link to obtain a copy of publication.*

State Health Insurance Assistance Program

Phone: (702) 486-3478 Las Vegas

Phone: 800-307-4444

www.nvaging.net

** SHIP provides information, counseling & assistance to Medicare Beneficiaries in Nevada.*

Tobacco QUIT LINE/Nevada Tobacco Users Helpline

1-800-QUITNOW (1-800-784-8669)

6375 W. Charleston Blvd. Suite A-172

Las Vegas, NV 89146

www.livingtobaccofree.com

** Credentialed Alcohol & Drug Counselors provide free confidential & individualized nicotine dependence treatment services over the phone.*

MEDICAL SHARP DISPOSAL

Pain in the Drain

www.paininthedrain.com

** Dispose of any unwanted or expired medications at the LV Metro Police Dpt., Boulder City Police Dpt., and City of Henderson Police Dpt.*

Republic Services

** Dispose of your needles, syringes and sharps containers. Gate Hours for Household Hazardous Waste are Wednesday - Saturday: 9am - 1pm. Limit 5 gallons per drop off. Please place waste in tin can similar to coffee can. Please seal and label Needles on the container. The container will not be returned. A copy of your last Republic Services residential bill and valid photo identification are required.*

Drop Off Locations:

Henderson Transfer Station

560 Cape Horn Dr

Henderson, NV

702-735-5151

Recycle Center

333 W Gowan Rd

North Las Vegas, NV

702-599-5852

MEDICAL SHARP DISPOSAL Cont.

Washoe County

<http://www.jtnn.org/wp-content/uploads/2013/05/Sharps-Disposal-Sites.pdf>

**In other communities call your trash company for assistance.*

GOVERNMENT RESOURCES

Nevada Diabetes Prevention & Control Program

4150 Technology Way, Suite 210

Carson City, NV 89706

Phone: (775) 684-4231

Email: maweiss@health.nv.gov

<http://health.nv.gov>

Consumer Health Assistance

Phone: (702) 486-3587 Fax: (702) 486-3586

Toll Free: (888) 333-1597

<http://dhhs.nv.gov/CHA.htm>

Bureau of Services to the Blind and Visually Impaired

Carson District Office (775) 684-0400

Elko District Office (775) 753-1930 or (800) 395-0660

Las Vegas District Office (702) 486-5333 or
1-800-662-3366

Reno District Office (775) 688-1450 or (800) 338-6185

Nevada Insurance Division

<http://doi.nv.gov/>

Carson City (775) 687-4270

Las Vegas (702) 486-4009

Medigap or Medicare

Supplemental insurance

(800) 992-0900 or (775) 687-4270

**Indicates Medicaid staff locations at district office sites*

***Carson City** - (775) 687-4270

Elko - (800) 873-2261

Fallon - (775) 423-3161

Hawthorne - (775) 945-3602

Henderson - (702) 486-6748

***Las Vegas** - Belrose Office
(702) 486-5270

Las Vegas - Charleston Office
(702) 486-4520

Las Vegas - Owens Office
(702) 486-5040

Lovelock - (775) 273-7157

***Reno** – Mill Street (775) 688-2811

Reno – Ninth St. (775) 688-2200

Tonopah - (775) 482-6626

Winnemucca - (775) 623-6557

Yerington - (775) 463-3151

Medicare – Information on Diabetes Screening, Supplies, Education paid by Medicare

<http://www.medicare.gov/Health/Diabetes.asp>

Centers for Medicare & Medicaid Services

7500 Security Boulevard

Baltimore MD 21244-1850

(800) MEDICARE

Project NEON: (Nevada Elders On the Net)

3416 Goni Road, Building D, Carson City, NV

(775) 687-4210 Fax: (775) 687-4264

dascc@aging.nv.gov

<http://nvaging.net>

Reno Office

445 Apple Street, Suite 104, Reno, NV

(775) 688-2964 Fax: 688-2969

NORTHERN NEVADA AND RURAL DENTAL SERVICES

Nevada Medicaid

Reno (775) 688-2606

Carson City (775) 684-7200

State wide (800) 992-0900

Fallon (775) 423-3161

Elko (775) 753-1191

Nevada Check Up Program 1-877-543-7669

Northern Nevada Dental Health Program

(775) 770-6609 *Applications in English & Spanish available on website at* <https://www.nndental.org/>

