Diabetes Resource Guide
10th Edition
Where to Find Diabetes Care, Education, &
Support Services in or near Southern Illinois

Developed by the Diabetes Today Resource Team
Last Updated January 2020
This guide was created as a resource to help southern Illinois residents to more effectively manage diabetes to reduce complications. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact your life. The American Diabetes Association reports that 29.1 million people in the United States have diabetes. You are not alone, and there are people who can help.

This guide was created to help you reduce your risk of diabetes or help you manage your diabetes. Resources in this guide are for communities served by Egyptian Health Department, Franklin-Williamson Bi-County Health Department, Jackson County Health Department, Perry County Health Department, and Southern Seven Health Department.

The information in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or if you have diabetes, consult with your doctor or health care professional.

We are not necessarily endorsing or recommending specific providers listed in this guide. They are listed as possible places for you to contact.

If you have updates to the resource guide, please contact
Jackson County Health Department, 618-684-3143, ext. 133 or 134.
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Diabetes Overview

What is Diabetes?
Diabetes is a disease in which the body does not make or properly use insulin. Insulin helps the body use energy from food you eat. Diabetes cannot be cured but it can be treated and controlled.

What are the Complications of Uncontrolled Diabetes?
Complications resulting from uncontrolled diabetes include; eye, foot and skin complications, heart disease, kidney disease, nerve damage, dental problems, and depression. Complications like these can often be prevented or delayed through proper diabetes management and healthy lifestyle changes.

What are the Types of Diabetes?
Type 1 Diabetes: the body no longer makes insulin. (5-10% of cases)
Type 2 Diabetes: the body’s cells do not use insulin properly. Sometimes this is called “Insulin Resistance” (90-95% of cases). It is a progressive disease and insulin may be necessary.
Gestational Diabetes: A form of diabetes first diagnosed during pregnancy. Usually goes away after pregnancy ends. Increased risk for developing Type 2 in future.
Pre-Diabetes: a condition that occurs when a person’s blood glucose (blood sugar) levels are higher than normal, but not high enough for a diagnosis of Type 2 diabetes. Lifestyle changes may prevent progression to a diabetes diagnosis.

You are at greater risk of becoming diabetic (Type 2 or Pre-Diabetic) if you:
❖ Are overweight or obese (Body Mass Index over 25)
❖ Have a family history of diabetes
❖ Are over age 60
❖ Are Latino, African American, Asian American, Native American, Hawaiian or other Pacific Islanders origin
❖ Had a baby that weighed over 9 lbs. at birth
❖ Live a sedentary/inactive lifestyle
❖ Have high blood pressure
❖ Have high blood cholesterol levels

The following are symptoms you may experience if you are living with diabetes:
❖ Increased frequency of urination
❖ Dry mouth or skin
❖ Tiredness or fatigue
❖ Blurred vision
❖ More frequent infections
❖ Slow healing of cuts and sores
❖ Unexplained weight loss

SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT.
One out of every three people with diabetes is not aware that they have it.
If you have these symptoms get tested.
Reference: American Diabetes Association
Getting Tested?

Talk with your health care provider. It is important that you find a medical home/primary care provider if you do not have one. You should also look for someone who has an interest and specialized training in treating patients with diabetes.

A fasting* blood glucose (blood sugar) test or Oral Glucose Tolerance Test (blood glucose is measured after a fast and then 2 hours after drinking a high glucose beverage) may be used to test for pre-diabetes or diabetes.

The blood glucose test measures the amount of glucose (sugar) in the blood at one point in time. A hemoglobin (A1C) test indicates the blood glucose (sugar) level over time and is frequently used to indicate how well the diabetes is being controlled.

Test Results: What do they mean?

**Pre-Diabetes:** a fasting* blood glucose level of 100-125 mg/dl or a two-hour blood glucose level between 140 and 199 mg/dl., or a Hemoglobin A1C (A1C) of 5.7% – 6.4%.

**Diabetes:** a fasting blood glucose level of 126mg/dl or higher or a two-hour blood glucose level at 200 mg/dl or higher during a 2-hour glucose tolerance test, or a Hemoglobin A1C (A1C) higher than 6.5%.

*Fasting is defined as no food or beverages for at least 8 hours.

**SOURCE:** American Diabetes Association Standards of Medical Care in Diabetes 2020; 43 (Supplemental1): S14-S31, 2020.
Managing Diabetes

If you have been diagnosed with diabetes, here are some questions to ask your health care provider as well as some steps to help you in managing your diabetes.

When you see your health care provider, ask the following questions at each visit:

- How is my hemoglobin A1C?
  - What is my target A1C number?
  - When do I need to test it again?
- How is my Blood Pressure?
  - What is my target blood pressure number?
- How is my Cholesterol?
  - What is my target cholesterol number?
- Do I need an eye exam?
- Are there any other screenings I may need?
- Where can I attend diabetes education classes?
- Will you check my feet today?
- Are there support groups available for persons living with diabetes?

Tests you will need. Discuss these with your health care provider:

- Hemoglobin A1C (at least twice a year, and sometimes more often.)
- Blood pressure (every visit with your healthcare provider)
- Blood Cholesterol (once a year)
- Micro albumin to test kidneys (once a year)
- Dilated Eye Exam (once a year)
- Foot Exam (once a year)
- Dental Exam (twice a year)

Make sure to practice routine self-care:

- Check your blood glucose (blood sugar).
- Exercise.
- Follow a healthy meal plan.
- Take care of your heart.
- Take your medicine.
- Take care of your feet.
- Take care of your teeth.
- Manage stress.
- Create an action plan to stay healthy.

For more information on managing your diabetes refer to the booklet “Live your Life! Control your Diabetes.” If you have not yet received a copy, ask your health care provider or call Jackson County Health Department at (618) 684-3143, ext. 133 or Southern Seven Health Department (618) 634-2297 to obtain a free copy.
Diabetes Educators/Registered Dietitians

These health professionals are specially trained to work with people with diabetes, and to provide guidance on diabetes management. Those listed below are “Diabetes Educators”. Certified Diabetes Educators are diabetes educators that have 15 Diabetes specific CEU’s annually, and have passed a rigorous Certification exam, specific to diabetes care and education. These professionals will have the “CDE” credential listed after their license and educational preparation.

**American Association of Diabetes Educators**
- **Address:** 200 W. Madison St., Suite 800, Chicago, IL 60606
- **Phone:** 800.338.3633
- **Website:** www.diabeteseducator.org
  *(This link helps you find a certified diabetes educator in your area.)*

**National Certification Board for Diabetes Education**
- **Address:** 330 E. Algonquin Rd., Ste. 4, Arlington Heights, IL 6005
- **Phone:** 1.877.239.3233 or 847.228.9795
- **Website:** www.ncbbe.org
  *(This link helps you find a certified diabetes educator in your area.)*

**Statewide: Illinois Department of Public Health**

Paula Jimenez, RN
- Assistant Division Chief, Chronic Disease/Acting Diabetes Program Manager
- **Address:** 535 W. Jefferson St., Springfield, IL 62761
- **Phone:** 217.785.5243
- **Email:** paula.jimenez@illinois.gov

**Veterans Affairs – Community Based Outpatient Clinics**

Registered Dietitians are available for nutrition counseling at all of the Marion VA CBOCs (Community based outpatient clinics): Marion, Carbondale, Harrisburg, Mt. Vernon, Effingham, Paducah, Hanson, Owensboro, Mayfield, Vincennes, and Evansville.

