



# **Niagara and Orleans County Pre-Diabetes and Diabetes Resource Guide**



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# What is diabetes?

If you or someone you know has diabetes, you're not alone. Millions of people have diabetes. Diabetes cannot yet be cured. But it *can* be managed.

## The most common types of diabetes are type 1 and type 2

### Type 1

In **type 1 diabetes**, the body makes little or no insulin, due to an overactive autoimmune system. So people with type 1 diabetes must take insulin every day. Type 1 diabetes usually occurs in children and young adults, but it can also appear in older adults. (An autoimmune disease means that the body attacks its own cells by mistake.)

### Type 2

In **type 2 diabetes**, your body prevents the insulin it does make from working right. Or it may not make enough insulin. Most people with diabetes have type 2. Some risk factors for this kind of diabetes include older age, being overweight or obese, family history, and having certain ethnic backgrounds.

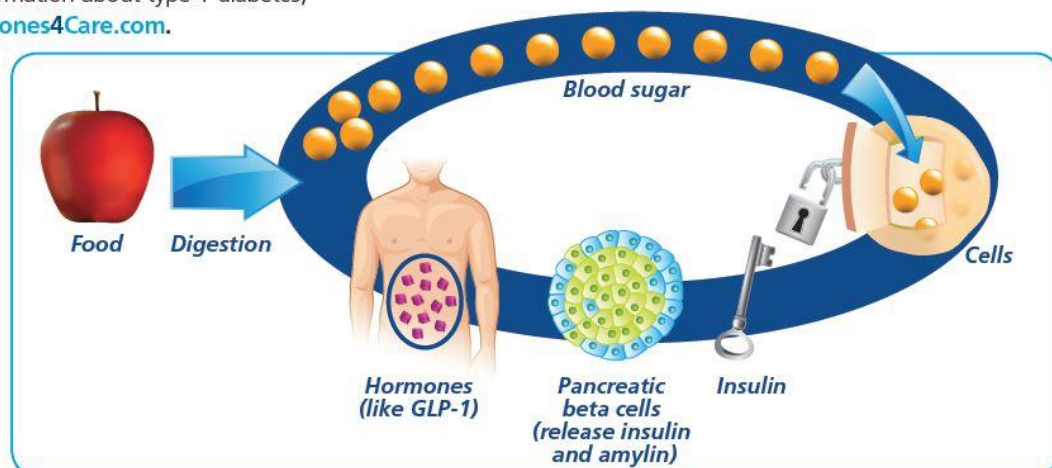
The information below focuses on type 2 diabetes. For more information about type 1 diabetes, visit [Cornerstones4Care.com](https://www.cornerstones4care.com).

## What happens in diabetes?

Diabetes is a condition in which the body doesn't make or use insulin correctly. The image below shows, in a simple way, what happens normally when you eat.

### In people without diabetes:

- When you eat, some of your food is broken down into sugar (also called glucose). Sugar travels in your blood to all your body's cells. Your cells need sugar for energy. Sugar from food makes your blood sugar level go up
- In response to increased sugar, beta cells in the pancreas release a hormone called insulin. Insulin is like a key that unlocks the doors of your cells so that sugar can get into the cells, where it is used as a source of energy
- There are other hormones that play important roles in how the body uses sugar. For example, amylin and GLP-1 help reduce the amount of sugar made by the liver and slow the emptying of food from the stomach. Another hormone called glucagon tells the liver to release stored sugar if your blood sugar gets too low or if you have not eaten for many hours, such as overnight



# Prediabetes and diabetes

## What is the difference between prediabetes and diabetes?

The difference between prediabetes and diabetes is in how high the blood sugar levels are. Prediabetes is when your blood sugar (or glucose) levels are higher than normal but not high enough to be diagnosed as type 2 diabetes. Look at the table on page 2 to see the levels. Did you know that about 79 million American adults age 20 and older have prediabetes?

## What's going on in your body?

A condition called insulin resistance increases the risk of getting both prediabetes and type 2 diabetes. Insulin is a hormone that is made by the pancreas, a large gland behind the stomach. Insulin helps sugar from food move from your blood into your body's cells. Your cells need sugar for energy. Sugar from food can be from sweet foods and drinks, like candy, cakes, cookies, pies, and soda, or from carbohydrates like fruit, bread, rice, pasta, and milk that turn into sugar.

When you have insulin resistance, your body produces insulin but does not use it effectively. So sugar builds up in the blood, which can lead to prediabetes or type 2 diabetes. Most people with insulin resistance aren't aware that they have it for many years, until it turns into type 2 diabetes. But the good news is that if people find out early that they have insulin resistance, they may be able to delay progression to type 2 diabetes. See the box on page 2 to find out how.

