

## Diabetes Program

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose.) Glucose is vital to your health because it is an important source of energy for the cells that make up your muscles and tissues.

If you have diabetes, no matter what type, it means you have too much glucose in your blood, which can lead to serious health problems. The HighPoint Homecare team educates our patients and their families about the condition, treatment options, and how to live with diabetes through diet, exercise medication, and positive health habits. Our education and protocols include:

- Reviewing medical history and symptoms
- Blood sugar testing and monitoring
- Insulin storage, proper use, and needle safety
- Medication counseling
- Nutrition counseling and meal planning
- Diabetic foot screening
- Eye and dental care
- Exercise and other lifestyle changes
- Equipment assessment
- Environmental safety
- Relaxation techniques
- Proper hygiene
- Medic Alert
- Community resources
- Emergency care plan (when to call us, when to call 911)
- 24/7 nursing care available

To learn more about our services, please call (615) 328-6589 or fax (615) 328-3891.