**Alexander County** - Check “Surrounding Area” section or other counties listed.

**Franklin County**

Elizabeth Michaels, MS, RDN, LDN, CDE
- Christopher Rural Health Planning Corporation
- **Address:** 4241 State Highway 14 W., Christopher, IL 62822
- **Phone:** 618.724.2401 or 800.408.7351
- **Fax:** 618.724.2474
  *Provides diabetes education, training on blood sugar testing and insulin initiation, nutrition education, cooking instruction and group classes.*
  *Physician referral is needed.* Accepts all insurance and private pay.
Hardin County

Hardin County General Hospital and Clinic
Address: P.O. Box 2467, 6 Ferrell Rd., Rosiclare, IL 62982
Phone: 618.285.6634
Fax: 618.285.3564
We have a Licensed Dietitian Nutritionist who is available one day a month to in-patients and out-patients. For an appointment to see a dietitian or for more information, call 618.285.6634 ext. 306.

Jackson County

Jan Danely, MS, RD, LDN
Southern Illinois Healthcare - Memorial Hospital of Carbondale
Address: 405 W. Jackson St., Carbondale, IL 62901
Phone: 618.549.0721 ext. 65226

Nicole Davis, MS, RD, LDN
Southern Illinois Healthcare – Employee Wellness
Address: 1 Nutrition Plaza, Carbondale, IL 62902
Phone: 618.457.5200 ext. 67829

Alyssa Solomon, MS, RD, LDN
Southern Illinois Healthcare - Memorial Hospital of Carbondale
Address: 405 W. Jackson St., Carbondale, IL 62902
Phone: 618.549.0721 ext. 64537
Email: alyssa.solomon@sih.net

Lori Trentacosti, MS, RD, LD, CDE
SIU Student Health Programs Wellness Center
Address: 374 E. Grand Ave., Carbondale, IL 62901
Phone: 618.453.3311
Email: lori.trd@siu.edu
Website: https://shc.siu.edu
Counseling and education provided for individuals on diabetes, meal planning, checking blood glucose, adding activity, taking medications, healthy coping skills, preventing complications, and problem solving. Lori is also a part of the multidisciplinary eating disorder team. No physician order is needed. The $10.00 door fee can be charged to the student’s bursar account. Although services are provided for students only, family members and significant others can attend sessions with student’s permission.

Cynthia York-Camden MS, RD, LDN
SI Nutrition & Diabetes
Address: Murphysboro area
Phone: 618.967.9535
Email: Cynthia@sinutrition.com
Cindy is your personal dietitian nutritionist in Southern Illinois for meal planning, help in the grocery store/shopping, diabetes, weight loss, and kidney disease. Flexible appointment times available to fit your schedule. Individual and group services. No insurance accepted, $40.00/hour fee.

Jefferson County - Check “Surrounding Area” section or other counties listed.
Johnson County - Check “Surrounding Area” section or other counties listed.

Massac County - Check “Surrounding Area” section or other counties listed.

Perry County

Kristina Juelfs, RD
Pinckneyville Community Hospital
Address: 5383 State Route 154, Pinckneyville, IL 62274
Phone: 618.357.5936
Offers nutrition counseling to individuals with diabetes and other medical conditions. Physician referral is needed. Accepts insurance and private pay fees.

Janet Morrison, RN
Pinckneyville Community Hospital
Address: 5383 State Route 154, Pinckneyville, IL 62274
Phone: 618.357.5958
Offers diabetes education to individuals. Physician referral is needed.

Heather Burns, RD, CDE, M.Ed., CPT
Marshall Browning Hospital Specialty Clinics - Endocrinology
Address: 900 N. Washington St., Du Quoin, IL 62832
Phone: 618.542.1045
Email: hburnsmbh@yahoo.com

Pope County - Check “Surrounding Area” section or other counties listed.

Pulaski County - Check “Surrounding Area” section or other counties listed.

Randolph County

Barb Brown, RDN, LDN
Sparta Community Hospital
Address: 818 E. Broadway St., Sparta, IL 62286
Phone: 618.443.1435
Email: barbb@spartahospital.com
Physician referral is required. Provides both individual and group sessions.
Melissa Soellner, RD, CDE, ACSM Certified Exercise Specialist
Memorial Hospital
Address: 1900 State St., Chester, IL 62233
Phone: 618.861.6367
Email: msoellner@mchester.com
Website: www.mchester.com
Individual diabetes education/nutrition counseling for a variety of medical conditions and group education through our AADE-accredited Thrive with Diabetes Self-Management Training Program. Physician referral with diagnosis is needed. Medicare provider, accepts private insurance & private pay fees. Monthly support group is free.

Saline County

Debbie Hearn, RD/LD
Harrisburg Medical Center
Address: 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946
Phone: 618.253.0462
Email: dhearn@harrisburgmc.com
Website: www.harrisburgmc.com Need referral from doctor.

Danielle Hudak, CDE
Ferrell Hospital
Address: 1201 Pine St., Eldorado, IL 62930
Phone: 618.273.3361
Email: dhudak@ferrellhospital.org
Website: www.ferrellhospital.org Need referral from doctor.

Union County

Debby Endre, RD
Union County Hospital
Address: 517 N. Main St., Anna, IL 62906
Phone: 618.833.4511
Will be accepting new patients in July by MD referral only. Will be there 2 days a week.

Williamson County

Marie Funk, MS, RD, LDN
Shawnee Health Care, Carbondale, Carterville, Marion, & Murphysboro
Address: 1006 S. Division St., Carterville, IL 62918 (see website for other addresses)
Phone: 618.519.9200
Website: www.shawneehealth.com

Megan Hall, RD, LDN
Southern Illinois Healthcare - Herrin Hospital
Address: 201 S. 14th St., Herrin, IL 62948
Phone: 618.942.2171 ext. 35215
Email: megan.hall@sih.net
Heather Holden-Burns, RD, CDE, M.Ed.
Diabetes and Endocrine of Southern Illinois
Address: 3020 S. Park Ave., Herrin, IL 62948
Phone: 618.988.1877
Email: hshouston5315@yahoo.com
Offers diabetic counseling to individuals, provides basic diabetes & nutrition education, group education classes, training on testing blood sugar & basic information on using insulin pumps. Certified pump trainer for Medtronic, Animas, and Omnipod. Physician referral is needed. Accepts insurance and private pay fees.

Melaina Lane, MS, RD, LCD, CDE
Department of Veterans Affairs Medical Center
Address: 1301 Enterprise Way, Marion, IL 62959
Phone: 618.964.0946
Email: melaina.lane@va.gov
Diabetic counseling to individuals, basic diabetes & nutrition education, and training on blood sugar testing. Teaches the Sit N Fit course to the veteran population twice weekly.