## Who is at risk?

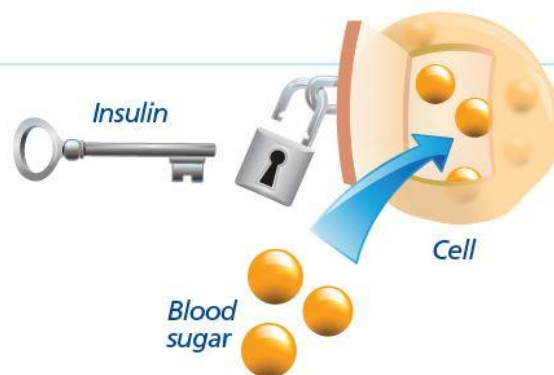
Here are some of the risk factors for prediabetes and diabetes:

- Being overweight
- Being age 45 years or older
- Having a family history of diabetes
- Having a history of gestational diabetes or of giving birth to a baby weighing more than 9 pounds
- Belonging to an ethnic group at high risk for diabetes, such as Native American, African American, Hispanic, or Asian



It is important to discuss your risk factors with your doctor. If you think you may be at risk for prediabetes, see your doctor to be tested.

Insulin works like a key, unlocking the doors on the cells in your body to let blood sugar in. Once the cell doors open, sugar is able to move from the blood into the cells, where it belongs. Once inside the cells, sugar provides energy to the body.





## Prediabetes and diabetes

### How is prediabetes diagnosed?

You may have prediabetes without having any symptoms. Prediabetes is found with one of the following tests:

- **Fasting plasma glucose (FPG) test**—Measures blood sugar when you haven't eaten anything for at least 8 hours
- **Glucose tolerance test (GTT)**—Measures blood sugar after you haven't eaten anything for at least 8 hours and 2 hours after you drink a sugary drink provided by a doctor or laboratory
- **A1C**—Measures your average estimated blood sugar over the past 3 months



Your doctor will look for these values to diagnose prediabetes and diabetes:

	Prediabetes	Diabetes
FPG	100–125 mg/dL	126 mg/dL or higher
GTT	140–199 mg/dL	200 mg/dL or higher
A1C	5.7%–6.4%	6.5% or higher

Adapted from the American Diabetes Association. Standards of medical care in diabetes—2016. *Diabetes Care*. 2016;39(suppl 1):S1-S112.

### How can you lower your risk of developing type 2 diabetes if you have prediabetes?

Losing weight is the best way to avoid developing type 2 diabetes if you are overweight. Talk with your diabetes care team about what your target weight should be.

There are no medicines approved by the FDA to treat prediabetes. If you have prediabetes, your blood sugar should be checked for type 2 diabetes yearly. According to the American Diabetes Association (ADA), if your blood sugar levels are normal, you should have them checked every 3 years, or more often if your doctor recommends it.

Prediabetes does not automatically turn into type 2 diabetes. You can take steps to lower your risk.

The American Diabetes Association says that you can lower your risk for type 2 diabetes by:

- Losing just 7% of your body weight (or 15 pounds if you weigh 200 pounds)
- Doing moderate physical activity (such as brisk walking) for 30 minutes a day, 5 days a week



For more information, visit [Cornerstones4Care.com](https://www.Cornerstones4Care.com)

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# DO YOU HAVE PREDIABETES?

## Prediabetes Risk Test

**1** How old are you?

Less than 40 years (0 points)  
40—49 years (1 point)  
50—59 years (2 points)  
60 years or older (3 points)

Write your score  
in the box.

**2** Are you a man or a woman?

Man (1 point) Woman (0 points)

**3** If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) No (0 points)

**4** Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) No (0 points)

**5** Have you ever been diagnosed with high blood pressure?

Yes (1 point) No (0 points)

**6** Are you physically active?

Yes (0 points) No (1 point)

**7** What is your weight status?  
(see chart at right)

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

Add up  
your score.

**If you scored 5 or higher:**

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.  
Original algorithm was validated without gestational diabetes as part of the model.

## LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) for more information on how to make small lifestyle changes to help lower your risk.





# Gestational diabetes

Cornerstones4Care®

## What is gestational diabetes?

Gestational diabetes is high blood sugar that develops during pregnancy in pregnant women who have never had high blood sugar before. Blood sugar usually returns to normal after the baby is born.

## What causes gestational diabetes?

When you eat, some of your food is broken down into sugar (also called glucose). Sugar travels in your blood to all of your body's cells. Insulin helps sugar move from your blood into your cells. Insulin is a hormone that is made by the beta cells in your pancreas.



Your cells need sugar for energy. Sugar from food makes your blood sugar levels go up. Sugar from food can be sugar itself, or it can be from carbohydrates that the body turns into sugar. Natural insulin lowers your blood sugar levels by helping sugar move from your blood into your cells.

