Did You Know?

- 1 in 9 Americans have diabetes. If trends continue, that will increase to 1 in 3 by 2050.
- Diabetes nearly triples your risk for a heart attack.
- Steady exercise 5 days a week for 30 minutes and a weight loss of 5 – 7 percent can lower your risk of diabetes by nearly 60 percent! (Someone weighing 200 pounds would need to lose just 10 -15 pounds!)
- There is no such thing as a “diabetic diet”.
- Enjoying a variety of foods in proper amounts throughout the day leads to greater satisfaction, weight loss and blood sugar control.
- Diabetes Self-Management Training empowers you with the knowledge and skills to control your blood sugars for improved health and greater quality of life.

CERTIFIED DIABETES EDUCATORS

Carol Inkrott, RDN, LD, CDE
Carol is a Registered, Licensed Dietitian Nutritionist and a Certified Diabetes Educator. She graduated from Ohio State University and completed a dietetic internship at Massachusetts General Hospital. She has counseled patients at Wooster Community Hospital for the over 22 years.

Diane Rowe, BSN, RN, CDE
Diane is a Registered Nurse and Certified Diabetes Educator with a bachelor’s degree in nursing from the University of Akron. A lifetime resident of Wayne County, she has been teaching diabetes self-management at Wooster Community Hospital for over 18 years.

Jackie Hacker, MS, RDN, LD
Jackie is a Registered, Licensed Dietitian Nutritionist with a Masters in Nutrition and Dietetics from Kent State University. Her clinical interests include vegetarian diets, weight management, wound care, and oncology.

**Wooster Community Hospital’s Diabetes Self-Management Training program is recognized by the American Diabetes Association.**
WCH Diabetes Clinic
Provides Diabetes Self-Management Training (DSMT) and Medical Nutrition Therapy (MNT) to people with diabetes through our two-part program:
- One-on-One Sessions
- Conversation Map Classes
You will learn how to...
- Live safely with diabetes
- Keep your blood glucose numbers in a healthy range
- Prevent or reduce the effects of other health problems diabetes often causes

The Conversation Map Classes
are a series of four, two-hour group sessions guided by one of our Certified Diabetes Educators (CDE). These classes allow you to discuss your questions and concerns with other patients. You learn with others and decide how to manage your own diabetes day to day.
Topics discussed include...
- Healthy Eating
- Being Active
- Monitoring Blood Glucose
- Taking Medication
- Problem Solving
- Healthy Coping
- Reducing Risks

After completing our diabetes self-management program PEOPLE are saying

I want to take these classes again. They really help me stay on track to keep coming.  — R.S.

I’ve learned to stop listening to everyone else. Thank you. You educators and these classes have been very helpful. — J.S.

I have learned a lot from these classes! You educators really make me think. — M.P.

I appreciate hearing how others are dealing with their diabetes. — S.M.