NEVADA DIABETES ASSOCIATION

SERVING CHILDREN AND ADULTS

Resource Directory
2017-2019

Your Statewide Resource for Diabetes Information & Services

www.diabetesnv.org

EXECUTIVE OFFICE
18 Stewart Street
Reno, NV 89501
775.856.3839

SOUTHERN NEVADA OFFICE
848 N. Rainbow Blvd.
Las Vegas, 89107
702.875-5387

NATIONWIDE
800.379.3839
THE NEVADA DIABETES ASSOCIATION

Our specialty is you!

THANKS THE DIABETES TREATMENT CENTER AT DESERT SPRINGS HOSPITAL FOR THEIR CONTRIBUTION TOWARD PRINTING THE NDA RESOURCE DIRECTORY.

The Diabetes Treatment Center at Desert Springs Hospital Medical Center offers comprehensive services that include inpatient and outpatient diabetes care, education, and treatment. Their interdisciplinary team includes certified diabetes educators and registered dietitians who work in partnership with physicians and share a common goal — to help those diagnosed with diabetes lead longer, healthier lives. Services are available in both English and Spanish. For more information call 702-369-7560.

THE DESERT SPRINGS HOSPITAL MEDICAL CENTER HAS THE FOLLOWING THREE DIABETES ACCREDITATIONS AND CERTIFICATIONS:
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
800-879-3839
BRING THE FAMILY!
Call, email or go online at diabetesnv.org for the schedule of speakers and topics offered each month at DCAF CONNECTIONS!
(Onsite childcare available at no charge.)

DCAF Connections is a unique and supportive environment where parents and children gather to learn about diabetes management. The free monthly programs include guest speakers, youth activities, special events and parties. DCAF Connections has helped ease the pain and frustration of newly diagnosed families, offering a forum where they can share thoughts and ideas to improve and better cope with their lives.

DCAF MEETS 6:30 TO 7:30 P.M.
THE FIRST TUESDAY OF EVERY MONTH AT:
Rancho Healthcare Center & Urgent Care
888 South Rancho Drive, Las Vegas 89106

FOR MORE INFORMATION:
Email: lynn@diabetesnv.org
702-875-5387
No reservation required.

This event is sponsored by Southwest Medical Associates.
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### NEVADA DIABETES ASSOCIATION PROGRAMS

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<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DCAF CONNECTIONS</strong></td>
<td>A free support and education group for children with diabetes and their families dedicated to providing services to those living with Type 1 diabetes. Parents, children and other family member are welcome to the meetings, as well as professionals and community members who are interested. During each monthly meeting, guests will enjoy an educational session presented by health professionals and an opportunity to share information. Studies show that well-informed patients require fewer hospital and doctor visits.</td>
</tr>
<tr>
<td><strong>INJECTION CONNECTION</strong></td>
<td>Is a fun and active youth support program that focuses on ages 12-17. It is aimed at maintaining good diabetes healthcare during the difficult teen years and through teen issues. Injection Connection has been successfully running since 2008 and meets quarterly to conduct a variety of activities and education of diabetes.</td>
</tr>
<tr>
<td><strong>EMERGENCY MEDICAL PROGRAM</strong></td>
<td>Provides diabetes supplies and insulin to patients in need who qualify and possess a current doctor’s prescription.</td>
</tr>
<tr>
<td><strong>NEVADA DIABETES RESOURCE DIRECTORY</strong></td>
<td>The directory is distributed free throughout Nevada and is a valuable tool that helps people find the services and resources they need to manage and learn about their diabetes. The Resource Directory is also available on our website: <a href="http://www.diabetes.org">website</a>.</td>
</tr>
<tr>
<td><strong>DIABETES DAY, WEEKEND AND SLEEPOVER CAMPS FOR FAMILIES AND KIDS WITH DIABETES</strong></td>
<td>The goal of our camp is to educate children and their families about diabetes in a fun environment. Children learn to manage their diabetes quicker in a supportive environment. Parents receive the latest information about the care and management of diabetes and the best strategies they can use to help their children to help themselves.</td>
</tr>
<tr>
<td><strong>RESIDENTIAL DIABETES CAMPS</strong></td>
<td>Residential camps for children with diabetes in northern and Southern Nevada. Our camps provide a mechanism for children with diabetes to enjoy camp activities under medical supervision while learning to understand the disease, gain confidence and develop the skills they need to manage their condition. The camp helps them recognize that diabetes does not control their lives; but they can take control of their diabetes.</td>
</tr>
<tr>
<td><strong>SMALL CHANGES PROGRAM</strong></td>
<td>(Northern Nevada) A free one-hour program for individuals, organizations and businesses that have the ability to help people at risk to prevent the development of diabetes and other chronic medical conditions. It also helps people with diabetes to avoid complications and better manage their condition.</td>
</tr>
<tr>
<td><strong>LIBRARY OF LITERATURE</strong></td>
<td>The NDA also provides free literature and information about nutrition, exercise and other related topics. The NDA along with the public library system also works to ensure that the books on diabetes currently in circulation reflect the latest information.</td>
</tr>
</tbody>
</table>
DIABETES MANAGEMENT SCHEDULE

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

EVERY YEAR:

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

TWICE A YEAR:

0. Check your HbA1c ___________ Date

ANNUALLY:

• Dilated Eye Exam ___________ Date
• Dental Exam ___________ Date
• Flu Vaccine ___________ Date
• Revisit a Diabetes Education Program ___________ Date
• Peripheral Nerve Check ___________ Date
• EKG or Treadmill Test ___________ Date

Ask your Doctor to Check:

• The protein & Fat in Your Blood ___________ Date
• The 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 the Nevada Diabetes Association's website. For information call the NDA at 800-379-3839
Diabetes is a serious, costly, and increasingly common chronic disease that can cause devastating complications that often result in disability and death. Early detection, improved delivery of care, and better self-management are key strategies for preventing much of the burden of diabetes. Type 2 diabetes, formerly considered “adult onset” diabetes, is now being diagnosed more frequently among children and adolescents. This type of diabetes is linked to two modifiable risk factors: obesity and physical inactivity.

**TOTAL PREVALENCE OF DIABETES IN THE UNITED STATES, ALL AGES – 2005**

*Total:* 20.8 million people—7.0% of the population—have diabetes; *Diagnosed:* 14.6 million people; *Undiagnosed:* 6.2 million people

**PREVALENCE OF DIAGNOSED DIABETES IN PEOPLE AGED 20 YEARS OR YOUNGER, UNITED STATES, 2005**

- About 176,500 people aged 20 years or younger have diabetes. This represents 0.22% of all people in this age group.
- About one in every 400 to 600 children and adolescents has type 1 diabetes.
- Although type 2 diabetes can occur in youth, the nationally representative data that would be needed to monitor diabetes trends in youth by type are not available.

**COMPLICATIONS FROM DIABETES CAN INCLUDE:**

- Eye disease and blindness, Skin and dental problems, Feet and amputations, Stroke, Gastrointestinal problems, Heart disease, Sexual concerns, Kidney disease, Neuropathy, Psychosocial complications.

**TYPE 1 (INSULIN DEPENDENT DIABETES MELLITUS):**

Type 1 is one of the most frequent chronic childhood autoimmune diseases. The incidence of Type 1 is higher than all other chronic diseases of youth.

**TYPE 2 (NON-INSULIN DEPENDENT DIABETES MELLITUS):**

Of the 20.8 million people (7% of the population) approximately 90% to 95% have Type 2. Type 2 diabetes may account for about 90% to 95% of all diagnosed cases of diabetes. Type 2 diabetes is associated with older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity.

**GESTATIONAL DIABETES:**

Gestational diabetes is a form of glucose intolerance that is diagnosed in some women during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant.