When you have gestational diabetes, pregnancy hormones that help the baby to develop can cause a resistance to insulin in your body. Your body tries to produce more insulin to handle the extra sugar, but it is still not enough. So the sugar stays in your blood instead of moving into your cells. That's why the sugar levels in your blood get too high.

## What are the risks of gestational diabetes?

If blood sugar levels are not managed during pregnancy, this can cause problems for both you and your baby. Your baby gets nutrients, including sugar, from your blood. If your blood sugar levels are high, your baby will get too much sugar. Too much sugar is not good for your baby. He or she will store the extra sugar as fat. The baby may gain too much weight and become too large.

When you have gestational diabetes, your baby is at a higher risk for:

- Injuries during delivery
- Low blood sugar after birth
- Breathing problems
- Jaundice
- Developmental problems (This is not common and is usually related to premature birth)
- The possibility of type 2 diabetes later in life

Gestational diabetes may increase your own risk for:

- Type 2 diabetes
- High blood pressure during your pregnancy
- Caesarean section
- Gestational diabetes if you become pregnant again

But these problems don't have to happen! Managing your blood sugar levels can help to reduce the risk.



## **Healthcare Team for People with Diabetes**

Below is a list of people who can help you live healthy with diabetes.

### **Primary Care Provider – MD, DO, NP, PA**

- Who you see for general check-ups and when you get sick
- Refers to specialists of other team members listed below
- Remove your shoes and socks at every visit

### **Certified Diabetes Educator – CDE**

- Registered Nurse, Pharmacist or Registered Dietitian Nutritionist with special training in caring for people with diabetes
- Can help you learn the day-to-day aspects of diabetes self-care

For help with finding a CDE:

<http://www.ncbde.org/find-a-cde/>

### **Registered Dietitian Nutritionist – RDN**

- The nutrition expert
- Can help you figure out your food needs based on your desired weight, lifestyle, medication and health goals
- Can help you learn how the foods you eat affect your blood sugar levels

For help with finding an RD:

<http://www.eatrightwnyda.org/find-an-rd/>

### **Endocrinologist – MD or DO**

- A doctor who specializes in treating diabetes and other diseases of the endocrine system, which includes the pancreas and the thyroid
- Most people with Type 1 diabetes see an endocrinologist, especially when they are first diagnosed
- People with Type 2 diabetes may see an endocrinologist if they are newly diagnosed, having trouble getting their diabetes under control or are developing complications

### **Eye Doctor – MD or OD**

- An ophthalmologist or optometrist can check for any changes in your eyes
- You should see your eye doctor once a year for a dilated retinal eye exam

### **Podiatrist – DPM**

- A doctor trained to treat problems of the feet and lower legs
- Any foot sore or callus needs to be checked by your primary care doctor or podiatrist, who can also trim your toe nails
- It is important to check your feet daily for signs of trouble or abnormalities

### **Pharmacist – RPh or PharmD**

- Provides advice on how medications you are taking can affect your blood sugar levels
- Lets you know about potential side effects of any drug you are going to take
- Reviews medicines that you are taking to see if any new medications will interact with the ones you are already taking
- Recommends over-the-counter medicines
- Keeps an accurate record of your medications, medical history and allergies
- If you use multiple pharmacies make sure each has your entire medication list

### **Dentist – DDS, DMD**

- People with diabetes are at somewhat greater risk of gum disease
- Excess blood sugar in your mouth makes it a good home for bacteria, which leads to infections
- Be sure to let your dentist know you have diabetes and ask them how often you should have a dental exam

### **Physical Therapist – MPT, MSPT, DPT**

- Trained in the scientific basis of exercise
- Your doctor can help you look for and refer you to a certified professional
- Always get your doctor's approval for any exercise program

### **Mental Health Professional – LCSW, MSW, PhD, PsyD, MD**

- Helps with personal and emotional side of living with diabetes
- May be able to help you find resources to help with your medical or financial needs, and help you cope with any concerns related to diabetes, including problems with the family and coping with workplace situations

## My Diabetes Care Checklist

The goals shown here are general recommendations by the American Diabetes Association for many adults, but your goals should be specific to you. Take this checklist along with your glucose meter/ logs to your healthcare provider to discuss **your** individual goals.

### A1c and Daily Blood Sugar Levels

How A1C relates to the estimated average blood sugar level

A1C Levels	Average Blood Sugar
12%	298 mg/dL
11%	269 mg/dL
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL

The American Diabetes Association recommends an A1C of less than 7%.

