



Joslin Diabetes Center

Affiliate at SUNY Upstate Medical University

**3229 East Genesee Street
Syracuse, NY**



Heading East on Rt. 690 Exit at Teall Ave. Turn right and continue on Teall. Teall will become Columbus as you cross Erie Blvd E. Turn left onto E. Genesee St. Continue along E. Genesee to 3229. Joslin will be on the left. Nottingham High School is visible across the street.

Heading West on Rt. 690 Exit at Teall Ave. and turn left and continue on Teall. Teall will become Columbus as you cross Erie Blvd E. Turn left onto E. Genesee St. Continue along E. Genesee to 3229. Joslin will be on the left. Nottingham High School is visible across the street.

Heading East on the NYS Thruway (I 90) Take exit #39. Take 690 E to Syracuse and exit at Teall Ave. Turn right and continue on Teall. Teall will become Columbus as you cross Erie Blvd E. Turn left onto E. Genesee St. Continue along E. Genesee to 3229. Joslin will be on the left. Nottingham High School is visible on the right across the street.

Heading West on the NYS Thruway (I90) Take exit #34A. Take 481 South to Dewitt Exit 3W. Turn right on to E. Genesee Street. Continue along E. Genesee to 3229. Joslin will be on the right. Nottingham High School is visible across the street.

Centro Bus Route: The Joslin Diabetes Center is serviced by Centro. If you are going to Joslin, take the "Westcott #530" bus. If you are returning to downtown, take any "Downtown" bus or the "Fairmount #78" bus.

Directions:

Heading South (Mattydale & South) on Rt. 81 Take 81 South Exit onto Rt. 690 E. Exit at Teall Ave. Turn right and onto Teall Ave. Teall will become Columbus as you cross Erie Blvd E. Turn left onto E. Genesee St. Continue along E. Genesee to 3229. Joslin will be on the left. Nottingham High School is visible across the street.

Heading South (Cicero & North) on Rt. 81 Take 81 South to 481 Dewitt exit 3W. Take E. Genesee Street approximately 2 miles to 3229 E. Genesee Street. Joslin will be on the right. Nottingham High School is visible across the street.

Heading North on Rt. 81 Take Exit 16A off Rte 81 N to 481 N. Continue along 481 N to Dewitt Exit 3W. Follow off ramp onto E. Genesee Street. Continue along E. Genesee Street approximately 2 miles. Joslin will be on the right. Nottingham High School is visible across the street.

To Learn More

Call 464-5726 or toll free
1-800-668-4536

Fax: 315-464-2510

We hope you will take this important step towards controlling your diabetes. The first step is to have your doctor fax the "Education Referral" form.



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Syracuse, New York 13214**

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Knowledge is Power!

The Living With Diabetes Series

Educational Programs at Upstate's
Joslin Diabetes Center



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Knowledge is Power!

Living With Diabetes

You don't have to be told that diabetes is a difficult and complex disease. You live with it every day. And you know that managing your diabetes is in your hands.

Diabetes is A Full- Time Job

The foundation of diabetes management is knowledge. The more you know about diabetes, the easier it may be to take care of yourself. Improving self-management helps to minimize or delay the onset of complications.

Taking Control

"Knowledge is Power" is the old saying. You can take control of diabetes by learning more. The Joslin Diabetes Center offers a series of four programs, in a group setting. These programs are offered on different days and at different times, to help accommodate your busy schedules. Each session is scheduled for 2-3 hours.

Program Offered

Feedback from participants in this series tells us that the programs are enjoyable and helpful! "Living With Diabetes" is an outstanding, ADA accredited program, designed to give you the confidence and tools to improve your self-management skills.

We offer a team approach and the education team includes: a nurse educator, registered dietitian, and an exercise physiologist. The

educators are certified diabetes educators (CDE), and as CDE's the staff are recognized as experts in the field of diabetes self-management education.

The program offers the following sessions:

1. **Getting Started** - The facts about diabetes and monitoring blood glucose levels
2. **Staying Healthy** - Medication options, management of hypoglycemia and hyperglycemia, and how to reduce the risk of complications
3. **Eat Right and Keep Moving** - Nutrition guidelines, including the role of carbohydrates, and activity guidelines
4. **Staying in Balance** - The daily challenges and strategies for living with diabetes

What You Need to Know

- Each session is interactive, engaging and informative
- You may bring a companion
- You must have your health care provider fax an "Education Referral" form, to initiate the scheduling of your first appointment
- Most insurance companies will pay for diabetes education
- Free and easy on-site parking