Jenna Larkin RD, LDN, CDE
Southern Illinois Healthcare - Herrin Hospital
Address: 201 S. 14th St., Herrin, IL 62948
Phone: 618.942.2171 ext. 35319

Cheryl Metheny, MS, RD, LDN, CDE, CLC
Illinois Dept. of Human Services
Address: 1107 W. DeYoung St., Marion, IL 62959
Phone: 618.993.7493
Email: cheryl.metheny@illinois.gov

Crystal Middleton, MS, RD, LDN
Southern Illinois Healthcare - Herrin Hospital
Address: 201 S. 14th St., Herrin, IL 62948
Phone: 618.942.2171 ext. 35120
Email: crystal.middleton@sih.net

Julie Moses, RD
Heartland Regional Medical Center
Address: 3333 W. DeYoung St., Marion, IL 62959
Phone: 618.998.7050

Lisa Nation, BSN, RN, CDE
Diabetes Nurse Navigator - Southern Illinois Healthcare - Herrin Hospital
Address: 201 S. 14th St., Herrin, IL 62948
Phone: 618.988.6106
Email: lisa.nation@sih.net
Certified Diabetes Educator, associated with the accredited SIH Diabetes Education Program. Provides individual & group diabetes education & training/counseling using the AADE7 principles: Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Healthy Coping & Reducing Risks. MD referral required. Support for insulin pumps & continuous glucose monitoring systems. Accreditation means that Medicare & other insurance companies cover the services. Billing & financial arrangements occur through the hospital.
Gail Peterman, RD, LDN, CDE
Shawnee Health Care, Carterville
Address: 1006 S. Division St., Carterville, IL 62918
Phone: 618.519.9200
Website: www.shawneehealth.com

Dustin Solomon, MS, RD, LDN
Southern Illinois Healthcare - Herrin Hospital
Address: 201 S. 14th St., Herrin, IL 62948
Phone: 618.942.2171 ext. 35443

Amy Stout, MSN, RN, CDE, BC-ADM
Southern Illinois Healthcare - Herrin Hospital
Address: 201 S. 14th St., Herrin, IL 62948
Phone: 618.988.6106
Email: amy.stout@sih.net
Certified Diabetes Educator; Board Certified – Advanced Diabetes Management. Located at Herrin Hospital, Southern Illinois Healthcare accredited outpatient diabetes education program. Provides individual and group diabetes education training and counseling for people with type 1 or type 2 DM. Special focus on insulin and patients with complex diabetes management needs. Physician Referral required.

Surrounding Area - Kentucky

Crystalyn Carter, MNT
Dietitian- Livingston Hospital and Healthcare Services, Inc.
Address: 131 Hospital Dr., Salem, KY 42078
Phone: 270.988.2299
Fax: 270.988.3900
Website: www.lhhs.org

Kathy West, RN, CDE, MLDE
Baptist Health Paducah
Address: 2501 Kentucky Ave., Paducah, KY 42003
Phone: 270.575.2282
Website: www.westernbaptist.com

Kerri Hayden, MS, RD, LD, CDE
Mayfield VA Medical Center (For veterans only)
Address: 1253 Paris Rd, Ste A, Mayfield, KY 42066
Phone: 618.694.5934

Leslie Hughes, RD
Birk Grove Life Center
Address: 5150 Village Square Dr., Paducah, KY 42001
Phone: 270.443.9352
Email: info@birkgrove.com
**Surrounding Area-Missouri**

**Sandra Bollinger, PharmD, CGP, CDE, RPh, FASCP**
Health Priorities, Inc.
**Address:** 808 E. Wakefield Ave., Sikeston, MO 63801
**Phone:** 573.471.1930
**Website:** www.healthprioritiesinc.com
*Health Priorities is an accredited diabetes education center. Our focus is to help patients manage and prevent complications of chronic conditions.*

**Mary Etta Dunaway, RD, LD, CDE**
Southeast Missouri Hospital
**Address:** 15 Doctors Park, Cape Girardeau, MO 63701
**Phone:** 573.339.0121
**Email:** medunaway@sehosp.org

**Hollie Fodge, RN**
Missouri Delta Wound Care and Hyperbarics
**Address:** 201 Plaza Dr., Ste. B, Sikeston MO 63801
**Phone:** 573.481.0785
**Email:** hfodge@missouridelta.com

**Kimberly Kern, RD, LD, CDE - Lori Pettet, RD, LD, CDE - Debbie Shumer, RD, LD**
St. Francis Medical Center
**Address:** 211 St. Francis Dr., Cape Girardeau, MO 63703
**Phone:** 573.331.5897
*Saint Francis Medical Center Diabetes Education and Management Center—Diabetes Self-management Training program recognized by the American Diabetes Association® for meeting National Standards for Diabetes Self-management Education.*

**Ashley Lipke, RN, CDE**
Cross Trails Medical Center
**Address:** 408 S. Broadview St., Cape Girardeau, MO 63701
**Phone:** 573.332.0808
**Email:** alipke@crosstrails.us
Dental Care

Your oral health can be negatively impacted by diabetes. There are many fine practitioners in the area and they can be found in the yellow pages of local phone directories under ‘Dentists’ or in on-line listings. Listed are those who accept Illinois Medicaid or who have sliding fees or discount programs.

Alexander County

Community Health & Emergency Services (CHESI)-Cairo Mega Clinic
Address: 13245 Kessler Rd., Cairo, IL 62914
Phone: 618.734.4400
Fax: 618.734.1468
Hours: M 8 am – 4:30 pm; T - F 9 am - 5 pm
Website: www.chesi.org

Tamms Dental Clinic
Dr. Bradley Bader
Address: 290 Railroad St., Tamms, IL 62988
Phone: 618.747.2391
Hours: T - Thurs 8 am - 4:30pm
Website: www.chesi.org

Franklin County

Rea Clinic/Christopher- Dental
Address: 4241 Hwy. 14 W., Christopher, IL 62822
Phone: 618.724.9290
Fax: 618.724.1093
Website: www.crhpc.org

Sesser Community Health Center
Address: 6294 State Hwy. 154, Sesser, IL 62884
Phone: 618.625.6979
Fax: 618.625.5362
Website: www.crhpc.org

Hardin County

Hardin County Dental Clinic
Address: 226 Main St., Rosiclare, IL 62982
Phone: 618.285.3930
Fax: 618.285.3931
Accepts Medicaid, and has a sliding fee option.
Jackson County

Dental Group of Carbondale
Address: 1001 E. Main St., Bldg. 4-C, Carbondale, IL  62901
Phone: 618.549.2273
Fax: 618.351.0212
Does NOT accept Medicaid. Offers discounts through Option One Dental Plan.

Douglas Baker, DDS
Address: 305 S. Oakland, Carbondale, IL  62901
Phone: 618.549.2166
Fax: 618.529.4128
Accepts Medicaid-eligible children, ages 3-14 Residents of Jackson, Williamson, Franklin, Randolph, Perry, and Union counties

Murphysboro Dental Center
Address: 1116 Locust St., Murphysboro, IL  62966
Phone: 618.687.4040
Fax: 618.687.4333
Accepts Medicaid-eligible children, ages 5-18.

Shawnee Health Care – Dental – Carbondale
Address: 402 S. Lewis Lane, Carbondale, IL 62901
Phone: 618.519.9200
Fax: 618.519.9375
Hours: M - Thurs 7:30 am - 5:30 pm; F 7:30 am - 5 pm
Website: www.shawneehealth.com

SIU Community Dental Center
Address: 1365 Douglas Dr., MC 6615, Carbondale, IL 62901
Phone: 618.453.2353
Fax: 618.453.7020
Website: www.sah.siu.edu/cdc.php
Accepts Medicaid-eligible children up to age 19 and children with a physical, mental or behavioral disability & families that earn < 200% of federal poverty level. Does not bill insurance.

SIU Dental Hygiene Clinic
Address: 1365 Douglas Dr., MC 6615, Carbondale, IL 62901
Phone: 618.453.8826
Website: www.sah.siu.edu/dhc.php
Provides oral health preventative services to community residents, students, faculty and staff. Does not bill insurance. Closed mid-May to August.