- The A1c test measures your average blood sugar levels over the last 2-3 months, for many adults the A1c goal is less than 7%
- Daily blood sugar goals for many adults are:
  - Fasting/ Before meals: 80-130 mg/dL
  - 2 hours after the start of a meal: Less than 180 mg/dL

#### **Your A1c and Daily Blood Sugar Goals:**

Fasting/ before meals:

2 hours after a meal:

A1c:

### Blood Pressure

- You should get your blood pressure checked each time you visit the doctor
- Goal is less than 140/90 mm HG for many adults with diabetes

#### **Your Blood Pressure Goal:**

### Cholesterol

- Ask your diabetes team how often you should have your blood cholesterol checked
- Your doctor may have you take a statin medication to reduce your cardiovascular risk
- Eat a healthy diet lower in saturated and trans fats, and higher in fiber and omega-3 fats

#### **Date of my next cholesterol check:**

## Eye Exam

- Once a year, get a dilated retinal eye exam by an eye care specialist
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision

**Date of my next eye exam:**

## Feet

- Once a year, get a complete foot exam by your doctor
- Take your socks and shoes off during every office visit
- At home:
  - Check your feet every day for any sign of injury
  - Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
  - Tell your doctor about any injury that does not heal
  - Wear shoes and socks that fit well, do not go barefoot

**Date of my next complete foot exam:**

## Dental Exam

- Ask your diabetes care team how often you should have a dental exam

**Date of my next dental exam:**

## Kidneys

- Once a year, have your urine and blood tested
- Keep your blood sugar and blood pressure as close to your goal as possible

**Date of my next kidney exam:**

## Immunizations

- Get a flu shot once a year
- Ask your diabetes care team if you need shots for pneumonia or Hepatitis B

**Date of my next immunizations:**

## Quit Smoking

- It is extremely important to stop smoking if you have diabetes
- Here are some steps to help:
  - Decide on a quit date (choose a time when you won't be too stressed)
  - Reward yourself for every successful nonsmoking day

**My quit date:**



- For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit [www.smokefree.gov](http://www.smokefree.gov)

## **Diabetes Prevention Program (DPP)**

Did you know that you may be able to delay or even prevent diabetes?

The Diabetes Prevention Program is a year-long program that can help you gain skills to lose weight, be more physically active and manage stress. The program meets once a week for 16 weeks, then once a month for the remainder of the year. A year might sound like a long commitment, but learning new habits, gaining new skills, and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel.

### **Locations in Orleans County:**

#### **Orleans Community Health**

Community Partners  
Various locations in Orleans County  
100 Ohio Street  
Medina, NY 14103  
Contact: (585) 798-9540  
Email: [NDPP@orleanscountyny.gov](mailto:NDPP@orleanscountyny.gov)  
[www.orleanscommunityhealth.org](http://www.orleanscommunityhealth.org)

#### **Orleans County Health Department**

Various locations in Orleans County  
14012 Route 31  
Albion, NY 14411  
Contact: (585) 589-3162  
Email: [NDPP@orleanscountyny.gov](mailto:NDPP@orleanscountyny.gov)  
[www.orleansny.com/PublicHealth](http://www.orleansny.com/PublicHealth)

### **Locations in Niagara County:**

#### **Niagara County Department of Health Public Health Nursing**

Various locations in Niagara County  
1001 11<sup>th</sup> Street, 3<sup>rd</sup> Floor  
Niagara Falls, NY 14301  
Contact: (716) 278-1900  
Email: [nchd.nursing@niagaracounty.com](mailto:nchd.nursing@niagaracounty.com)  
[www.niagaracounty.com/health](http://www.niagaracounty.com/health)

#### **Niagara County New York Connects**

111 Main Street, Suite 101  
Lockport, NY 14094  
Contact: (716) 438-3030  
[www.niagaracounty.com/aging](http://www.niagaracounty.com/aging)  
OR Register online at:  
<https://compass.qtacny.org/find-a-workshop>

#### **Mount St. Mary's Hospital**

3101 9th St  
Niagara Falls, NY 14305  
Contact: (716) 298-2297

# Diabetes Management Programs

## Locations in Niagara County:

### Niagara County Department of Health Public Health Nursing

The Diabetes Self-Management Program (DSMP) compliments the health care that participants may already be receiving. The purpose of the DSMP is to enhance one's skills and ability to manage their health and maintain an active lifestyle. This is a six-session, peer-led health education program for people dealing with diabetes.

Various locations in Niagara County

1001 11<sup>th</sup> Street, 3<sup>rd</sup> Floor

Niagara Falls, NY 14301

Contact: (716) 278-1900

Email: [nchd.nursing@niagaracounty.com](mailto:nchd.nursing@niagaracounty.com)

[www.niagaracounty.com/health](http://www.niagaracounty.com/health)

### Mount St. Mary's Hospital

Diabetes educator sees inpatients, outpatients and holds monthly DSME classes. Classes are offered daytime and evening, alternating months.

