

HealthReach Diabetes Center Receives National Recognition

EXETER, NH- Exeter Hospital's HealthReach Diabetes, Endocrine and Nutrition Center was recently honored by a national organization for their outstanding diabetes self-management education program.

The center was awarded the prestigious Education Recognition Certificate from the American Diabetes Association. The certificate means the local center's educational programs meet the National Standards for Diabetes Self-Management Education Programs. These Standards were developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994 and 2000.

"The ADA recognition reflects the perseverance, hard work and devotion to patients embodied by the team at HealthReach Diabetes," said Core Physicians' Daniel Nadeau, MD, the medical director of HealthReach. "The entire team empowers their patients with diabetes to live long and healthy lives. People living with diabetes on the Seacoast have a tremendous resource to help them gain control of their diabetes with the HealthReach team."

Programs apply for the recognition voluntarily from the American Diabetes Association, which is the country's leading non-profit health organization supporting diabetes research, advocacy and information for health professionals, patients and the public. Programs that are awarded the certificate have been evaluated and found to have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. The HealthReach center's recognition for outstanding educational programs is the fourth of its kind. They were first recognized by the ADA in 1999. The certificate is good for three years.

"Our caring and knowledgeable diabetes care professionals are committed to helping patients on their journey to good health by giving them the tools they need to help prevent the long-term complications associated with diabetes," said HealthReach Program Director Mary Godfrey. "We work every day to support our patients and their family members with the management of diabetes from understanding their new medications to developing the skills to self-monitor and manage their diabetes through diet and exercise."

The team at the HealthReach center is led by Lucille Marvin, BS, RN, BC, CDE and includes Judy Nelson, RN, CDE; Lori Muller, RD, CDE; Emily Churchill, RD, DE and Jodi Hunt, BA, MEd, office coordinator. The HealthReach Diabetes team includes diabetes educators at Exeter Hospital including Melinda Leighton, RN, CDE, Jane Hackett, RD, CDE, and Diane Loranger, RD, CDE. Paul O'Hara, RN, and Brenda DeMaria, RN, are diabetes educators working with the center through the Rockingham Visiting Nurse Association and Hospice.

"Our team focuses on forming individual relationships with each patient which helps them with personalized support, knowledge and the skills they need to make healthy decisions that will allow them to manage, and live with, diabetes," Godfrey said.

There are 20.8 million people or 7% of the population in the United States who have diabetes, according to the American Diabetes Association. While an estimated 14.6 million have been diagnosed, unfortunately, 6.2 million people are not aware that they have this disease. Each day approximately 4,110 people are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening complications - heart disease and stroke, kidney disease, blindness, and nerve disease and amputation. About 1.5 million new cases of diabetes were diagnosed in people aged 20 years or older in 2005. Diabetes contributed to 224,092 deaths in 2002. Since 1987 the death rate due to diabetes has increased by 45%, while the death rates due to heart disease, stroke, and cancer have declined.

The HealthReach Diabetes, Endocrine and Nutrition Center is Exeter Hospital's outpatient diabetes care center, located at 881 Lafayette Road in Hampton. Under the direction of Dr. Nadeau, the center and its team of diabetes educators strives to help patients and their support people live well with diabetes. Comprehensive, convenient diabetes care is provided through individual consultations, group education classes, support groups, the insulin pump program, the diabetes fitness program, and community education. For more information, call 926-9131.