HAWC

1055 S. Wells Ave.

Reno, NV 89502

(775) 329-6300

HAWC

6490 S. McCarran Blvd. Suite A-9

Reno, NV 89509

(775) 825-6702

TMC Dental Hygiene Program

7000 Dandini Blvd.

Reno, NV 89512

(775) 674-7554

(Preventive services)

DIETITIANS

American Dietetic Association

1-800-877-1600

Information in English and Spanish on nutrition and meal planning

Call or visit their web site to find a dietitian

<http://www.eatright.org>

Nevada Dietetic Association

<http://www.nevadard.com/>

NevadaRD@gmail.com

American Association of Diabetes Educators

100 West Monroe Street, Fourth Floor

Chicago, IL 60603-1901

Phone: (800) 338-3633

To find Diabetes Educators in your area call or visit the web site at <http://www.diabeteseducator.org/>

Email: aade@aadenet.org

SPECIAL PROGRAMS AND SERVICES

Nevada Libraries for the Blind and Physically

Handicapped Talking Books

(775) 684-3354 or (800) **922-9334**

A Proper Fit (775) 323-3757

1585 S. Virginia Street

Reno, NV

Equitable Life Insurance Society (800) 888-9763

Life Insurance or Disability for Type 1 or Type 2 diabetes

6375 W. Charleston Blvd, Suite A-172

Las Vegas, NV 89146

OTHER RESOURCES

Your local library has many books on diabetes, including diet and exercise information. You can call the NDA at (775) 856-3839 for a list of books and order books through the American Diabetes Association.

Free Diabetes Identification Jewelry

Diabetes Research and Wellness Foundation

Send a self addressed stamped envelope to:

Free Diabetes Necklace

5151 Wisconsin Ave, NW #420

Washington, DC 20016

<http://www.diabeteswellness.net/>

For Information on Insulin Pumps

Animas

1.877.YES.PUMP (1.877.937.7867)

Office: (702)838-8008

Resource for pump education and classes in Las Vegas

<http://www.animas.com/>

MiniMed Inc.

18000 Devonshire Street

Northridge, CA 91325 USA

(800) 646-4633

<http://www.medtronicdiabetes.com/>

Smiths Medical MD, Inc (Del-Tec Pump)

(800) 988-4772

<http://www.diabetesnet.com/>

For Information on Retinopathy

American Academy of Ophthalmology

P.O. Box 7424

San Francisco, CA 94120-7424

Phone: (415) 561-8500 Fax: (415) 561-8533

<http://www.eyeorbit.org>

For Information on Diabetic Foot Problems

American College of Foot and Ankle Surgeons,

515 Busse Highway

Park Ridge, Illinois 60068

<http://www.acfas.org/>

GOVERNMENT PROGRAMS

CDC Diabetes Information -- <http://www.cdc.gov/diabetes/>

:The Centers for Disease Control Diabetes Public Resource includes links to State Diabetes Control Programs

Children with Special Health Care Needs [http://](http://health.nv.gov)

health.nv.gov This is a link to the Nevada State program to help families with children under 19 years old with Type 1 diabetes.

Get Healthy Washoe County – [http://](http://gethealthywashoe.com/)

gethealthywashoe.com/—Information and links to sites for healthy living, chronic diseases, tobacco fact, getting active and more.

National Institute of Diabetes and Digestive and Kidney

Diseases -- <http://diabetes.niddk.nih.gov/> Patient Information on Diabetes and related Health and Research information.

National Diabetes Education Program

www.ndep.nih.gov

Several publications available for various ages and cultures in different languages

State of Nevada Diabetes Prevention and Control Program:

http://health.nv.gov/CD_Diabetes.htm

WorldDoc Foundation

www.myhealthnv.com

on-line tool to help all Nevadans, especially those with out insurance manage their health & save money.

Website has diabetes health assessments and discount drug cards.