5300 Military Road

Lewiston, NY 14092

Contact: (716) 298-2297

### Niagara County New York Connects

111 Main Street, Suite 101

Lockport, NY 14094

Contact: (716) 438-3030

[www.niagaracounty.com/aging](http://www.niagaracounty.com/aging)

OR Register online at:

<https://compass.qtacny.org/find-a-workshop>

### WNY Diabetes Solutions

#### Middleport Family Health Center

81 Rochester Rd, Middleport, NY 14105

(716) 735-3261

<http://www.middleportfamilyhealthcenter.com>

### Summit Park Pharmacy

2578 Niagara Falls Blvd, Niagara Falls, NY 14304

(716) 731-3500

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

### Wurlitzer Family Pharmacy

521 Division St, North Tonawanda, NY 14120

(716) 260-1131

<http://www.wurlitzerfamilypharmacy.com/index.html>

## Locations in Orleans County:

### Orleans Community Health

Community Partners

Various locations in Orleans County

100 Ohio Street

Medina, NY 14103

Contact: (585) 798-9540 or (585) 798-8021

Email: [NDPP@orleanscountyny.gov](mailto:NDPP@orleanscountyny.gov)

## Diabetes Support Groups

### Locations in Niagara County:

#### Mount St Mary's Hospital

Meets the 3<sup>rd</sup> Tuesday from 6:30-8:30pm  
5300 Military Rd – Room 723A  
Lewiston, NY 14092  
Contact Marie: (716) 550-1438  
Participants do not need to register or enroll

### Locations in Orleans County:

#### Orleans Community Health

Meets the 1<sup>st</sup> Wednesday at 6:00pm  
200 Ohio Street  
Medina, NY 14103  
Contact: Marion Miano RN, CDE at (585) 798-8021  
[www.ortleanscommunityhealth.org](http://www.ortleanscommunityhealth.org)

### Other Support Groups:

#### D-Link

Who: anyone ages 12-20 with diabetes  
When: Tuesday evenings, 7:00pm-8:00pm  
Where: Audubon Library, 350 John James  
Audubon Parkway, Amherst, NY  
Contact: [dlinkfacilitators@gmail.com](mailto:dlinkfacilitators@gmail.com) (no RSVP  
required)

### Pediatric Support for Parents

#### WNY Sugar Mommas

Mothers of children with diabetes  
Join via Facebook

#### FOTOS (Families of Type 1 Support) Facebook Group

Open to anyone with a child, or relative, with  
Type 1 diabetes

For either group, contact either/or:

-Linda Spoth-McCarthy: 716-633-1148 or  
email at: [shappylinda@aol.com](mailto:shappylinda@aol.com)

-Shannon Smith: 716-907-2470 or e-mail at:  
[Shannon.goldfuss@yahoo.com](mailto:Shannon.goldfuss@yahoo.com)



**Cost Comparison Chart** - Use this chart to compare costs at different stores

Pharmacy Name >>>>>>			
Medication/Dose	Cost	Cost	Cost
Blood Glucose Meter			
Test Strips/# per box			
Lancing Device			
Lancets			
Glucose Tablets			
Ketone Strips/Stix			
Glucagon			
Total Cost			

**Medication Costs**





## **If You Need Help Paying for Your Medication**

If you are having trouble affording your medication, these programs may help:

**CVS ExtraCare Advantage for Diabetes** – <http://www.cvs.com> or call your local CVS Pharmacy

**New York State Elderly Pharmaceutical Insurance Coverage (EPIC) Program** – provides secondary coverage for Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D. For more information call 1-800-332-6742 or email [epic@health.state.ny.us](mailto:epic@health.state.ny.us)

**Lilly Cares Program** – A physician's office must call (800) 545-6962 for an application. Once approved, a voucher is issued for a four-month supply of insulin at a local pharmacy.

**NeedyMeds.org** – Prescription drugs available through patient assistance programs, pharmaceutical companies who offer assistance, discount card comparisons, patient assistance program applications and links to Medicaid sites.

**Novo Nordisk's Cornerstones4Care™ Patient Assistance Program (PAP)** – Provides free medicine to those who qualify. Call 1-866-310-7549 to access program or for more information. Download the application at: <http://www.cornerstones4care.com/patient-assistance-program.html>

**PPARx.org** – Partnership for Prescription Assistance service is free and offers information about pharmaceutical company programs for more than 2,500 brand name and generic medications. For more information, call (888) 477-2669.

**PrescriptionHope.com** – This program serves those who earn up to \$30,000/ year as a single person or up to \$50,000/ year as a couple. For more information, call (877) 296-4673.

**Rite Aid Wellness+ for Diabetes** – For more information visit <http://www.riteaid.com/diabetes> or call 1-800-RITEAID

**RxAssist.org** – Resources to help locate patient assistance programs. For more information, call (877) 844-8442.

**RxHope.com** – A web-based resource that acts as a facilitator in helping people get their medications for free or for a small co-payment. For more information, call (877) 267-0517.