**DIABETES SYMPTOMS**

- Increased thirst and urination
- Weight loss DESPITE an increased appetite
- Fatigue, nausea, vomiting, blurred vision, breath odor, poor skin turgor
- Frequent infections including bladder, vaginal, and skin
- Impotence in men
- Cessation of menses

**YOU ARE AT RISK OF DEVELOPING TYPE 2 DIABETES IF YOU:**

- Are overweight
- Are NOT physically active
- Were told you have high blood sugar or high blood pressure or high cholesterol levels.
- Have a parent(s), sister or brother with diabetes
- Are a woman who has had a baby weighing more than 9 pounds at birth
- Are 45 years old or older
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.
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:
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 = 1/4 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 = 1/4 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.
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, 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:

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This handout may be duplicated for client education.
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

Reviewed/Revised 11/10
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.

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

ACCESS TO HEALTHCARE: www.accesstohealthcare.org

You do not need to enroll in Health Insurance though the Exchange. There are many insurance agents who sell health insurance plans for individuals and small businesses. You can compare rates at sites like www.gohealthinsurance.com. 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.

www.agent-finder.org

For questions about insurance contact the Nevada Division of Insurance: www.doi.nv.gov. For information on what Medicare covers for diabetes medications and durable medical equipment please visit: www.medicare.gov.
YOUR GENEROSITY WILL HELP TO SEND KIDS WITH DIABETES TO THE NDA’S CAMP VEGAS & CAMP BUCK!

Please donate today by visiting our website at:
www.diabetesnv.org

Thank you!!!
**ORGANIZATIONS**

**Nevada Diabetes Association**  
848 North Rainbow Blvd., Las Vegas, NV 89107  
702.875.5387  
http://www.diabetesnv.org  
Offering Diabetes Camps year-round, Support Groups, English & Spanish Resource materials, Diabetes Education Programs & Emergency Medical Assistance.

**American Diabetes Association**  
4424 South 700 East Ste. 100  
Salt Lake City, UT 84107  
702.369.9995 or 888.DIABETES (888.342-2383)  
http://www.diabetes.org  
Provides diabetes resource materials, funds research & professional educators and speakers; promotes advocacy; offers Safe-At-School Advocacy and free Wisdom kits for newly diagnosed families.

**Juvenile Diabetes Research Foundation (JDRF)**  
5542 S. Fort Apache Road Ste. 120  
Las Vegas, NV 89148  
702.732.4795 Fax: 702.732.1635  
http://www.jdrf.org  
Diabetes publications, research, Youth Ambassador Program, Parent Coffee Talk, and Rockin Teen Scene Program.

**Nevada P.E.P. (Parents Encouraging Parents)**  
7211 W Charleston Blvd  
Las Vegas, NV 89117  
702.388.8899  
http://www.nvpep.org  
Provides support and advocacy to families with children with special needs. Assists with IEP and 504 plans.

**Southern Nevada Health District**  
Office of Chronic Disease Prevention & Health Promotion  
280 S. Decatur Blvd  
Las Vegas, NV 89107  
www.gethealthyclarkcounty.org  
www.vivasaludable.org

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**Immunize Nevada**  
Northern Nevada  
427 Ridge St, Suite C Reno, NV 89501  
Southern Nevada  
1050 Flamingo Road Suite #E225  
Las Vegas, NV 89119  
775.624.7117 for both locations  
Email: info@immunizenevada.org

**University of Nevada School of Medicine**  
Diabetes & Nutrition Center - AADE  
1707 W. Charleston Blvd. Ste. 200  
Las Vegas, NV 89102  
702.671.6469  
Shelley Williams  
Diabetes Nurse Educator  
702.671.5136

**DIABETES EDUCATION & MANAGEMENT CLASSES**

**Desert Springs Hospital Diabetes Treatment Center**  
2075 E. Flamingo Road, Ste. 225  
Las Vegas, NV 89119  
702.369.7560  
http://www.desertspringshospital.com  
Offering a wide range of services available in English and Spanish.

**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: diabeteshmnev@aol.com

**Dignity Health Diabetes Services**  
St. Rose Dominican Hospital  
3001 St. Rose Parkway  
Henderson, NV 89052  
702.616.4914  
Diabetes self-management instructions with a CDE. Stanford Plus curriculum; 6 sessions; in English & Spanish.
DOLCrx WELLNESS CENTER
Accredited Diabetes Program
801 S. Rancho Drive, Ste. A4
Las Vegas, NV 89106

FirstMed Health and Wellness Center
3343 South Eastern Avenue
Las Vegas, NV 89169
702.731.0909  Fax: 702.731.1020
http://www.firstmednv.org
Member of the Great Basin Primary Care Network

Health Plan of Nevada
702.877.5356 or 800.720.7253
http://www.healthplanofnevada.com
Monday through Friday, 8 a.m. to 5 p.m.
Ongoing diabetes classes open to members and non-members through the Health & Wellness Department. No materials fee. Meetings held at any Southwest Medical Associates location.

Southwest Medical Associates
Endocrinology AADE, DSME
4475 S. Eastern Ave, Ste. 2400
Las Vegas, NV 89119
702.669.5867

Adashek & Wilkes, LLP
DBA Desert Perinatal Associates
5761 S. Fort Apache Rd.
Las Vegas, NV 89148
702.341.6610

Damaj Horizon View Medical Center
6850 N. Durango Drive, Ste. 301
Las Vegas, NV 89149
702.641.8500

Doctor’s Health Network
5235 S. Durango Dr.
Las Vegas, NV 89148
702.851.7287 Ext. 114

Encore Wellness
7440 West Cheyenne Ave, Ste. 104
Las Vegas, NV 89129
714.823.4400 EXT 111

Flourish Health & Wellness
5135 Camino Al Norte, Ste. 250
North Las Vegas, 89031
702.626.0357

High Risk Pregnancy Center – Diabetes
2011 Pinto Lane, Ste. 200
Las Vegas, NV 89106
702.382.3200

Nevada Senior Services
901 N. Jones Blvd.
Las Vegas, NV 89108
702.648.3425 Ext. 213

United Healthcare Nevada
2716 N. Tenaya Way, 3rd floor
Las Vegas, NV 89128
702.750.3830
702.750.3830

YMCA of Southern Nevada
141 Meadows Lane
Las Vegas, NV 89107
702.476.6747

United Healthcare Nevada
2716 N. Tenaya Way, 3rd floor
Las Vegas, NV 89128
702.750.3830

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, and gestational diabetes.

Summerlin Hospital Outpatient Diabetes Services
657 Town Center
Las Vegas, NV 89144
702.233.7000
http://www.summerlinhospital.com/community-information/diabetes-education-program
Classes & individual visits for diabetes, pre-diabetes & gestational diabetes with a CDE & registered dietitian.
CLARK COUNTY DIABETES RESOURCES

Sunrise Hospital
3101 South Maryland Pkwy
Las Vegas, NV 89109
702.233.5454
http://www.sunrisehospital.com/service/line/diabetes-classes
Registration for FREE classes required. Call 702.233.5454

VA Southern Nevada Healthcare System
3880 South Jones Blvd.
Las Vegas, NV 89103
702.636.3005 Fax: 702.636.4045
Clinic for Veterans & Spouses open 7:30 a.m. to 4:00 p.m.
FREE diabetes education classes offered Wednesdays from 8 a.m. to 11:00 a.m.

DIABETES PREVENTION PROGRAMS

702.759.1270
http://www.gethealthyclarkcounty.org
Information and links to sites with resources including free online nutrition and physical activities programs, tobacco prevention, safety and much more.

Healthier Living
702.616.4900
Learn how to live with a chronic condition. This is a 6-week free program called the Stanford Chronic Disease Self Management Program. Call for class dates, times and locations.

iDo: Improving Diabetes and Obesity Coalition
Jerry Reeves M.D.
702.743.1964
Email: jreeves@healthinsight.org

YMCA Diabetes Prevention Classes
702.522.7435
Year-long diabetes prevention classes

Children’s Heart Center
3006 S. Maryland Pkwy. Ste. 690
Las Vegas, NV 89109
702.732-1290 Toll Free: 866.732.1290
Fax: 702.732.1385
http://www.childrensheartcenter.com/behavioral-health-program/
Offers healthy hearts programs for children & families geared towards lifestyle activities & nutrition. followed by monthly maintenance.