University Place Dental Center
Address: 1366 E. Main St., Carbondale, IL 62901
Phone: 618.549.0208
Fax: 618.549.0182
Website: www.universityplacedental.com
Does not accept Medicaid. Offers discounts through Option One Dental Plan.
Johnson County

Don Akridge, DDS
Address: 35 Old Bloomfield Rd., Vienna, IL 62995
Phone: 618.658.9732

Raymond C. Otte, DDS
Address: 112 Main St., Goreville, IL 62939
Phone: 618.995.9777

Robin A. Wetherell DDS
Address: 805 North 1st St., Vienna, IL 62995
Phone: 618.658.8361
*Does NOT accept Medicaid but does accept Care Credit. Does NOT have sliding fee or discount program.*

Massac County

Brunk Family Dental Care
Mark Brunk DDS & Kelly Brunk DDS
Address: 805 Market St., Metropolis, IL 62960
Phone: 618.940.0542
Website: www.brunkfamilydentalcare.com
Accepts Medicaid for children and adults. “State of IL Medicaid provider; Delta Dental PPO provider, & most other insurances.

Family Dental
Kyle W. Heine, DMD
Address: 44 Jon St., Metropolis, IL 62960
Phone: 618.524.7303
No Medicare accepted. Most insurance & major credit cards accepted.

Bruce Redenour, DDS
Address: 20 Jon St., Metropolis, IL 62960
Phone: 618.524.7790

John H. Shelton, DDS
Address: 1015 Market St., Metropolis, IL 62960
Phone: 618.524.8011

Perry County

Isaac Davidson, DDS
Address: 1226 S. Washington St., Du Quoin, IL 62832
Phone: 618.542.8832

Du Quoin Dental Dome
Address: 502 S. Washington St., Du Quoin, IL 62832
Phone: 618.542.3032
Hawkins Wayne, DDS  
Address: 212 N. Walnut St., Pinckneyville, IL 62274  
Phone: 618.357.9333

Lucas Steele, DMD - Pinckneyville Dental Clinic  
Address: 1000 S. Main St., Pinckneyville, IL 62274  
Phone: 618.357.2445  
Fax: 618.357.9549

Teel Family Dentistry  
Address: 215 S. Washington St., Du Quoin, IL 62832  
Phone: 618.542.3166

Pope County: Check “Surrounding Area” section or other counties listed.

Pulaski County: Check “Surrounding Area” section or other counties listed.

Randolph County

Brittany Bockhorst, DDS  
Address: 114 Park Plaza Dr., Red Bud, IL 62278  
Phone: 618.282.6700  
Call for appt.

Chester Smile Center  
Michael P. Holub, DDS  
Address: 1101 Opdyke St., Chester, IL 62233  
Phone: 618.826.4440  
Hours: M - T 8 am – 5 pm; closed 1 pm – 2 pm for lunch  
Contact us for same-day emergency care Medicaid accepted for children 18 years and under. Adult Medicaid accepted for emergency extractions only.

Saline County

Jammie Stricklin, DDS  
Address: 300 Small St., Harrisburg, IL 62946  
Phone: 618.252.1725  
Hours: M - Thurs 8 am - 5 pm  
Call for appt. Private pay and insurance

Michael Cook, DDS  
Address: 410 W. Poplar St., Harrisburg, IL 62946  
Phone: 618.252.8333  
Hours: M - Thurs 8 am - 4 pm; closed 1 pm - 2 pm for lunch  
Call for appt. Private pay and insurance

Mark Flannigan, DDS  
Address: 7 W. Poplar St., Harrisburg, IL 62946  
Phone: 618.252.7850  
Hours: M - Thurs 8 am - 5 pm  
Call for appt. Private pay and insurance
**Harrisburg Dental Health (CHESI)**
- **Address:** 205 N. Main St., Harrisburg, IL 62946
- **Phone:** 618.253.8450
- **Hours:** M – Thurs 8 am - 5 pm
- **Website:** www.chesi.org
  *Accepts Medicaid, most insurances, and offers a sliding fee discount.*

**Southern Illinois Family Dentistry**
- Emily Rubenacker, DMD
- **Address:** 1030 4th St., Eldorado, IL 62930
- **Phone:** 618.273.9361
- **Hours:** M – Thurs 8 am - 5 pm; closed 1 pm – 2 pm for lunch
- **Website:** www.southernillinoisfamilydentistry.com/
  *No Medicaid or Medicare accepted.*

**Union County**

**Anna Rural Health**
- **Address:** 513 N. Main St., Anna, IL 62906
- **Phone:** 618.833.4471 - Dial 0
- **Fax:** 618.833.8878
- **Hours:** M - Thurs 8 am - 5 pm
- **Website:** http://ruralhealthinc.org

**Steven W Vincent, DDS**
- **Address:** 131 W. Vienna St., Anna, IL 62906
- **Phone:** 618.833.7773

**Wells Dental Care**
- **Address:** 310 Lick Creek Rd., Anna, IL 62906
- **Phone:** 618.833.2411
- **Hours:** M - W 9 am – 4:30 PM, Closed Thursdays & 1st Friday of the month

**White County**

**Carmi Family Dental**
- **Address:** 1000 W. Main St., Carmi, IL 62821
- **Phone:** 618.382.8300
- **Hours:** M 8 am - 6 pm; T & Thurs 7 am - 6 pm; W 7 am - 4 pm; F 7 am - 1 pm
- **Website:** www.carmifamilydental.com
  *Accepts Medicaid, most insurances, and offers a sliding fee discount.*

**Carmi Dental Clinic (CHESI)**
- **Address:** 1400 W. Main St., Carmi, IL 62821
- **Phone:** 618.382.4181
- **Hours:** M - Thurs 8 am - 4 pm
- **Website:** www.chesi.org
  *Accepts Medicaid, most insurances, and offers a sliding fee discount.*
**Williamson County**

**James Rea, DMD**  
Address: 401 S. 14th St., Herrin, IL 62948  
Phone: 618.942.4725  
Fax: 618.988.1866  
Accepts only Medicaid. Accepts referrals from area dentists. Denture patients must have all teeth extracted, no time limits. First appointment is for x-ray and prior approval.

**Shawnee Health Care – Dental - Marion**  
Address: 3115 Williamson County Pkwy., Marion, IL 62959  
Phone: 618.519.9200  
Fax: 618.997.1214  
Hours: M - Thurs 7:30 am - 5:30 pm; F 7:30 am - 5 pm  
Website: www.shsdc.com  

**Surrounding Area-Missouri**

**Affordable Dentures**  
Address: 2439 Bloomfield Rd., Cape Girardeau, MO 63703  
Phone: 573.335.5199  
Fax: 573.335.5607
Diabetes Education and Information
Diabetes education is of critical importance and should be considered an integral part of diabetes prevention and care.

National and Online Resources

American Diabetes Association
Phone: 1.800.DIABETES
888.342.2383 (toll-free St. Louis) or 800.445.1667 (toll-free information line)
Website: www.diabetes.org
The nationwide hotline allows callers to get answers to questions about diabetes.

American Heart Association
Regional Office
Address: 2141 W. White Oaks Dr., Ste. A, Springfield, IL 62704
Phone: 217.698.3838
Regional Website:
www.heart.org/HEARTORG/Affiliate/Springfield/Illinois/Home_UCM_MWA008_AffiliatePage.jsp
Main Website: www.heart.org

Children with Diabetes
Website: www.childrenwithdiabetes.com
This website offers online information and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences, and diabetes related news for the online community.

dLife
Website: www.dlife.com
dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for Type 1 and Type 2 diabetics, and caregivers.

Foundation of the American Academy of Ophthalmology
Phone: 877.887.6327
Website: www.eyecareamerica.org
Provides free eye health information and access to medical eye care.

