

# Preventing Diabetes Complications Begins with Care

## Diabetes care program expands to Haverhill

Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to stop this disease, according to the American Diabetes Association. The association also reports that nearly 30 million children and adults in the United States have diabetes. And another 86 million Americans have pre-diabetes and are at increased risk for developing type 2 diabetes.



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**Beth Cronin, MS, RD, LND, CDE, Coordinator of Steward Diabetes Care Program at HFH**

Both conditions increase an individual's risk for heart disease, stroke and other complications:

- Diabetes causes nearly 50 percent of all cases of kidney failure.
- More than half of all amputations in adults occur in people with diabetes.
- More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss.
- About 60 to 70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Unlike many health conditions, patients can control diabetes when they have the information they need to address lifestyle strategies and when they understand and practice proper medical management.

Beth Cronin, MS, RD, LND, CDE, coordinator of the Steward Diabetes Care Program at Holy Family Hospital ([www.holyfamily-hospital.org/HF-diabetes](http://www.holyfamily-hospital.org/HF-diabetes)) is now offering individualized assessments and diabetes education in Methuen and Haverhill. Patients and their families will learn about medication, glucose monitoring, insulin initiation as well as diet and exercise.



"Our Diabetes Education Program empowers patients to manage their diabetes by teaching them skills and providing the support they need to manage their diabetes in ways that meets their individual lifestyles," said Cronin. "We work collaboratively with our patients and their physicians to optimize their care. Ultimately, patients gain the knowledge they need to effectively self-manage their diabetes, prevent complications and live life to its fullest."

Holy Family Hospital's Diabetes Care Program is nationally recognized by the American Diabetes Association. Our team will work with you to schedule the earliest appointment available at your preferred location in Methuen or Haverhill.

### Pay Particular Attention to Wounds if you Have Diabetes

People with diabetes are prone to foot wounds. It is estimated that more than 7 million Americans suffer from chronic, non-healing wounds. "Some are associated with complications from diabetes and related vascular disorders such as diabetic foot ulcers," explained Beth Cronin, MS, RD, LND, CDE, coordinator of the Steward Diabetes Care Program at Holy Family Hospital. Certain foot and ankle wounds benefit from hyperbaric oxygen therapy. Other diabetes-related complications such as nerve damage (neuropathy), a weakened immune system and narrow arteries can also make it harder for wounds to heal.

If you have a wound, take care of it immediately to avoid infection and promote healing: See your doctor and keep pressure off the wound as it heals.

If you are concerned about a wound, be sure to speak with your physician sooner rather than later. Should you need care, Holy Family Hospital offers wound care in Haverhill, where the Wound Care and Hyperbaric Center has been named a Center of Excellence three years in a row by Healogics, and in Methuen at the Wound Care Clinic.

### Who is at risk for developing Diabetes?

- People who have a parent, sibling or child who has type 2 diabetes
- People over 35 years old
- Women who have had gestational diabetes
- People who are overweight
- People who are sedentary

**For more information, please speak with your primary care provider or call the Diabetes Care Program at 978-687-0156, ext. 2161. A physician referral is required.**