DIABETES SUPPORT GROUPS
Information is subject to change. It is recommended to call prior to attending.

Adult Diabetes Education Management (ADEMS)
6301 W. Charleston (West Charleston Library)
Las Vegas, NV 89146
702.507.3964
http://www.diabeteslasvegas.org
2nd Tuesday of the month from 6 to 7:30 p.m.

Diabetes Power Show
http://www.diabetespowershow.com
Free IPOD Webcast with up to date diabetes management information. Listen on the Internet or download from Itunes.

America’s Diabetes Hour – Radio Program
Hosted by Bob Fisher
KDWN 6 to 7 p.m. Sunday nights
www.bobfishernv.com

JDRF Coffee Talk (Type 1 Diabetes)
5542 S. Fort Apache Road Ste. 100
Las Vegas, NV 89148
702.732.4795 Ask for Marcy.
Meets 3rd Wednesday of each month.

Alliance Against Diabetes
3930 E. Patrick Lane
Las Vegas, NV 89101
702.207.0400
Nevada Diabetes Association

DCAF Connections
Diabetes in Children & Families Support Group
Rancho Healthcare Center & Urgent Care
888 South Rancho Drive, Las Vegas, NV 89106
702.875-5387
http://www.diabetesnv.org
*For children and adolescents with diabetes and their families. Free monthly meetings – first Tuesday of each month from 6:30 to 7:30 p.m. - with healthcare professionals speaking on a variety of diabetes related topics. Childcare provided.

*St. Rose Dominican Hospital
Adult Support Group at the Outpatient Diabetes Clinic
2651 Paseo Verde Pkwy. Ste. 180
Henderson, NV 89074
702.616.4975 to register

Dignity Health Green Valley Diabetes
1. Diabetes Self-Management Program
2651 Paseo Verde Pkwy, Ste. 180
Henderson, NV 89074
702.616-4900
This program was developed by the Stanford School of Medicine for people with type 2 diabetes, to complement your current medical treatment. The six-week program will teach you ways to regain control of your life through self-management techniques.
2. The Diabetes Support Group
Features a diabetes-related topic each month and an opportunity to meet others working toward living well with diabetes. Meets 1st Wednesday of the month at 10 a.m.

DIABETES SUPPORT SERVICES

Jennifer C. Moore
Clinical Social Work/Therapist, MSW, LCSW
2921 N. Tenaya Way, Ste. 235
Las Vegas, NV 89128
702.879.5869
Specializing in child/adolescent disorders, coping issues and skills.

The Dr. Joel and Carol Bower School-Based Health Center
Nevada State College
Sherri Coffman, PhD, RN
Associate Dean & Professor
702.799.0508
http://nsc.edu/4053.asp.
Addresses significant unmet health needs of Henderson children ages 4 to 19 years

Care Free Footwear
1618 E. Charleston
Las Vegas, NV 89104
702.384.5121
http://www.carefreefootwear.com/html/about.html
Specializing in diabetes footwear

Foot Solutions
2249 N. Rampart Blvd.
Las Vegas, NV 89128
702.836.3668
Specializing in diabetes footwear

Orthopedic Motion
2800 East Desert Inn Road Ste. 250
Las Vegas, NV 89121
702.697.7070  Fax: 702.697.7077
Specializing in diabetes footwear

Desert Springs Hospital Leg Circulation Center
2075 E. Flamingo Road Ste. 225
Las Vegas, NV 89119
702.369.7979
Complimentary ABI Screenings for Peripheral Artery Disease

Desert Springs Hospital Wound Care Center
2075 E. Flamingo Road Ste. 225
Las Vegas, NV 89119
702.369.7571
Dhaval Shah MD Wound Care
702.968.2437
http://www.scidsinfusion.com

Dignity Health – St. Rose Wound Care Centers
San Martin and Rose de Lima Campus
702.492.8281 and 702.616.4870

Kindred Hospital Wound Care Center
702.220.4325
http://www.kindredhospitallv.com

North Vista Hospital Wound Care Center
Henderson, NV 89074
702.657.5559
http://www.northvistahospital.com/services/woundcare

Summerlin Hospital Wound Care Center
702.233.7979
http://www.summerlinhospital.com/hospital

Sunrise Hospital Wound Care Center
702.731.8266
http://www.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 - Surgical Weight Loss
2075 E. Flamingo Road, Ste. 225
Las Vegas, NV 89119
702.369.7618
http://www.desertspringshospital.com

Clinical Pathology Laboratories
702.795.4900
http://www.cpllabs.com
Offers low cost labs for cash patients.

Lab Express/Synergy labs
4550 E. Charleston Blvd.
Las Vegas, NV 89104
702.643.5227
4161 S. Eastern Ave. Ste. A-6
Las Vegas, NV 89119
702.815.0420

MediAlert Foundation
888.633.4298
http://www.medicalert.org
Provides a MediAlert membership and basic MediAlert ID for individuals in need.

Lower Extremity Amputation Prevention Alliance
Lawrence M. Rubin, DPM, Director
10924 Grand Haven Avenue
Las Vegas, NV 89134
702.233.5235 Fax: 702.974.3668
http://www.leaoalliance.org

DIABETES MEDICAL SPECIALISTS

Kenneth Izuora, MD, MBA
Endocrinologist
University of Nevada School of Medicine
Diabetes & Nutrition Center - AADE
1707 W. Charleston Blvd. Ste. 200
Las Vegas, NV 89102
702.671.6469

Las Vegas Endocrinology
Quang Nguyen, DO
Mary Ann Martin, MD
2865 Siena Heights #14
Henderson, NV 89052
702.431.7008
www.ngumart@yahoo.com

Lubna Ahmad, MD
The Endocrine Clinic
7010 Smoke Ranch Rd. Ste. 100
Las Vegas, NV 89128
702.228.5000

Maria Nwokike, MD
5105 Camino Al Norte
North Las Vegas 89031

Stephen Castorino, MD
Advanced Health and Endocrine
653 N. Town Center Drive, Suite 202
Las Vegas, NV 89144
CLARK COUNTY DIABETES RESOURCES

Charmaine Yap, MD
VA Hospital
6900 Pecos Rd.
North Las Vegas, NV 89086
702.636.6390

Brian A. Berelowitz, MD, P.C.
Susan VanBeuge
Nathania Park, NP
653 Town Center Drive, Bldg. 2, Ste. 315
Las Vegas, NV 89144
702.804.9486

Chard D. Bubb, MD
Health Care Partners
2285 E. Flamingo, Ste. 108
Las Vegas, NV 89119
702.399.1287

SOUTHWEST MEDICAL ASSOCIATES
Roslyn Collins, APN
Barry Gould, MD
Michael Uzmann, MD
4750 W. Oakey, Ste. 40C
Las Vegas, N 89102
702.877.5199

Firhaad Ismail, MD
2470 E. Flamingo #C
Las Vegas, NV 89121
702.792.4500

PALM MEDICAL GROUP
Serena Klugh, MD
Samer Nakhle, MD
Dr. Bijan Ahrari
Dr. Betsy Palal
Dr. Nicholas Vernetti
Dr. Omid Rad Pour
Adriana Ruiz PA-C
1. 9280 W. Sunset Rd. Ste. 306
Las Vegas, NV 89148
702.696.7256
2. 3150 N. Tenaya Way, Ste. 415
Las Vegas, NV 89128

Avi A. Ostrowsky, MD
2911 N. Tenaya Way, Ste.104
Las Vegas, NV 89128
702.360.9210

William R. Litchfield, MD
Desert Endocrinology
Lindsey Reynolds, PA-C
Violet Amijralali, PA-C
2415 W. Horizon Parkway
Henderson, NV 89052
702.434.8400

Neal Marek, DPM Podiatrist
Nevada Foot Institute
4631 E. Charleston
Las Vegas, NV 89104
702.438.2425

Molouk Rahnema, MD
Valley Endocrinology
653 N. Town Center Drive, Ste. 504
Las Vegas, NV 89144
702.696.7256