DIABETES ON THE WEB

Organizations

American Association of Clinical Endocrinology

<http://www.aace.com>

A good place to start if you need to find a diabetes specialist in your community

American Association of Diabetes Educators --

<http://www.diabeteseducator.org/>

American Diabetes Association

<http://www.diabetes.org>

American Heart Association [http://](http://www.americanheart.org/)

www.americanheart.org/

Heart disease and diabetes all too often go hand in hand. This is a good place to get important heart health information

Canadian Diabetes Association

<http://www.diabetes.ca/>--From the nation where insulin was developed by Drs. Banting and Best. Excellent information

Children with Diabetes [http://](http://www.childrenwithdiabetes.com/)

www.childrenwithdiabetes.com/

Online community for kids, families and adults

The Islet Foundation -- <http://www.islet.org/>

Islet Research Information

Juvenile Diabetes Research Foundation --

<http://www.jdrf.org/>

Diet and Nutrition

Ask the Dietitian -- <http://www.dietitian.com/>

Check out Joanne Larson's Weight / Calorie Calculator!

Diabetic Gourmet Magazine -- [http://](http://diabeticgourmet.com/)

diabeticgourmet.com/

Good articles, recipes, and health information

About Diabetes -- <http://diabetes.about.com/> Information and Links to Carbohydrate Counting, Meal Planning, the Vegetarian Resource Group and many other useful sites

LowCarbEating-- <http://www.lowcarbeating.com/>

Atkins Diet and Low Carb Diet recipes, information, support, products, and much more

Information on Complications

Kidney Diseases - <http://kidney.niddk.nih.gov/>

Neuropathy

<http://www.neurologychannel.com/neuropathy/>

The Neuropathy Association <http://www.neuropathy.org/>

Basic information and resources

Retinopathy and other eyes conditions <http://www.aao.org/aao/>

Diabetic retinopathy is one of the most common complications associated with diabetes

Medication and Equipment

Abbott Diagnostics Diabetes Now -

<http://glucerna.com/diabetes-connect>

Becton Dickinson -- <http://www.bd.com/us/>

Eli Lilly -<http://www.lillydiabetes.com/Pages/index.aspx>

Lifescan -- <http://www.lifescan.com/>

MiniMed -- <http://www.minimed.com/>

Novo Nordisk - <http://www.novonordisk.com>

Pump Wear Inc. <http://www.pumpwearinc.com/>

Resources on the Web

Bayer HealthCare

<http://www.bayercontour.com/>

Diabetes Monitor -- <http://www.diabetesmonitor.com/>

extensive site filled with excellent information and extensive links to other valuable sites

Diabetes Net -- <http://www.diabetesnet.com/>

Diabetes Shopping Mall and Information

dLife For Your Diabetes Life! - <http://www.dlife.com/>

online magazine, pod casts recipes and more

Feline Diabetes -- <http://felinediabetes.com/>

A clearinghouse for information, questions, and links concerning diabetes in cats

Diabetes in Dogs --

<http://www.asPCA.org/pet-care/dog-care/diabetes>

The common form of **diabetes** in **dogs** is analogous to juvenile **diabetes** in people

International Diabetes --

<http://www.diabetesaustralia.com.au/>

Extensive Worldwide links to resources and research information.

Ivanhoe News Diabetes Channel

http://www.ivanhoe.com/channels/p_channel.cfm?channelid=CHAN-100007 the latest medical reports on breakthroughs in diabetes, discussion rooms and much more!

Joslin Diabetes Center

<http://www.joslin.org>

Established in 1898, and affiliated with Harvard Medical School, Joslin leads the field in both basic and clinical research, and is devoted to educating both patients and professionals.

David Mendosa Diabetes Resources -- <http://www.mendosa.com/diabetes.htm>

Excellent site with extensive links and information.

Merck Engage: www.merckengage.com for meal planners, educational materials and more.

Sanofi Aventis

<http://www.goinsulin.com>

GoInsulin tells the truth about insulin through the stories of people with diabetes.

A1C Champions[®]

<http://www.a1cchampions.com>

are people with diabetes who share their personal experiences as well as their management and life-style strategies