Illinois Department of Public Health: Diabetes Prevention and Control
Phone: 217.782.4977
Fax: 217.782.3987
Website: www.idph.state.il.us/diabetes

MedlinePlus: Diabetes (National Library of Medicine)
Website: www.nlm.nih.gov
Provides educational materials in English, Spanish, and other languages.

National Diabetes Education Program
Website: www.ndep.nih.gov

National Diabetes Information Clearinghouse (NDIC)
Phone: 800.860.8747
Website: www.diabetes.niddk.nih.gov
National Eye Health Education Program  
**Phone:** 301.496.5248  
**E-mail:** 2020@nei.nih.gov  
**Website:** www.nei.nih.gov/nehep  
Provides education and free materials regarding eye health, disease, and treatment.

U.S. Centers for Disease Control and Prevention (CDC)  
**Phone:** 800.232.4636  
**Website:** www.cdc.gov  
Provides educational resources.

**Local Classes**

**Baptist Health Paducah**  
**Address:** 2501 Kentucky Ave., Paducah, KY 42003  
**Phone:** 270.575.2918  
**Website:** www.baptisthealthkentucky.com  
*Baptist Health Paducah Hospital has a certified diabetes instructor to assist with any questions or concerns about diabetes. Life with Diabetes classes are taught monthly. Call to register. **A physician's order is required to attend.** Classes are from 1 pm - 4 pm and are free of charge. Visit website for class dates.*

**Christopher Rural Health Planning Corporation (CRHPC)***  
Kim Romani  
**Address:** P.O. Box 155, Christopher, IL 62822  
**Phone:** 618.724.1613  
**Email:** kromani@crhpc.org  
**Website:** www.crhpc.org

**Egyptian Health Department***  
Kimberly Scott-Pilkington, BS, BA  
**Address:** 1412 US Hwy. 45 N., Eldorado, IL 62930  
**Phone:** 618.273.3326 ext. 2143  
**Hours:** M, W, F 8 am - 5 pm; T & Thurs 8 am - 8 pm  
**Email:** kpilkington@egyptian.org  
**Website:** www.egyptian.org

**Memorial Hospital – Thrive with Diabetes**  
Melissa Soellner, RDN, CDE, MS  
**Address:** 1900 State St., Chester, IL 62233  
**Phone:** 618.826.4581 ext. 1426  
**Email:** msoellner@mhchester.com

Carmen Nehrt, RN, BSN  
**Address:** 1900 State St., Chester, IL 62233  
**Phone:** 618.826.4581 ext.1141  
**Hours:** M - F 8 am - 3 pm  
**Email:** cstrong@mhchester.com  
**Website:** http://mhchester.com/service-diabetes_support.html  
*The program has both group and individual options, depending on schedule and insurance. Our group program covers virtually all aspects of diabetes.*
Perry County Health Department*
Brittany Numi, RN
Address: 907 S. Main St., Pinckneyville, IL 62274
Phone: 618.357.5371 ext. 119
Hours: M - Th 8 am - 5 pm
Website: www.perryhealth.net

Pinckneyville Community Hospital*
Janet Morrison
Address: 5383 IL-154, Pinckneyville, IL 62274
Phone: 618.357.2187
Email: jmorrison@pvillehosp.org

Sparta Community Hospital
Barb Brown, RDN, LDN
Address: 818 E. Broadway St., Sparta, IL 62286
Phone: 618.443.1435
Email: barbb@spartahospital.com
Hours: M - F 6:30 am - 3 pm
Website: www.spartahospital.com/services/item/dietician

Southern Seven Health Department
Address: 37 Rustic Campus Dr., Ullin, IL 62992
Phone: 618.997.5311
Website: www.southern7.org
For Upcoming Classes in the southern seven counties, please contact: Terri 618.524.2657, Cindy 618.524.2212 ext. 110, Amber 618.833.8561, Jennifer 618.833.8561 or Natalie 618.734.4167.

VA Medical Center - Harrisburg - For veterans only
Address: 608 Rollie Moore Dr., Harrisburg, IL 62946
Phone: 618.252.6150
Website: www.marion.va.gov/locations/harrisburg.asp

VA Medical Center- Marion - For veterans only
Address: 2401 W. Main St., Marion, IL 62959
Phone: 618.997.5311 ext. 54659
Website: www.marion.va.gov/services/Diabetes_Education.asp
Class is held 3rd Thursday of each month from 930am to 1130am.

VA Medical Center-Paducah, KY - For veterans only
Address: 2620 Perkins Creek Dr., Paducah, KY 42001
Phone: 270.444.8465
Paducah class is the 2nd Tuesday of each month from 1:30 pm - 3:30 pm.

*Facilitates Diabetes and Chronic Disease Self-Management Program classes
Diabetes Support Groups in Southern Illinois
You are not alone. Joining a support group can help with positive reinforcement and interaction with people who have similar challenges.

Groups in Southern Illinois

**Alexander County**  - Check “Surrounding Area” section or other counties listed.

**Franklin-Williamson County**  - Check “Surrounding Area” section or other counties listed.

**Hardin County**  - Check “Surrounding Area” section or other counties listed.

**Jackson County**  - Check “Surrounding Area” section or other counties listed.

**Presbyterian Church**  
Weight Loss & Diabetes Support Group  
**Address:** 51 Crescent Dr., Murphysboro, IL 62966  
**Phone:** 618.967.9535, must call to register.  
Meets on Tuesday nights. Free with donation of food item for food pantry.

**Johnson County**  - Check “Surrounding Area” section or other counties listed.

**Massac County**  - Check “Surrounding Area” section or other counties listed.

**Randolph County**

**Memorial Hospital – Diabetic Support Group**  
**Address:** 1900 State St., Chester, IL 62233  
**Phone:** 618.826.4581  
**Hours:** Group meets monthly at various locations and times.  
**Website:** [http://mhchester.com/service-diabetes_support.html](http://mhchester.com/service-diabetes_support.html)  
**Topics Include:** What is Diabetes?, Eating Basics, Monitoring Medications, Healthy Coping, Reducing Risks, Problem Solving, Being Active, Sick Days, etc.

**Pope County**  - Check “Surrounding Area” section or other counties listed.

**Pulaski County**  - Check “Surrounding Area” section or other counties listed.

**Saline County**

**Southern Illinois Diabetes Awareness Group**  
Michael Stewart & Associates  
**Address:** 807 S. Commercial St., Harrisburg, IL 62946  
**Phone:** 618.313.1227  
**Hours:** 4th Thursday of each month, evenings 6 pm - 7 pm  
Open to diabetic community members, family members, and caregivers.

**Union County**  - Check “Surrounding Area” section or other counties listed.
Williamson County

VA Medical Center - Marion - For veterans only
Address: 2401 W. Main St., Marion, IL 62959
Phone: 618.997.5311
Website: www.marion.va.gov/services/Diabetes_Education.asp
Diabetes Support Groups are held monthly in Marion and Evansville. There is also a
Shared Medical Appointment for veterans with HbA1c over 9.0 needing frequent
management. Registered Dietitians and Certified Diabetes Educators are also available for
individual visits. Seated Exercise classes “Sit and Fit” are available at Marion, Harrisburg,
Carbondale and Paducah. Contact the Nutrition Department at (618) 997-5311 ext. 54659
for more information on these programs.

Surrounding Area

St. Mary’s Good Samaritan
Free Support Program Classes are held monthly at two locations

Mt. Vernon Group
Good Samaritan Hospital Cafeteria
Address: 605 N. 12th St., Mt. Vernon, IL 62864
Phone: 618.242.4600
Meeting is held at 6pm the 1st Tuesday of each month.