Freddie G. Toffel, MD
2700 E. Sunset Road #D34
Las Vegas, NV 89120
702.736.2021

Paul V. Tomasic, MD
Well Health Medical Group
10100 W. Charleston Blvd, Suite 210
Las Vegas, Nevada 89135
702.545.6116

Claudia Vogel, MD
10561 Jefferys St., Suite 211
Henderson, NV 89052
702.990.4530

Milton Wong, MD
Desert Endocrinology
8925 W. Sahara
Las Vegas, NV 89117
702.387.8868
CLARK COUNTY DIABETES RESOURCES

PEdiATRIC ENDOCRINOLOGY SPECIALISTS

Alexandra Aguilar, MD
1524 Pinto Lane, 3rd Floor
Las Vegas NV 89106
702.944.2828

Cathy Flynn, APRN Pediatric Endocrinology
The Dream Fund Pediatric Endocrinology Clinic
St. Rose Dominican Hospitals
10001 S. Eastern Avenue, Ste. 209
Henderson, NV 89052
702.616.5865

Asheesh Dewan, MD
Pediatric Endocrinology & Obesity
The Docs
8352 W Warm Springs Rd #300
Las Vegas, NV 89113
702.851.7287

Rola Saad, MD
Ms. Trisha M. Briones, APN
Horizon View Medical Center
6850 N. Durango Dr. Ste. 301
Las Vegas, NV 89149
702.641.8500

LOW COST CLINICS

Searchlight Healthcare
Affordable Primary Care – A Federally Qualified Health Center
98 E. Lake Mead Parkway, Ste. 305
Henderson, NV 89015
702.478.7973

Community Outreach Medical Center
1140 Almond Tree Lane Ste. 306
Las Vegas, NV 89104
702.657.3873
http://www.nvcomc.org
General medicine, low cost lab testing, and on site pharmacy.

The Dr. Joel and Carol Bower School-Based Health Center
MAIN CAMPUS:
1125 Nevada State Drive
Henderson, NV 89002
702.992.2000

DOWNTOWN CAMPUS:
303 S. Water Street
Henderson, NV 89015
702.992.2000
http://nsc.edu/4053.asp.
Addresses significant unmet health needs of Henderson children ages 4 to 19 years.

Eldorado Medical Center
1905 Civic Center Drive 2nd Floor
North Las Vegas, NV 89030
702.877.9514
http://www.eldoradomedical.com/home.htm
Patients can be seen by appointment only and must provide Medicaid denial paperwork. Sliding scale fees.

First Med Health + Wellness Center
1. 3343 S. Eastern Ave.
   Las Vegas, NV 89169
   400 Shadow Lane, Ste. 104
2. Las Vegas, NV 89106
   702.731.0909
http://www.fmhwc.org/
Provides preventative, primary, and urgent care services for those 18 and older that are uninsured or under insured.

First Person Care Clinic
DBA First Person Complete Care
Diabetes Educator
1200 S. 4th Street Ste.111
Las Vegas, NV 89104
702.380.8118
http://www.firstpersoncc.org
Email: info@firstpersoncc.org
Fees apply. Call for details.

Huntridge Teen Clinic
2100 S. Maryland Parkway, Ste. 5
Las Vegas, NV 89104
702.380.8118
www.huntridge.org
CLARK COUNTY DIABETES RESOURCES

Guadalupe Medical Centers
1820 E. Lake Mead Blvd. #M Las Vegas, NV 89030
731 N. Nellis Blvd. #2, Las Vegas NV 89110
1060 N. Rancho Drive, Las Vegas NV 89106
702.384.1110
Provides glucose testing for $15, medical visits for $39, and has on site low cost lab testing.

Hope Christian Health Clinic
Federally Qualified Health Center (501c3)
4357 Corporate Center Drive, Ste. 450
North Las Vegas, NV 89030
View eligibility at www.hopehealthlasvegas.org
702.644.4673

Machuca Family Medicine
1501 S. Eastern Ave.
Las Vegas, NV 89104
702.778.7614 Fax: 702.778.7615
http://www.strosehospitals.org/healthinformation/communityprograms/183368
Offers $40 consultations to anyone plus free pap smears and mammograms to women 40 +.

Alliance Against Diabetes Clinic
3930 E. Patrick Lane.
Las Vegas, NV 89120
702.207.0400
Physician and nutritionist on staff specializing in diabetes. They are also a research site for clinical trials and provide holistic care.

Nevada Health Centers
1.Martin Luther King
1799 Mt. Mariah Dr.
Las Vegas, NV 89106
2.Cambridge
3900 Cambridge, Ste. 102
Las Vegas, NV 89119
3.Eastern Dental & Medicine
2212 S. Eastern Ave.
Las Vegas, NV 89104
4.North Las Vegas
2225 Civic Center Drive, Ste. 224
N. Las Vegas, NV 89030
All locations call 800.787.2568

North Las Vegas Family Health Center
2320 McDaniel Ste. C
Las Vegas, NV 89030
702.214.5948 Fax: 702.214.9439

Las Vegas Outreach Center
47 W. Owens
North Las Vegas, NV 89030
702.307.4635 Fax: 702.307.4631

Positively Kids Clinic
701 N. Pecos Road
Las Vegas, NV 89101
702.455.3692
Provides low cost medical/dental for kids up to 18 years.

Volunteers in Medicine of Southern Nevada
Free Clinics – No Walk-ins
View eligibility at www.vmsn.org

Paradise Park Clinic
4770 Harrison Drive Ste. B
Las Vegas, NV 89121
702.967.0530

Ruffin Family Clinic
1240 N. Martin Luther King Blvd.
Las Vegas, NV 89106
702.967.0530
http://www.vmsn.org
Free clinic offers comprehensive primary care to those eligible. No walk-ins; must call for eligibility screening.

EYE CARE SERVICES

Eye Care America – Diabetes Eye Care Program
http://www.eyecareamerica.org
Promotes annual dilated eye exams for people with diabetes. Those eligible receive a comprehensive medical eye exam and up to one year of care.

Access to Healthcare Network
702.877.385.2345
http://www.accesstohealthcare.org
Offers dental and vision plans to those qualify.
CLARK COUNTY DIABETES RESOURCES

VIP Vision Plan
702.341.7254
http://www.vipvisionplan.com
Free vision plan open to all in Clark County. Eight locations and offers free vision screenings, and eye exams. Call for low cost pricing.

DENTAL SERVICES

Access to Healthcare Network
702.877.385.2345
http://www.accesstohealthcare.org
Offers dental and vision plans to those qualify.

CSN Dental Hygiene Program
6375 W. Charleston Blvd.
Las Vegas, NV 89146 Ste. A-500
702.651.5510
Dental cleanings provided by dental hygiene students. Fees range from $35 to $135.

Nevada Health Center
Eastern Family Medical & Dental Services
2212 S. Eastern Avenue
Las Vegas, NV 89104
702.735.9334 Fax: 702.735.6147

Paradise Park Children’s Dental Clinic
4770 Harrison Drive
Las Vegas, NV 89104
702.432.3334
http://www.paradiseparkdental.com
Diabetes Full low cost dental services for children. Fees based on sliding

UNLV School of Dental Medicine
1001 Shadow Lane
Las Vegas, NV 89106
702.774.2400
Diabetes self-management instructions with a CDE. Call to register for classes and individual appointment.

UNLV General Practice – Residency Program
1707 W. Charleston Blvd. Ste. 290
Las Vegas, NV 89102
702.671.5175
Reduced cost care provided by dental students.

The Dental Center
574.807.0441
http://www.dentalcenter-in.com
Offers extensive information and education on the adverse effects that diabetes has on dental health and how to avoid the risks through proper care.

DIALYSIS CENTERS

Visit www.davita.com/Nevada for a list of other DaVita facilities throughout the state of Nevada.