**Sanofi-Aventis Pharmaceuticals Patient Assistance Program** – Lantus is available for those who meet specific income requirements. An application is available by calling (800) 221-4025.

**Walgreen's Prescription Savings Club** – Varied discounts on diabetes medications and supplies. Visit or call a local Walgreens Pharmacy or go to <http://www.walgreens.com/rxsavingsclub>

#### **NY Prescription Saver Card**

**NYPrescriptionSaver.fhsc.com** – Must be a resident of New York State and not already receiving Medicaid AND have an annual income under \$35,000 if single or \$50,000 if married.

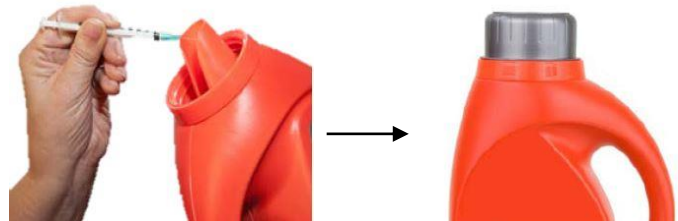
## **What to Do with Used Syringes, Insulin Pens and Lancets (Sharps)**

All used syringes (also called sharps) should be put in a heavy duty plastic container with a screw on cap, like an empty laundry detergent container.

When the container is  $\frac{3}{4}$  full, put the cap on and take it to a disposal site below. You can also call 1-800-643-1643 (Monday-Friday 9am-5pm) to find a site near you.

### **Orleans County**

Orleans Community Health  
Medina Memorial Hospital  
200 Ohio St, Medina, NY 14103  
(585) 798-2000  
Hours: Saturdays 9:00am-Noon  
Location: Registration Desk – Main Lobby  
[www.orleanscommunityhealth.org](http://www.orleanscommunityhealth.org)



### **Niagara County**

Native American Community Services  
1316 Maine St, Suite A  
Niagara Falls, NY 14301  
(716) 285-5658  
Hours: Monday-Friday 8:30am-5pm

Eastern Niagara Hospital – Newfane  
2600 William St  
Newfane, NY 14108  
(716) 778-5071

Location: Hallway of the Building

Middleport Family Health Center

81 Telegraph Rd

Middleport, NY 14015

(716) 735-3261

Hours: Monday-Friday 9am-8pm,  
Saturday 9a-5pm, Sunday 11am-3pm

Location: Pharmacy Area

Wurlitzer Family Pharmacy

521 Division St

North Tonawanda, NY 14120

(716) 260-1131

Hours: Monday-Friday 9am-6pm,  
Saturday 9am-3pm

Location: Back of store next to  
pharmacy

Summit Park Pharmacy

2578 Niagara Falls Blvd #100

Niagara Falls, NY 14304

Eastern Niagara Hospital – Lockport

521 East Avenue

Lockport, NY 14094

(716) 514-5649

Hours: Monday-Friday 8:00am-4:00pm

Location: Outpatient Laboratory Dept

Hours: Monday-Friday 8:00am-4:00pm

Location: Outpatient Laboratory Dept

Kaleida – Degraff Memorial Hospital

445 Tremont St

North Tonawanda, NY 14120

(716) 694-4500

Hours: 1<sup>st</sup> Saturday of every month 10-  
11am

Location: Main Entrance

Mount St Mary's Hospital & Health  
Center

5300 Military Rd

Lewiston, NY 14092

Hours: Monday-Friday 7am-5pm,  
Saturday & Sunday 7am-2pm

Location: Main Information Areas in  
Lobby or Environmental Services

Niagara Falls Memorial Medical Center

621 Tenth St

Niagara Falls, NY 14302

(716) 278-4411

Hours: Monday-Sunday 8:00am-5:00pm

Location: Information Desk at Main  
Lobby

Niagara Falls International Airport

2035 Niagara Falls Blvd

Niagara Falls, NY 14120

(716) 630-6000

Hours: 24 hours/ 7 days week

Location: All public restrooms



**\*\*Please be sure to call ahead to confirm times and specific locations for drop-off.**

**For more locations visit:**

[http://www.health.ny.gov/diseases/aids/consumers/prevention/needles\\_syringes/sharps/docs/hospital\\_collection\\_sites.pdf](http://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps/docs/hospital_collection_sites.pdf)

## **Physical Activity Resources**

### **Niagara County Office for the Aging – Exercise Programs**

The Office for the Aging offers free exercise programs at nutrition sites- Club 99 and "Struttin' Seniors".