Centralia Group
St. Mary’s Hospital Auditorium
Address: 400 N. Pleasant Ave., Centralia, IL 62801
Phone: 618.242.4600
Meeting is held at 6 pm on the 2nd Tuesday of each month.
Eye Health and Vision Resources

Eye disease is a common complication from diabetes. You should receive an annual dilated eye exam from an ophthalmologist. Ophthalmologists are physicians who deal with structure, functions, and disease of the eye.

There are also many local optometrists that you could see. Below is a list of various ophthalmologists in southern Illinois. You may also want to check your local yellow pages.

**Alexander County** - Check “Surrounding Area” section or other counties listed.

**Franklin County**

Marion Eye Center & Optical  
Address: 1102 N. Main St., Benton, IL 62812  
Phone: 618.439.2020

Marion Eye Center & Optical  
Address: 909 W. Main St., West Frankfort, IL 62896  
Phone: 618.935.2875

Spencer S. Donna, OD  
Address: 711 N. Main St., Benton, IL 62812  
Phone: 618.439.7256

Wal-Mart Vision Center  
Address: 919 Giaccone Dr., Benton, IL 62812  
Phone: 618.439.9343

**Hardin County** - Check “Surrounding Area” section or other counties listed.

**Jackson County**

Complete Family Eye Care  
Address: 1241 E. Walnut St., Carbondale, IL 62901  
Phone: 618.529.3452

Eye Care Specialists, LLC  
Address: 1275 Cedar Court #1, Carbondale, IL 62901  
Phone: 618.351.9913 or 800.455.3937

Marion Eye Center of Carbondale  
Address: 1001 N. Beadle Dr., Ste. #10, Carbondale, IL 62901  
Phone: 618.549.2282  
Website: www.marioneye.com

Marion Eye Center-SIU Student Health Center  
Address: 374 E. Grand Ave., Bldg. 269, Rm. 140A, MC 6740, Carbondale, IL 62901  
Phone: 618.549.0615 or 618.549.0743  
Website: www.marioneye.com
Marion Eye Center of Murphysboro
   Address: 1934 Walnut St., Murphysboro, IL 62966
   Phone: 618.565.1406
   Website: www.marioneye.com

Wal-Mart Vision Center
   Address: 1450 E. Main St., Carbondale, IL 62901
   Phone: 618.457-6440

Massac County

Brush Optical
   Gary T. Brush, OD
   Address: 1801 E. 5th St., Metropolis, IL 62960
   Phone: 800.851.3601 or 618.524.9323
   Website: www.brushoptical.com

Perry County

Marion Eye Center (Pinckneyville)
   Address: 401 S. Walnut St., Pinckneyville, IL 62274
   Phone: 618.357.2020
   Hours: M - F 8 am - 5 pm

Pinckneyville Eye Care
   Address: 15 N. Locust St., Pinckneyville, IL 62274
   Phone: 618.357.6117
   Hours: M - F 8 am - 4:30 pm

Du Quoin Care
   Address: 630 S. Washington St., Du Quoin, IL 62832
   Phone: 618.542.6677
   Hours: M - F 8 am - 5 pm; Sat 8 am - 12 pm

Marion Eye Center (Du Quoin)
   Address: 821 S. Washington St., Du Quoin, IL 62832
   Phone: 618.542.3812
   Hours: M - F 8 am - 5 pm

Pope County - Check “Surrounding Area” section or other counties listed.

Pulaski County - Check “Surrounding Area” section or other counties listed.

Randolph County

Marion Eye Center
   Address: 203 Van Zant St., Chester, IL 62233
   Phone: 618.826.5413
   Website: www.marioneye.com
Southern Illinois Eye Care
Address: 425 W. Holmes St., Chester, IL 62233
Phone: 618.826.4521
Website: http://southernillinoiseyecare.com

Illinois Eye Surgeons
Address: 210 S. Main St., Red Bud, IL 62278
Phone: 618.282.6226
Website: http://illinoiseye.com/locations/red-bud

Marion Eye Center
Address: 307 W. Broadway, Steeleville, IL 62288
Phone: 618.965.2020
Website: www.marioneye.com

Southern Illinois Eye Care PC
Address: 520 E. Broadway St., Ste.100, Sparta, IL 62286
Phone: 618.443.5252
Website: http://southernillinoiseyecare.com

Marion Eye Center & Optical
Address: 216 N. Market St., Sparta, IL 62286
Phone: 618.443.2020
Website: www.marioneye.com

Walmart Vision Center
Jeffrey Bowman, OD
Address: 1410 N. Market St., Sparta, IL 62286
Phone: 618.443.4373

Saline County

Eubanks and Daugherty, LLC
Benna Daugherty, OD; Krystina Eubanks, OD
Address: 960 S. Commercial St., Harrisburg, IL 62946
Phone: 618.253.7057
Email: eubanddau@clearwave.com
Hours: M, W, F 8 am - 5 pm; T & Thurs 8 am - 6 pm; Closed Sat & Sun
Website: www.eubanksanddaugherty.com
Accepts private pay insurance, Medicaid, and Medicare

Marion Eye Center
Address: 1204 US 45 North, Eldorado, IL 62930
Phone: 618.273.6220
Website: www.marioneye.com/locations
Hours: M - F 8 am - 5 pm; Closed Sat & Sun
Private pay, insurance, Medicaid, & Medicare
Marion Eye Center
Address: 5 Eye Center Dr., Harrisburg, IL 62946
Phone: 618.252.5377
Website: www.marioneye.com/locations
Hours: M - F 8 am - 5 pm; T 8 am - 6 pm; 1 Sat/month Open 8 am - 12 pm
Private pay, insurance, Medicaid, & Medicare

Union County

Marion Eye Center of Anna
Address: 165 Plaza Dr., Anna, IL 62906
Phone: 618.833.8359

Moreland Eye Care
Address: 100 Ridge Rd., Anna IL 62906
Phone: 618.833.9208
Website: www.morelandeyecare.com

Jacobs & Crabtree
Address: 315 S. Main St., Anna, IL 62906
Phone: 618.833.3777
Hours: M - F 9 am - 5 pm; Closed 1st & 3rd Friday of the month

White County

Carmi Eye Care
Lars A. Gentry, OD
Address: 1207 W. Main St., Carmi, IL 62821
Phone: 618.384.3411
Email: carmikeyecare@frontier.com
Hours: T - F 8 am - 5 pm; Sat 8 am - 12 pm
Customized eye frames, treatment of eye diseases, special pricing on children’s frames

Marion Eye Center
Address: 1201 W. Main St., Carmi, IL 62821
Phone: 618.384.5112
Website: www.marioneye.com/locations
Hours: M - F 7:30 am - 5 pm; Closed Sat & Sun
Children's $39, Senior's 50 + Diabetics Veterans Up To $100 Off Glasses, Guaranteed Lowest Price $1.33/Day

Taylor Eye Care
Address: 1684 Falcon Ave., Carmi, IL 62821
Phone: 618.382.4683
Website: www.tayloreyecare.com
Hours: M 8 am - 7 pm; T - F 8 am - 5 pm
Williamson County

Marion Eye Centers & Retina Institute
Address: 1200 W. DeYoung St., Marion, IL 62959
Phone: 618.993.5686
Website: www.marioneye.com

Surrounding Area

Marion Eye Centers - Cape Girardeau Office
Address: 297 S. Silver Springs Rd., Cape Girardeau, MO 63703
Phone: 573.651.5200
Website: www.marioneye.com
Hearing Services

Hearing loss can also be a common complication from diabetes. Below is a list of various hearing services in southern Illinois. You may also want to check your local yellow pages.