PHARMACIES

Huntridge Pharmacy
Dr. Shaina Bock, AADE Certified Pharmacist/Instructor
1144 E. Charleston Blvd.
Las Vegas, NV 89104
702.382.7373
Diabetes Education Classes

DOLCrx PHARMACY & WELLNESS CENTER
Accredited Diabetes Program
801 S. Rancho Drive, Ste. A4
Las Vegas, NV 89106

Sav-On/Alberstons Pharmacy Diabetes Care Programs
Offers a variety of consultation formats such as glucose monitoring, nutrition, insulin use, foot care & sick-day management; a monthly 3-hour seminar on diabetes overview, medications and complications. CALL YOUR LOCAL DIABETES CARE SPECIALIST FOR MORE INFORMATION.

HEALTH INSURANCE ASSISTANCE

State Health Insurance Assistance Program
702.486.3478 or 800.307.444
http://www.nvaging.net
Provides information, counseling & assistance to Medicare beneficiaries in Nevada.
WASHOE COUNTY
DIABETES RESOURCES

Consumer Health Assistance (CHA)
555 E. Washington Ave. Ste. 4800
Las Vegas, NV 89101
702.486.3587 Fax: 702.486.3586 or 888.333.1597
Email: cha.govcha.state.nv.us
http://www.dhhs.nv.gov/cha.htm
Assists consumers with medical management & worker’s compensation claims.

ORGANIZATIONS

Care Chest of Nevada
7910 N. Virginia St.
Reno, NV 89506
775.829.2273 Fax: 829.8745
Offers diabetes supplies, medications, disability aids & equipment

Nevada Diabetes Association (NDA)
18 Stewart Street
Reno, NV 89501
775.856.3839 or 800.379.3839 Fax: 775.348.7591
http://www.diabetesnv.org
Offers camp programs, diabetes awareness & education programs, diabetes information, materials, & a resource directory in English & Spanish, and insulin assistance programs.

Nevada P.E.P. Satellite Office
4600 Kietzke Lane, I-202
Reno, NV 89502
800-216-5188
Offers support services for families and children with disabilities – public assistance, resource library, individual assistance & community specialist network.

JDRF – Northern Nevada Chapter
645 Sierra Rose Drive #106
Reno, NV 89511
775.786.1881 or 800.925.5533 Fax: 775.827.0131
http://www.northernnevada@jdrf.org

American Diabetes Association
4424 South 700 East Ste. 100
Salt Lake City, UT 84107
702.369.9995 or 888.DIABETES (888.342-2383)
http://www.diabetes.org
Provides diabetes resource materials, funds research & professional educators and speakers; promotes advocacy; offers Safe-At-School Advocacy and free Wisdom kits for newly diagnosed families.

Immunize Nevada
Northern Nevada
427 Ridge St, Suite C Reno, NV 89501
Southern Nevada
1050 Flamingo Road Suite #E225
Las Vegas, NV 89119
775.624.7117
Email: info@immunizenevada.org

American Cancer Society
Cancer Action Network – Obesity, Nutrition & Activity
691 Sierra Rose Drive, Ste. A
Reno, NV 89511
775.828.2206
www.acscan.org

DIABETES EDUCATION & MANAGEMENT CLASSES

Renown Health Improvement Programs
10085 Double R Blvd., Ste. 325
Reno, NV 89521
775.982.5073

Health Enhancement Services – Diabetes Specialty Clinic - Renowned Diabetes Health Center & Stepping Stones to Health and Wellness.
850 Mill Street, Ste. 100
Reno, NV 89502
775.982.5073
Email: SteppingStones@renown.org
http://www.renown.org
Veterans Administration Medical Center (VAMC) (No classes currently – call for more information)
100 Locust Street
Reno, NV 89502
775.786.7200
Email: SteppingStones@renown.org
http://www.va.gov/health/diabetes/default.htm

Carson Tahoe Health
1600 Medical Pkwy
Carson City, NV 89703
775.445.8607
Diabetes education, consultation, classes and support groups and DPP program.

Partnership Tahoe Coalition
Stanford DSME
1711 North Roop Street
Carson City, NV 89706
775.841.4730

DIABETES SUPPORT GROUPS

Nevada Diabetes Association (NDA)
Adult Support Program - FREE
18 Stewart Street
Reno, NV 89501
775.856.3839
Meets 2nd Tuesday of each month. Call for information on speakers, topics, & parties.

Nevada Diabetes Association (NDA)
Family Support Program - FREE
18 Stewart Street
Reno, NV 89501
775.856.3839
Meets 2nd Wednesday of each month. Call for information on speakers, topics, & parties.

DIABETES SUPPORT SERVICES & MEDICAL SPECIALISTS

A Proper Fit Footwear
Certified Pedorthist
www.renoshoes.net/
4001 S. Virginia Street
Reno, NV 89502
775.323.3757

Daniel R. Caruso, M.D.
255 W. Moana Lane Ste. 101
Reno, NV 89509
775.287.2625

Renown Health Advanced Wound Care
Center for Advanced Medicine B
1500 E. 2nd St., Ste. 104
Reno, NV 89502
775.982.4100

The Wound Care Center
Northern Nevada Medical Center
2375 E. Prater Way
Sparks, NV 89434
775.331.7000
http://www.nnmc/hospital-services/wound-care

Western Bariatric Institute
645 N. Arlington Ave., Ste. 525
Reno, NV 89503
775.326.9152
http://www.westernbariatricinstitute.com

Sasse Surgical Associates
75 Pringle Way Ste. 804
Reno, NV 89502
775.829.7999
http://www.sassesurgical.com

Northern Nevada Endocrinology
Lisa G. Abbott, M.D.
Christine Burns, PA-C
665 Sierra Rose Drive
Reno, NV 89511
775.786.4673
WASHOE COUNTY DIABETES RESOURCES

RENOWN MEDICAL GROUP

Amanjot Lehil, MD & Ben Prohaska, PA-C
10085 Double R Blvd., Ste. 310
Reno, NV 89521
775.982.5000

Kathryn Eckert, MD
75 Pringle Way Ste. 909
Reno, NV 89502
775.333.8000

Robert S. Fredericks, MD
1495 Ridgeview Ste. 230
Reno, NV 89519
775.826.9300

John R. Sutton, DO, FACOI, CCD, FACE
1177 North Division #3
Sparks, NV 89703
775.841.6333

CHILDREN’S SERVICES

Nevada Diabetes Association for Children & Adults
Children & Family Camp Programs (See organizations for details).
775.856.3839 or 800.379-3839

EYE CARE SERVICES

Eye Care Associates of Nevada
2285 Green Vista Drive
Sparks, NV 89431
775.674.1100 or 800.331.4393
Medical & surgical management of eye disease

Nevada Retina Associates
610 Sierra Rose Drive
Reno, NV 89511
775.356.7272

DENTAL SERVICES

Nevada Medicaid
- Reno – 775.688.2606
- Carson City – 775.684.7200
- Statewide – 800.992.0900
- Fallon – 775.423.3161
- Elko – 775.753.1191

Northern Nevada Dental Health Program
775.770.6609
http://www.nndental.org
Applications in English & Spanish on website

HAWC
1055 S. Wells Avenue
Reno, NV 89502
775.329.6300

HAWC
6490 S. McCarran Blvd., Ste. A-9
Reno, NV 89509
775.825.6702

TMC Dental Hygiene Program
7000 Dandini Blvd.
Reno, NV 89512
775.674.7554
(Preventive services)

DIABETES TESTING FOR THOSE WITHOUT A DOCTOR OR INSURANCE

Sliding fee, and Medicaid accepted at the following locations:

Gerlach Medical Clinic
350 Short St., Gerlach, NV 89412
775.887.1590 Fax: 775.557.2140

Community Health Alliance
1055 S. Wells Ave.
Reno, NV 89502
775.329.6300
Screenings, support services, pharmacy
WASHOE COUNTY DIABETES RESOURCES

NV Hopes
580 W 5th Street
Reno, NV 89503
775.786.4673
Screenings, support services, pharmacy

DIALYSIS CENTERS

DCI
778 Basque Way
Carson City, NV 89706
775.883.5400 Fax: 775.883.0255

Washoe Health Center in Carson
3310 Goni Road, Bldg. H
Carson City, NV 89706
775.886.6450

Davita – Pahrump Dialysis Center
1460 E. Calvada Blvd.
Pahrump, NV 89048
775.751.4300

Davita – Sparks Dialysis Center
4860 Vista Blvd.
Sparks, NV 89436
775.359.5432

Visit www.davita.com/Nevada for a list of other DaVita facilities throughout the state of Nevada.