To find out more about Club 99 locations or Struttin' Seniors:

<http://www.niagaracounty.com/aging/Services/Eat-Well-Stay-Well/Exercise-Programs>

Phone: (716) 438-4030

### **Fitness In The Parks**

Independent Health and YMCA Buffalo Niagara offer a series of FREE outdoor fitness classes in the summer (June-August). For more info and locations:

<https://www.independenthealth.com/IntheCommunity/Programs/Fitnessintheparks>

### **The Dale Association – Exercise and Fitness**

Offers low cost exercise classes such as Daytime Yoga, Chair Exercise, and Pace Makers Walking Club. For more info:

[http://daleassociation.com/community\\_education/community\\_education\\_be\\_well.html](http://daleassociation.com/community_education/community_education_be_well.html)

Phone: (716) 433-1886

### **Blue Cross Blue Shield of Western New York - Physical Activity Classes**

[https://www.bcbswny.com/content/WNYmember/health-wellness/wellness\\_seminars\\_and\\_prevention/physical-activity-and-fitness.html](https://www.bcbswny.com/content/WNYmember/health-wellness/wellness_seminars_and_prevention/physical-activity-and-fitness.html)

### **Trilogy: Medically Oriented Gym (MOG)**

A fitness facility integrated with Physical Therapy that provides appropriate medical fitness services for people with, or at risk of, chronic disease at the following 6 locations in Western New York: Alden, Amherst, Clarence, Grand Island, Kenmore, and West Seneca.

Contact: Russell Certo at 716-773-1600 or E-mail: [rcerto@mognational.com](mailto:rcerto@mognational.com)

Check out: What is a MOG?? at <https://youtube/hc4jbZYgEfE>

## **Other Health Resources**

### **BlueCross BlueShield of Western New York – Diabetes Management**

<https://www.bcbswny.com/content/WNYmember/health-wellness/preventive-health/diabetes.html>

### **BlueCross Blue Shield of Western New York – Wellness Seminars and Prevention**

[https://www.bcbswny.com/content/WNYmember/health-wellness/wellness\\_seminars\\_and\\_prevention/diabetes.html](https://www.bcbswny.com/content/WNYmember/health-wellness/wellness_seminars_and_prevention/diabetes.html)

### **Independent Health Managing Your Diabetes**

<https://www.independenthealth.com/Portals/0/PDFs/Individuals/ManageYourDiabetes.pdf>

### **Lilly Diabetes**

Numerous resources available, click Programs and Resources for downloadable educational resources and links to many websites.

[www.lillydiabetes.com](http://www.lillydiabetes.com)

### **Novo Nordisk**

Diabetes Care

<https://www.cornerstones4care.com/>

## **Food and Nutrition Resources**

### **Farmers Markets**

#### **Veggie Van – Mobile Farmers Market**

The Veggie Van travels to designated locations to sell fresh produce at market price, they also accept both cash and EBT payments. For more info and locations:

<http://cceniagaracounty.org/communities/creating-healthy-schools-communities/creating-healthy-communities/veggie-van>

Phone: (716) 299-0905

#### **North Tonawanda City Market**

Corner of Payne Ave. & Robinson St. in North Tonawanda

Tuesday, Thursday, Saturday – 7am-1pm

Open year round

#### **Lockport Community Market**

Canal St. by the locks

Saturdays – 9am-2pm

Open: June 17 – October 14

[www.lockportcommunitymarket.com](http://www.lockportcommunitymarket.com)

#### **Niagara Falls City Market**

18<sup>th</sup> St and Pine Ave. in Niagara Falls

Mondays, Wednesdays, Fridays – 9am-5pm

Open year round

#### **Pendleton Farmers Market**

6570 Campbell Blvd. (Route 270) in Pendleton

Thursdays – 3pm-dusk

Open: June through October

## **Food Programs for the Community**

**SNAP (Supplemental Nutrition Assistance Program)** – helps low income people and families buy the food they need for good health. For more information: [www.otda.ny.gov/programs/snap](http://www.otda.ny.gov/programs/snap) and [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov).

**Food Bank of WNY** – providing food to the hungry throughout WNY at various locations. To find the location closest to you: <https://www.foodbankwny.org/pantrymeal-locator/>  
Phone: (716) 852-1305

**Cornell Cooperative Extension** – provides free cooking and nutrition workshops at various location throughout the year. To find a class: <http://cceniagaracounty.org/events>  
Phone: (716) 299-0905

**Heart Love & Soul** – Each month a dietitian teaches preparation of low-cost, nutritious meals, using low cost foods or foods typically available at the food pantry. Each participant is given groceries to prepare the recipe at home.  
Phone: (716) 282-5687

## **Food Programs for Older Adults**

### **Eat Well...Stay Well Dining Program – Home Delivered Meals**

Delivers meals to Niagara County residents 60 years of age or older who are homebound due to illness, physical handicap, or advancing age, and who are unable to prepare their own meals. Services are available based on need without regard to income.