Saline County

All American Hearing
Address: 20 Veterans Dr., Harrisburg, IL 62946
Phone: 618.297.4216
Hours: M - Thurs 8:30 am - 4:30 pm; F 8:30 am - 12 noon; closed 12 noon - 1pm daily
Website: www.harrisburghearingcenter.com

Midwest Beltone
John Bonenberger, HCP, BC-HIS
Address: 303 S. Commercial St., Ste. 7, Harrisburg, IL 62946
Phone: 618.252.3500
Hours: M - F 9 am - 5 pm
Website: www.midwestbeltone.com

Medi-Clear Hearing Aid Center
Address: 2108 Illinois Ave., Eldorado, IL 62930
Phone: 618.253.6512

Rhodes Centers for Better Hearing
Address: 504 N. Commercial St., Ste. 110, Harrisburg, IL 62946
Phone: 618.998.8471
Website: www.better-hearing.com

Sonus Hearing Care Professionals
Nicholas Oldham, AuD.
Address: 1120 E. Sloan St., Harrisburg, IL 62946
Phone: 618.253.3277
Hours: T - Thurs 8 am - 4 pm
Website: www.sonusofharrisburg.com

White County

All American Hearing
Sheina Ivey, HIS
Address: 1624 W. Main St. Carmi, IL 62821
Phone: 618.382.3123
Hours: T - F 8 am - 4:30 pm
Website: www.allamericanhearing.com

Midwest Beltone
Address: 1207 W. Main St. (Inside Carmi Eye Center), Carmi, IL 62821
Phone: 618.663.4900
Hours: M - Thurs 9 am - 5 pm
Website: www.midwestbeltone.com
Financial Assistance
HEALTH INSURANCE PROGRAMS

Affordable Care Act - The Affordable Care Act is important federal legislation that sets out to make coverage for health care available and affordable to almost everyone. With the implementation of the Affordable Care Act as of January 1, 2014, health insurance companies are no longer allowed to turn people down for individual health insurance coverage based on a pre-existing condition like diabetes. There is an open enrollment period each year and special enrollment periods occur when you experience certain life events like birth of a child, adoption, marriage, divorce, loss of coverage due to job loss or employer decision, etc. Illinois has also expanded the Illinois Medicaid Program to include adults ages 19-64 and raises income levels to 138% of federal poverty level. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to offer free assistance with enrollment in an insurance program offered by the Affordable Care Act or in Illinois Medicaid. Website: www.getcoveredillinois.gov.

Illinois Department of Insurance, Office of Consumer Health Insurance - Phone: 877.527.9431. If you are having a problem with your state-regulated health plan and you are unable to resolve it with the plan directly, file a complaint with the Department of Insurance. They may be able to provide you with assistance in reaching a conclusion. Also visit: http://insurance.illinois.gov/OCHI/office_consumer_health_ins.asp

Illinois Medicaid - Phone: 800.843.6154. You can apply on-line at: www.getcoveredillinois.gov or www.abe.illinois.gov. You can also visit: www.hfs.illinois.gov or www.dhs.state.il.us for more information.

All Kids - All Kids is the name of the Children’s Health Insurance Program (CHIP) in Illinois - Phone: 866.255.5437. All Kids is designed to provide health coverage to children and teens from birth to age 19. Visit the website to find out if your child meets the income guidelines. Visit: www.allkidscovered.com or www.allkids.com.

Medicare - Individuals eligible for this program include aged and disabled persons regardless of income. Phone: 1.800.Medicare. Visit: www.medicare.gov for more information.

Illinois Department on Aging – Benefits and Prescription Drug Assistance - Call the Senior Help Line for assistance with many programs available to seniors through the Illinois Department on Aging, Phone: 1.800.252.8966 or visit: www.state.il.us/aging/1rx/rx-main.htm: has information about the Medicare Prescription Drug Program (Medicare Part D), Illinois Cares Rx, Illinois Rx Buying Club, and I-Save Rx. Help is also available at www.illinoisbenefits.org. Information and assistance available at Shawnee Alliance, Phone: 618.985.8322 or Toll Free: 1.800.642.7773.
Gallatin County

County Financial
Martin Duffy, Financial Representative
Address: 216 S. Murphy St., Ridgway, IL 62979
Phone: 618.272.3244
Hours: By appointment
Email: martin.duffy@countryfinancial.com
Website: www.countryfinancial.com/martin.duffy
NO CHARGE-assists with multiple plan options off the Marketplace

Randolph County

DHS Family Community Resource Center in Randolph County
Family Community Resource Center
Address: 870 Lehmen Dr., Chester, IL 62233
Phone: 618.826.4559
TTY: 866.876.7176
Hours: M - F 8:30 am - 5 pm (except state holidays)
Receives applications for Cash, SNAP, and Medical Assistance by fax, mail or in person.

Andrea Burnett, Certified Navigator - Patient Innovation Center
Mobile: 312.909.4901 or 618.534.7923
Email: andrea@piccares.org
Hours: By appointment
Website: www.patientinnovationcenter.org
Free help applying for health insurance on healthcare.gov. Serving southern Illinois.

Saline County

County Financial
Ron Brachear, Financial Representative
Address: 7211 US Highway 45, Ste. D, Carrier Mills, IL 62917
Phone: 618.994.2389
Hours: By appointment
Email: ronbrachear@countryfinancial.com
Website: www.countryfinancial.com/ron.brachear
NO CHARGE-assists with multiple plan options off the Marketplace

County Financial
Aaron Phelps, Financial Representative
Address: 1023 US Hwy. 45, Eldorado, IL 62930
Phone: 618.273.9300
Email: aaron.phelps@countryfinancial.com
Website: www.countryfinancial.com/aaron.phelps
Eldorado Health Care Center (CRHPC)
Charlotte Brown, Patient Care Coordinator
Address: 1401 US Hwy. 45 N., Eldorado, IL 62930
Phone: 618.273.2951
Hours: M - F 8 am - 5 pm
Email: cbrown@crhpc.org
Website: www.crhpc.org
NO CHARGE

Golden Circle
Peggy Flatt
Address: 15 Veterans Dr., Harrisburg, IL 62946
Phone: 618.252.7940
Accepts Medicare Part D only

Graves Insurance & Financial
Joel Graves, Independent Broker
Address: 617 E. Church St., Ste.1, Harrisburg, IL 62946
Phone: 618.252.9215
Hours: M - F 9 am - 5 pm; after hours & weekends by appointment only
Email: joel@gravesfinancialservices.net
Can assist with plans on & off Marketplace and also Medicare Supplement Plans

Illinois Department of Vocational Rehabilitation Services
Address: 323 S. Maple St., Harrisburg, IL 62946
Phone: 618.253.7681
Hours: M - F 8:30 am - 5 pm
Websites: www.dhs.state.il, click “for Customers,” “Services by Division,” “Rehabilitation Services” Must meet certain guidelines to qualify

Saline County FCRC (Public Aid Office)
Address: 320 E. Raymond St., Harrisburg, IL 62946
Phone: 618.253.7161
Hours: M - F 8:30 am - 5 pm (except state holidays)
NO CHARGE - Can assist with application for Medicaid, cash, and SNAP benefits