HEALTH INSURANCE ASSISTANCE

State Health Insurance Assistance Program
702.486.3478 or 800.307.4444
http://www.nvaging.net
Provides information, counseling & assistance to Medicare beneficiaries in Nevada.

Nevada Primary Care Association
755 N Roop St #211
Carson City, NV 89701
775.887.0417
Provide sliding scale fee based on household and family size.

RURAL NEVADA DIABETES SERVICES

DIABETES EDUCATION & MANAGEMENT CLASSES

Humboldt General Hospital
DBA Living Well With Diabetes
118 E. Haskell Street
Winnemucca, NV 89445
775.623.5222 Ext.1756
Tiffani Nalivka
Registered Dietitian Nutritionist

Nye Communities Coalition
Stanford DSME
1.1020 East Wilson Road
Pahrump, NV 89048
2. 850 Mill Street
Reno, NV 89502
775.982.5073

Sanford Center for Aging
University of Nevada Reno
Stanford DSME
1664 North Virginia St.
Reno, NV 89557

PACE Coalition
Stanford DSME
1645 Sewell Drive, Ste. 41
Elko, NV 89801
775.777.3451

Southwest Medical Associates
Endocrinology AADE DSME
2210 Calvada
Pahrump, NV 89048
Diabetes Wellness – Classes in English & Spanish
195 N. Ada Street
Fallon, NV 89406
775.423.4933
Email: diabeteswellness@hotmail.com

Choose Control
Churchill Community Hospital
801 E. Williams
Fallon, NV 89406
Email: connie.honea@bannerhouse.com
775.423.3151

Carson Tahoe Minden Medical Center
925 Ironwood Drive, Ste. 1105
Minden, NV 89423
775.445.7800

South Lion Medical Center
213 S. Whitacre Street
Yerington, NV 89447
775.463.2301

Amargosa Valley Medical Clinic
845 Farm Road
Amargosa Valley, NV 89020
775.372.5432 Fax: 775.372.1303
Help the uninsured, underinsured, and low income. Call clinic for details.

Beatty Medical Clinic
702 Irving Street
Beatty, NV 89003
775.553.2208 Fax: 553.2844
Assist the uninsured, underinsured and low income. Sliding scale fees are based on income. Includes Dental, Women’s Health, Pediatrics & other Medical – Open 8 to 5 p.m.

Caliente Clinic
700 North Springs Street
Caliente, NV 89008
775.726.3121
Help the uninsured, underinsured, and low income. Sliding scale payments are based on income. Call for details.

Carlin Clinic
151 S. 8th Street
Carlin, NV 89822
775.754.2666 Fax: 775.754.2654

Crescent Valley Medical Center
5043 Tenabo Avenue
Crescent Valley, NV 89821
775.468.1010 Fax: 775.468.1019

Eureka Medical Clinic
250 S. Main Street
Eureka, NV 89316
775.237.5313 Fax: 775.237.5073
Jackpot Community Health Center
135 Keno Drive
Jackpot, NV 89825
775.755.2500 Fax: 775.755.2502

Wendover Community Health Clinic
925 Wells Ave.
Wendover, NV 89020
775.664.2220 Fax: 775.664.2965

Lincoln Co. Medical Clinic
1st West Street
Alamo, NV 89801
775.725.3364
ADDITIONAL DIABETES SERVICES & RESOURCES

State of Nevada Board of Medical Examiners
1105 Terminal Way, Ste. 301
Reno, NV 89502
775.688.2559 or 888.890.8210

Medical Malpractice Center
Assists patients in determining if there is legal recourse to a medical error or oversight.
www.malpracticecenter.com/states/nevada

FIND AN ENDOCRINOLOGIST

American Association of Clinical Endocrinologists
1000 Riverside Avenue Ste. 205
Jacksonville, FL 32204
904.353.7878 Fax: 904.353.818537
http://www.aace.com

NATIVE AMERICAN DIABETES RESOURCES

B.I.A. Agency
Western Nevada Agency
311 Washington Street
Carson City, NV 89701
775.887.3500

Nevada Urban Indians
5301 Longley Lane
Reno, NV 89511
775.788.7600

Reno Spark Indian Colony
98 Colony Road
Reno, NV 89502
775.329.5162

Washoe Tribe Health Center
Indian Health Services
1559 Watasheama
Gardnerville, NV 89460
775.265.4218

Owyhee PHS Indian Hospital
P.O. Box 130
Highway 225
Owyhee, NV 89832
775.757.2415

Walker Tribal Health Clinic
1025 Hospital Road
Shurz, NV 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 Clinic are HIS-operated.

The tribal communities of Moapa and Las Vegas are located approximately 360 miles from Schurz. They receive healthcare through tribal and HIS contract care.

The other tribal communities in the Service Unit are Yomba, Winnemucca, Yerington, and Lovelock, and receive healthcare through direct HIS services and contract care.

For more information on HIS contracts contact:

Phoenix Area Indian Health Service
Two Renaissance Square
40 North Central Avenue
Phoenix, AZ 85004
602.364.5039 Fax: 602.364.5042

HEALTH PROGRAMS & ASSISTANCE FOR THE UNINSURED

The following programs may be of help if you do not have health insurance:

Access to Health Care Network
775.770.3872
http://www.accesstohealthcare.org
Additional Diabetes Services & Resources

Nevada Health Insurance Exchange
Online registration health insurance
http://www.nevadahealthlink.com/insurance

Access to Health Care Network – NHAP Program
Help with registering for health insurance:
877.385.2345
http://www.accesstohealthcare.org
NHAP for ages 55 to 64 years of age and uninsured. Offer medical discount plans for southern Nevadans who qualify.

www.healthcare.gov
If you live in a state other than Nevada, check the following website for insurance.
Online service which helps consumers take control of their care by connecting them to new information and resources to help access quality, affordable health coverage.

Nevada Check-up
877.543.7669
http://www.insurekidsnow.gov
Nevada Check-up is the state of Nevada’s Children’s Health Insurance program, providing low cost, comprehensive health care coverage for working families with uninsured children 0 to 18 years of age. Call or access the application on the website.

State Health Insurance Assistance Program (SHIP)
702.486.3478 or 800.307.444
http://www.nvaging.net
Provides information, counseling & assistance to Medicare beneficiaries in Nevada.

Medicare
1.800.Medicare
http://www.medicare.gov
A federal health insurance program to those whom meet the eligibility criteria. To receive benefits an individual must be at least 65 years old or must have a proven disability preventing them from working. For questions call the Nevada State Health Insurance Assistance Program: 702.486.3478

Medicare Part A is a hospital insurance.
Medicare Part B is optional and is medical insurance for outpatient hospital care & physician’s services.
Medicare Part C (Medicare Advantage) combines A & B, and the plans are run by private insurance companies. Generally, you must see Physicians in he plan.

Medicare ‘Extra Help’ Programs
Nevada Aging & Disability Services Division
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
702.668.4200 (Las Vegas)
775.687.1900 (Reno)
775.684.3600 (Carson City)
877.638.3472 (Toll Free)
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.

CO-PAYMENT PROGRAMS

Partnership for Prescription for Assistance
888.477.2669
http://www.pparx.org
NHAP for ages 55 to 64 years of age and uninsured. Offer medical discount plans for southern Nevadans who qualify.

DRUG DISCOUNT CARDS

There are many types of drug discounts cards. Check with the pharmaceutical company that produces your prescription for programs or discount cards.

Together RX Access
P.O. Box 9426
Wilmington, DE 19809-9944
800.444.4106
http://www.togetherrxaccess.com
FREE discount savings card for those with no prescription coverage and not eligible for Medicare. Save 25 to 40% on more than 300 brand name medications.
ADDITIONAL DIABETES SERVICES & RESOURCES

Needy Meds Drug Discount Card
http://www.needymeds.org/drugcard
Offers a discount card that provides a 20 to 60% discount on many medicines. The card is free and open to everyone.

