

Are you living with Prediabetes or Diabetes? Look to NVCH for Support!

Nemaha Valley Community Hospital offers the following programs, educational services, and support to help patients with prediabetes or diabetes live long and healthy lives. Our team includes Director, Leah Heinen, RD, LD, CDCES and Becky Bartkoski, RN, BSN

Prevent Type 2 Diabetes Lifestyle Change Program

Through this CDC recognized lifestyle change program, you will learn, laugh, share stories, try new things and build new habits – all while lowering the risk of developing Type 2 diabetes and improving overall health. Leah Heinen, NVCH Dietitian and Lifestyle Coach facilitates discussions and helps make the program fun and engaging. If your hemoglobin A1C (HbA1c) is between 5.7 – 6.4% or your fasting blood glucose is between 110-125 this program is for you!

Healthy Living with Diabetes Program

Increase your knowledge and acquire skills to manage Type 2 diabetes and related conditions with this Association of Diabetes Care & Education Specialist (ADCES) accredited program. Learn about the disease process, reducing risks and related acute complications, blood glucose monitoring, healthy eating strategies, a safe physical activity routine, methods to increase adherence to medication and techniques to manage the negative physical and emotional impact of diabetes. **This Diabetes Self-Management Training (DSMT) can be completed individually or in a group setting.**

- **Gestational Diabetes Management**

Gestational diabetes is a temporary condition that can arise during pregnancy and may lead to complications that affect both mother and baby. According to the CDC, gestational diabetes may affect up to 10% of pregnancies in the US. Our DSMT is available to support expectant mother navigating the challenges of gestational diabetes through education (diet and exercise), glucose tracking, insulin management, and education on the use of Continuous Glucose Monitors (when needed) to ensure healthy outcomes for mother and baby.

Diabetes Support Group

A diabetes support group is, for many people, a vital part of their diabetes management. These groups are communities of people who are living with diabetes, and they can make a significant, positive difference in the lives of the members. “We meet at NVCH the 4th Tuesday of every month, we’re all there to support each other,” said Jill Lhamon, who joined the Diabetes Support Group in 2010. “During our meetings we are given so many resources that help with our day-to-day living, it has been an incredible group to be part of.”

Diabetes can be an exhausting illness. The demands of keeping your blood sugar under control can be overwhelming, and it’s disheartening when, despite your best efforts, your blood sugar still soars and plummets. Participating in the NVCH Diabetes Support Group can bring multiple benefits including:

- Emotional Wellness
- Essential Information on How to Manage Diabetes
- Healthy Cooking & Eating
- Self-Care & Goal Setting
- Physical Activity

Diabetes Management Care

Becky Bartkoski, RN, BSN offers insulin administration and medication training as well as glucometer training. She can assist you with your Continuous Glucose Monitor (CGM) and will serve as the liaison between you and your physician for the CGM. “Becky meets with me every 10 days to help change my Dexcom and review my report that she also sends to Dr. Snyder. Reviewing these reports has definitely made me more aware of my situation,” said Bill Boeckman. “Becky also gives me advice on ways to maintain a good blood sugar range. She has provided me with a tremendous amount of support.”

For additional information about any of the programs listed above please contact Leah Heinen, RD, LD, CDCES at 785-336-0322 or Becky Bartkoski, RN, BSN at 785-336-0351.