For more info: <http://www.niagaracounty.com/aging/Services/Eat-Well-Stay-Well/Home-Delivery-of-Meals>

Phone: (716) 438-3030

### **Eat Well...Stay Well Dining Program – Dining Sites**

Any person who is 60 years of age or older, and their spouse or disabled dependent child no matter what age, may participate. Disabled residents residing in a housing center that is a designated congregate meal site may also attend.



For locations and more information:

<http://www.niagaracounty.com/aging/Services/Eat-Well-Stay-Well/Dining-Sites>

Phone: (716) 438-3030

## **Food Programs for Women and Children**

**Catholic Charities Women, Infants & Children (WIC)** - supports pregnant, postpartum, and breastfeeding women, infants and children up to the age of five to live a healthier life. WIC provides nutrition education and counseling, breastfeeding support, prenatal and postpartum support, referrals and supplemental food vouchers. All of our services are free of charge.

WIC is for all kinds of families - married or single parents, working or not working. Fathers, mothers, grandparents, foster parents or other legal guardians of a child under five can apply for the child to receive WIC.

For more info: <https://www.ccwny.org/wic>

Phone: (716) 218-1484

## **Nutrition Counseling**

### **AMS Nutrition Counseling – Amy Shults, RDN, CDN, CDE**

64 Davison Court, Lockport, NY 14094

Phone: (716) 266-6056

Website: [www.amsnutritioncounseling.com](http://www.amsnutritioncounseling.com)

### **Lifestyle Nutrition WNY – Lindsay Gillon, RDN, CDN, CDE**

Individual nutrition counseling, diabetes education, telecounseling, grocery tours

7350 Porter Rd, Niagara Falls, NY 14304

273 Division St, North Tonawanda, NY 14120

Phone: (716) 222-0297

Website: [www.lifestylenutritionwny.com](http://www.lifestylenutritionwny.com)

### **Niagara County Office for the Aging**

Individual nutrition counseling and nutrition education are offered at Eat Well...Stay Well dining sites. For locations and more info:

<http://www.niagaracounty.com/aging/Services/Eat-Well-Stay-Well/Dining-Sites>

Phone: (716) 438-3030

**Eastern Niagara Hospital – Robin Dulniak**

Phone: (716) 514-5800 ext 5688

**Orleans Community Health – Outpatient Nutrition Counseling**

Appointments available days, nights, and weekends

Phone: (585) 798-8121

Email: [acopeland@medinamemorial.org](mailto:acopeland@medinamemorial.org)



## Diabetes: Another reason to quit

Tobacco has many bad health effects, especially for people with diabetes.

No matter how long you have smoked, your health will get better when you quit.

### Diabetes and Smoking

Problems can get worse

- Smoking doubles the damage from diabetes because it damages the arteries
- Diabetic smokers are more likely to get nerve damage and kidney disease
- Diabetic smokers are 3 times more likely to die of heart disease
- Smoking raises the blood sugar level making it harder to control diabetes
- Smoking weakens the action of insulin
- Smoking increases the risk of getting diabetes

### The benefits of quitting are big

#### Diabetes and Quitting

- Better blood sugar control
- Better circulation
- Improves the action of insulin
- Less risk of having diabetic nerve and kidney problems
- Lowers blood pressure
- Lowers cholesterol



### After you quit

#### Talk with your doctor about:

- Weight gain or diet changes
- Changing your insulin dose
- Changing your diabetes pill schedule
- Changing other medicines like high blood pressure or high cholesterol medicines



## **Online Resources:**

### Websites and Apps

#### **Websites**

##### **Niagara and Orleans County Diabetes Coalition – Facebook**

<https://www.facebook.com/NODiabetesCoalition/>

##### **American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org)

##### **Children with Diabetes**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

##### **Choose My Plate**

<http://www.choosemyplate.gov/>

##### **Diabetes Health**

[www.diabeteshealth.com](http://www.diabeteshealth.com)

##### **Diabetes Research Wellness Foundation**

[www.diabeteswellness.net](http://www.diabeteswellness.net)

##### **Diabetes Self-Management**

[www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

##### **dLife – For Your Diabetes Life**

[www.dlife.com](http://www.dlife.com)

##### **Eat Right Academy of Nutrition & Dietetics**

[www.eatright.org](http://www.eatright.org)

##### **National Diabetes Education Program**

[www.ndep.nih.gov](http://www.ndep.nih.gov)

#### **Apps for Mobile Devices**

##### **BLOOD GLUCOSE**

Diabetes Pal

My Glucose Buddy

##### **NUTRITION**

MyFitnessPal

SparkPeople

Lose It

Bant

Calorie Counter

Go Meals

MyNetDiary

##### **KIDS**

Carb Counting with Lenny

##### **FITNESS**

Endomondo

Charity Miles

Map My Walk

##### **MEDICATIONS**

MedSimple

##### **CAREGIVERS**

Blue Loop

Glucagon