Nevada Drug Card
http://www.nevadadrugcard.com
FREE discount prescription card program.

RX Hope
877.267.0517
http://www.rxhope.com
FREE discount savings card. Covers some pet medications.

WorldDoc Foundation
http://www.myhealthynv.com
Provides discount drug cards

MEDICATION ASSISTANCE RESOURCES

Access 2 Wellness
866.317.2775
http://www.access2wellness.com
Website is designed to assist in easily finding information on assistance programs, featuring a unique eligibility tool to determine which assistance programs might be appropriate.

Partnership for Prescription Assistance
888.477.2669
http://www.pparx.org
Helps patients who qualify – with or without prescription coverage – to find their medications for free or discounted.

HopeLink
178 Westminster Way
Henderson, NV 89015
702.566.0576
www.link2hope.org
Offers financial assistance to those who qualify – including assistance with housing, utilities and prescriptions. (Prescription assistance for Henderson residents only).

Medicine Cabinet
702.444.6082 Fax: 702.650.2184
http://www.wp.tmcmeds.com/
Membership fees apply.

Needy Meds
702.333.1038
http://www.needymeds.org
Website provides 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
866.303.6323
775.687.7555 (Reno, Carson City, Gardnerville)
http://www.dhhs.nv.gov/seniorrx.htm
Provides Nevada seniors – with or without Medicare Part D – with assistance paying for medications.

Nevada Disability RX Program
Department of Health & Human Services
866.303.6323
775.687.7555 (Reno, Carson City, Gardnerville)
http://www.dhhs.nv.gov/disabilityrx.htm
Provides assistance with the cost of prescription medications to qualified individuals with diabetes.

Care Chest of America
7910 North Virginia
Reno, NV 89506
775.829.2273 Fax: 775.829.8745
http://www.togetherrxaccess.com
Offers diabetes supplies, medications, disability aids & equipment.

Nevada Diabetes Association (NDA)
702.875.5387 – Las Vegas
775.856.3839 - Reno
http://www.diabetesnv.org
Free emergency insulin with prescription.
ADDITIONAL DIABETES SERVICES & RESOURCES

RXAssist
401.729.3284
www.rxassist.org
Information, news and a database to assist with finding affordable or free medications.

RX Hope
877.267.0517
http://www.rxhope.com
Offers discount savings cards and assists qualifying patients to find the meds they need for free or discounted.

PRESCRIPTION & MEDICAL SUPPLY ASSISTANCE PROGRAMS

Abbott Patient Assistance Program
800.222.6885
http://www.abbottpatientassistancefoundation.org
Provides Freestyle & test strips to those who qualify.

Amylin Pharmaceuticals – Patient Assistance Programs
800.330.7647
http://www.amylinreimbursement.com
Call or visit website for application. Must meet qualifications & have no prescription coverage.

BD Medical – Insulin Syringe Assist Program
866.818.6906
Offers 3 month supply of syringes for $15 to those who qualify.

BD Medical – Diabetes Care
888.232.2737
Call to request coupons off syringes and needles.

GlaxoSmithKline – GSK Access
866.475.3678
http://www.gskforyou.com
Provides prescription assistance to those who qualify. Call to ask about meds covered.

Lilly Cares Patient Assistance Program
800.545.6962
http://www.lillycares.com
Provides prescription assistance to those who qualify. Prescription required for insulin.

Merck Patient Assistance Program
800.727.5400
http://www.merckpap.com
Provides medications free of charge to those eligible.

Novo Nordisk
Diabetes Patient Assistant Program
866.310.7549
http://www.diabetespap.com
Must not have prescription coverage to qualify. Meds include Novolog, Novolin & Levemir insulins, Glucagon kits, Victoza, NovoFine Needles, Prandin & Prandinet.

Sanofi-Aventis-Patient Assistance Program
800.221.4025
http://www.patientassistanceprogram.sanofi-aventis.us
Prescription assistance to those without prescription coverage; who cannot afford medications, and meet eligibility requirements.

Pfizer-MAINTAIN Program
Medication Assistance for Those in Need
866.706.2400
http://www.pfizerhelpfulanswers.com
For the un and under insured who need help getting Pfizer medications for free or at a discount.

Takeda Pharmaceuticals – Patient Assistance
800.830.9159
http://www.takedapap.com
For low income individuals and families with no prescription coverage.

Xubex Free Diabetes Kits & Supplies
866.699.8239
http://www.xubex.com
Provides free diabetes supplies to those who qualify including glucose meter, lancet device, carrying case and strips. Discount diabetes program for test strips and lancets.
ADDITIONAL DIABETES SERVICES & RESOURCES

MEDICAL SHARP DISPOSAL

Pain in the Drain
http://www.paininthedrain.com
Provides information to dispose of unwanted or expired medications at LV Metro, Boulder City Police Dept., & City of Henderson Police Dept.

Republic Services
Dispose of needles, syringes and sharp containers. Drop-off locations listed below. Hours for Household Hazardous Waste are: Wednesday thru Saturday from 9 a.m. to 1 p.m.

5 Gallon limit per drop off. Place waste in tin can. Seal and label container with the contents. Must bring a copy of your last Republic Services residential bill & valid photo ID.

- Henderson Transfer Station
  560 Cape Horn Drive, Henderson, NV 89011
  702.735.5151

- Recycle Center
  333 W. Gowan Road, Las Vegas, NV 89032
  702.599.5852

Washoe County
In other communities call your waste disposal company for assistance.

DIETITIANS & NUTRITIONISTS

American Dietetic Association
800.877.1600
http://www.eatright.org
Information in English & Spanish on nutrition and meal planning. Visit website to find a dietitian.

Nevada Dietetic Association
Email: Nevadard@gmail.com
http://www.nevadard.com

Dr. Allen Wellness Center
1701 N. Green Valley Pkwy, Suite 5B
Henderson, NV 89074
702.754.4900
info@drallelenwellness.com
www.drallelenwellness.com

FITNESSGOALS
www.fitnessgoals.com
Programs, stories & advice for diet, nutrition, fitness and exercise.

American Association of Diabetes Educators
100 W. Monroe Street, 4th floor
Chicago, IL 60603
800.338.3633
Email: aade@aadenet.org
http://www.a adenet.org
For the un and under insured who need help getting Pfizer medications for free or at a discount.

Helen Nichols
Certified Nutritionist
www.wellbeingsecrets.com

Ask The Dietician
http://www.dietician.com
Joanne Larson’s weight and calorie calculator!

Diabetic Gourmet Magazine
http://www.diabeticgourmet.com
Good articles, recipes, and health information.

About Diabetes
http://www.diabetes.about.com
Information and links to Carb Counting, Meal Planning, the Vegetarian Resource Group and more.

Low Carb Eating
http://www.lowcarbeating.com
Atkins Diet and Low Carb Diet recipes, information, support, products and much more.

American University
Nutrition Education Resource Center
www.programs.online.american.edu
ADDITIONAL DIABETES SERVICES & RESOURCES

SPECIAL PROGRAMS & SERVICES

ACCESS TO HEALTH CARE NETWORK - HOTLINE
877.385.2345
3075 E Flamingo Rd #118, Las Vegas, NV 89121
702.489.3400
Services families with Nevada Check-up & Medicaid.

Nevada Libraries for the Blind & Physically Handicapped – Talking Books
775.684.3354 or 800.922.9334

Equitable Life Insurance Society
6375 W. Charleston Blvd. Ste. A-172
Las Vegas, NV 89146
800.888.9763
Life Insurance or disability for Type 1 and 2 diabetes.

State Health Insurance Assistance Program
702.486.3478 or 800.307.444
http://www.nvaging.net
Provides information, counseling & assistance to Medicare beneficiaries in Nevada.

www.nevada211.org
Call 211 to connect to free information about critical health & human services availability in the community.

NIDDK
800.860.8747
Provides publication, “Financial Help for Diabetes Care” offering programs to cover medical expenses for those with diabetes who qualify.

ADDITIONAL RESOURCES
Your local library has many books on diabetes, including diet and exercise information. Call the Nevada Diabetes Association for a list of books: 775.856.3839.
Order books through the American Diabetes Association

Free Diabetes Identification Jewelry
Diabetes Research and Wellness Foundation
Send a stamped self-addressed envelope to:
5151 Wisconsin Ave. NW #420
Washington, DC 20016
866.706.2400
http://www.diabeteswellness.net

For Information on Retinopathy
American Academy of Ophthalmology
P.O. Box 7424
San Francisco, CA 94120
415.561.8500 Fax: 415.561.8533
http://www.eyeorbit.org

For Information on Diabetic Foot Problems
American College of Foot & Ankle Surgeons
515 Busse Hwy.
Park Ridge, IL 60068
http://www.acfas.org

INSULIN PUMP INFORMATION

Animas
877.YES.PUMP 877.937.7867 or 702.838.8008
http://www.animas.com
Resource for pump education and classes in Las Vegas.

Medtronic
18000 Devonshire Street
Northridge, CA 91325
800.646.4633
http://www.medtronicdiabetes.com

GOVERNMENT RESOURCES & PROGRAMS

Nevada Diabetes Prevention & Control Program
4150 Technology Way, Ste. 210
Carson City, NV 89706
775.684.4231
Email: maweiss@health.nv.gov
http://www.health.nv.gov
ADDITIONAL DIABETES SERVICES & RESOURCES

Consumer Health Assistance
702.486.3587 or 888.333.1597 Fax: 702.486.3586
http://www.dhhs.nv.gov/cha.htm

Bureau of Services for the Blind & Visually Impaired
- Carson City District Office: 775.684.0400
- Elko District Office: 775.753.1930 or 800.395.0600
- Las Vegas District Office: 702.486.5333 or 800.662.3366
- Reno District Office: 775.688.1450 or 800.338.6185

Nevada Insurance Division
http://www.doi.nv.gov
- Carson City: 775.687.4270
- Las Vegas: 702.486.4009

Medicare
Supplemental Insurance
800.992.0900 or 775.687.4270
(*Indicates Medicaid staff locations at district office)
- *Carson City – 775.687.4270
- Elko – 800.873.2261
- Fallon – 775.423.3161
- Hawthorne – 775.945.3602
- Henderson – 775.945.3602
- *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 Office – 775.688.2811
- Tonopah – 775.482.6626
- Winnemucca – 775.623.6557
- Yerington – 775.463.3151

Medicare – Information on Diabetes Screening, Supplies & Education (paid by Medicare)
7500 Security Blvd.
Baltimore, MD 21244
800.medicare

Project NEON (Nevada Elders on the Net)
3416 Goni Road, Bldg. D
Carson City, NV 89706
Email: dascc@aging.nv.gov
775.687.4210 Fax: 775.687.4264
http://www.nvaging.net

Reno Office
445 Apple Street, Ste. 104
Reno, NV 89502
775.688.2964 Fax: 775.688.296

CDC Diabetes Information
(Centers for Disease Control)
http://www.cdc.gov/diabetes
Includes links to State Diabetes Control Programs.

Children With Special Health Care Needs
http://www.health.nv.gov
Includes link to the Nevada State program to assist families with children under 19 years old with Type 1 diabetes.

Children With Special Health Care Needs
http://www.health.nv.gov
Information and links to sites for healthy living, chronic diseases, tobacco facts, exercise and more.

National Institute of Diabetes, Digestive and Kidney Diseases
Information on diabetes and related Health & Research findings.

National Diabetes Education Program
http://www.ndep.nih.gov
Several publications on diabetes education available for various ages and cultures in different languages.

State of Nevada Diabetes Prevention and Control
http://www.health.nv.gov/CDdiabetes.htm
Includes links to State Diabetes Control Programs.

WorldDoc Foundation
http://www.myhealthynv.com
Online tool to assist Nevadans without insurance to manage their health and save money. Website includes diabetes health assessments and discount drug cards
DIABETES ON THE INTERNET

ORGANIZATIONS

American Association of Clinical Endocrinology
http://www.aace.com
A good place to start if you need a diabetes specialist in your community.

American Association of Diabetes Educators
http://www.diabetes.org

American Heart Association
http://www.americanheart.org
Heart disease and diabetes all too often go hand in hand. This is a good place to start 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.

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 diabetes research, and is devoted to educating both patients and professionals.

Children With Diabetes
http://www.childrenwithdiabetes.com
Online community for children, families and adults.

Lions Club International
Offers diabetes awareness education, information and links to additional programs. Call your local chapter to see what they offer for diabetes support and classes near you.

The Islet Foundation
http://www.islet.org
Islet research information

Juvenile Diabetes Research Foundation
http://www.jdrf.org

INFORMATION ON COMPLICATIONS FROM DIABETES

Kidney Diseases

Neuropathy
http://www.neurologychannel.com/neuropathy

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

Retinopathy and Eye Conditions
http://www.aaao.org
Diabetic retinopathy is one of the most common complications associated with diabetes.

MEDICATION AND EQUIPMENT

Dexcom – Glucose Monitor/Sensor
www.dexcom.com

Tandem – Insulin Pump
Tandemdiabetes.com

Animas – Insulin Pump & Glucose Management System
www.animas.com

Abbott Diagnostics Diabetes Now
http://www.glucerna.com/diabetes-connect

Becton Dickson
http://www.bddiabetes.com

Eli Lilly

Lifescan
http://www.lifescan.com

Medtronic – Insulin Pump, Glucose Monitor/Sensor
http://www.medtronicdiabetes.com
DIABETES ON THE INTERNET

Novo Nordisk
http://www.novonordisk.com

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

ADDITIONAL INTERNET RESOURCES

Find a Diabetes Educator
www.diabeteseducator.org/patient/resources/find-a-diabetes-educator

Inpatient Alcohol & Drug Rehab Centers
800.406.7633
www.rehabcenter.net/resources/
Advice on treatment, cost, government funding detox, and intervention.

Alco Rehab
www.alcorehab.org

Quit Smoking Community
www.quitsmokingcommunity.org

Drug Watch
www.drugwatch.com/health
Education on prescription/OTC drugs, medical devices and uses that cause harm.

Mesothelioma Treatment Community
888.322.3075
www.TreatMesothelioma.org

Bayer HealthCare
http://www.simplewins.com/site/adults/achieve
Motivates adults, teens, kids, and parents through fitness videos, nutrition guides and tips and tools for daily use.

Diabetes Monitor
http://www.diabetesmonitor.com
Extensive site filled with excellent information and links

Diabetes Net
http://www.diabetesnet.com
Online diabetes shopping mall and information.

dLife For Your Diabetes Life
http://www.dlife.com
Online magazine, pod casts, recipes and more.

Protect Your Children
jessica@kidguard.com
www.kidguard.com

Substance Abuse and Diabetes
Offers extensive research information and education about the harms associated with diabetes and substance abuse.

Feline Diabetes
http://www.felinediabetes.com
A clearinghouse for diabetes questions and links concerning diabetes in cats.

Diabetes in Dogs
http://www.cah.com/drlibrary/diabetesdogs.html
The common form of diabetes in dogs is analogous to juvenile diabetes in people.

International Diabetes
http://www.diabetesaustralia.com
Extensive worldwide links to resources and research information.

Ivanhoe News Diabetes Channel
http://www.ivanhoe.com/channels
Get the latest medical reports on breakthroughs in diabetes – discussion rooms and more.

David Mendosa Diabetes Resources
http://www.mendosa.com/diabetes.htm
Offers extensive links to and information on diabetes.

Merck Engage
http://www.merckengage.com
Meal planners, educational materials and more.

Sanofi Aventis
http://www.goinsulin.com
Discusses issues with insulin through the stories of people with diabetes.

A1C Champions
http://www.a1cchampions.com
People with diabetes share their personal stories.