Social Security Administration
Brian Eairheart
Address: 18 Veterans Dr., Harrisburg, IL 62946
Phone: 800.772.1213
Hours: M - F 9 am - 4 pm; W 9 am - 12 pm
Website: www.ssa.gov
NO CHARGE - Assistance with Medicare Enrollment & Disability

Strategic Financial Services
Jonathan Gericke, Registered Representative
Address: 713 E. Church St., Harrisburg, IL 62946
Phone: 618.294.8442
Hours: M - Thurs 9 am - 4 pm or by appointment
Email: jonathan.gericke@hdvest.net
Can assist with plans on & off Marketplace and also Medicare Supplement Plans
White County

Carmi Health Center (CRHPC)
Shelby Goforth, Patient Care Coordinator
Address: 103 Commerce St., Carmi, IL 62821
Phone: 618.724.6683 Email: sgoforth@crhpc.org
Website: www.crhpc.org
NO CHARGE; assists with Marketplace, Medicaid/All Kids, Medicare, and part D

County Financial
Rick Satterfield, Financial Representative
Address: 110 E. Main St., Norris City, IL 62869
Phone: 618.378.3193 Email: rick.satterfield@countryfinancial.com
Hours: By appointment
Website: www.countryfinancial.com/rick.satterfield
NO CHARGE-assists with multiple plan options off the Marketplace

Opportunities for Access
Address: 1725 College Ave., Carmi, IL 62821
Phone: 618.382.7300
NO CHARGE-assist individuals apply for Disability

Health Care Resources & Centers
HEALTH CARE AT DISCOUNTED RATES BASED ON INCOME (sliding fees)

Community Health Centers – Several community health center organizations in southern Illinois receive grant funding from the federal government to provide sliding fee discounts to eligible patients. Eligibility is determined by family size and income. Discounts can be used by those who are uninsured or who have deductibles and co-pays with their insurance coverage. Community Health Centers provide primary medical care, general dental care and behavioral health services. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to offer free assistance with enrollment in an insurance program, Illinois Medicaid or Medicare. Local Community Health Center organizations have sites in many Southern Illinois communities and can be contacted for more information:

- Shawnee Health Service, 618.519.9200, www.shawneehealth.com
- Christopher Rural Health Planning Corporation, 618.724.2436, www.crhpc.org
- Community Health and Emergency Services, Inc. (CHESI), 618.457.0450, www.chesi.org
- SIU Center for Family Medicine-Carbondale 618.536.6621 www.siumed.edu/fcm/carbondale

All persons should have a primary care physician. People with diabetes may also need a physician who specializes in Endocrinology or a primary care physician with an interest and experience in managing diabetes. Many fine physicians in the area can be found in on-line listings or in the yellow pages of local phone directories under ‘Physician and Surgeons’.

Find a Provider (SIH)
Southern Illinois Healthcare (SIH) operates a ‘Find a Provider’ service. You can talk with an informed individual and be matched to a physician that fits your needs. Call the SIH Call Center at 1.866.744.2468 or go to the SIH web site at: www.sih.net and click on ‘Find a Provider’.
Rural Health Clinics (RHCs)

The Rural Health Clinic (RHC) program is intended to increase access to primary care services for Medicaid and Medicare patients in rural communities. RHCs can be public, nonprofit, or for-profit healthcare facilities, however, they must be located in rural, underserved areas. They are required to use a team approach of physicians working with non-physician practitioners such as nurse practitioners (NP), physician assistants (PA), and certified nurse midwives (CNM) to provide services. The clinic must be staffed at least 50% of the time with a NP, PA, or CNM. RHCs are required to provide outpatient primary care services and basic laboratory services.

Primary Medical Care (Physicians, Physician Assistants and Nurse Practitioners in Family Medicine, Obstetrics, Pediatrics, Internal Medicine)

Center for Medical Arts, Carbondale 618.549.5361
Find a Provider- www.sihmedicalgroup.net

Logan Primary Care, Herrin 618.993.3300

SIU Student Health Center, Carbondale (Serves SIU students only) 618.453.3311

Southern Illinois Family Medicine, Carbondale Main Phone: 618.536.6621
Appointments Only: 618.453.3777

Veteran’s Administration Medical Center, Marion 618.997.5311
(Serves area veterans)

Community Health Centers (also known as FQHCs — Federally Qualified Health Centers)

These Centers are operated by local private non-profit organizations that receive federal grant funds. They accept Medicaid, Medicare, private insurance and operate sliding fee or discount programs for low-income residents. They offer a wide array of services including care coordination. Some offer specialized diabetes care.

Alexander County

Community Health & Emergency Services (CHESI) - Cairo Mega Clinic
Address: 13245 Kessler Rd., Cairo, IL 62914
Phone: 618.734.4400 Hours: M 8 am - 6 pm; T - F 8 am - 5 pm
Website: www.chesi.org
Maureen Klemme APN, is the primary contact for diabetes related care at this facility and is available on Wednesday and Friday during normal business hours.

Community Health & Emergency Services (CHESI) - Tamms Community Health Center
Address: 290 Railroad St., Tamms, IL 62988
Phone: 618.747.2391
Hours: M 8:30 am - 6 pm (Last appt at 5:15 pm); T & Thurs 8:30 am - 5 pm (Last appt at 4:15 pm)
Website: www.chesi.org
Franklin County

Christopher REA Clinic
Address: 4241 Hwy. 14 W., P.O. Box 155, Christopher, IL 62822
Phone: 618.724.2401 Hours: M, T, Thurs, F 8 am - 5 pm; W 8 am - 8 pm
Website: www.crhpc.org

Franklin Hospital
Address: 201 Bailey Ln., Benton, IL 62812
Phone: 618.439.3161

Sesser Community Health Center
Address: 6294 St. Hwy. 154, Sesser, IL 62884
Phone: 618.625.6979 Hours: M - F 8 am - 5 pm
Website: www.crhpc.org

Gallatin County

Christopher Rural Health Planning Corporation (CRHPC)
Address: 9525 Gold Hill Rd., Shawneetown, IL 62984
Phone: 618.269.3815 Hours: M, W 7 am - 5 pm; T, Thurs, F 8 am - 5 pm
Website: www.crhpc.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Egyptian Public & Mental Health Department
Address: 9525 Gold Hill Rd., Shawneetown, IL 62984
Phone: 618.269.3454 Hours: M - F 8 am - 4 pm
Website: www.egyptian.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Gallatin County School Wellness Center
Address: 5175 Hwy. 13, Junction, IL 62954
Phone: 618.272.7132 Hours: M - Thurs 7:30 am - 3 pm; F 8 am - 11 am
Website: www.egyptian.org

Hardin County

Community Health & Emergency Services (CHESI) - Hardin County Medical
Address: IL Rte. 146, Bldg. 2, Elizabethtown, IL 62931
Phone: 618.285.6191 Hours: T & Thurs 8:30 am - 5 pm (Last appointment at 4 pm).
Website: www.chesi.org

Hardin County Hospital Clinic
Address: 6 Ferrell Rd., Rosiclare, IL 62982
Phone: 618.285.6634

Jackson County

Community Health & Emergency Services (CHESI) – Cedar Court Clinic/Specialty Clinic
Address: 1340 Cedar Court, Carbondale, IL 62901
Phone: 618.457.7821 Hours: M - F 8:30 am - 5 pm
Website: www.chesi.org
Shawnee Health Care, Murphysboro  
**Address:** 7 S. Hospital Dr., Murphysboro, IL 62966  
**Phone:** 618.519.9200  
**Hours:** M 8 am-5 pm; T 7:45 am-7 pm; W-F 7:45 am-5pm  
**Website:** www.shawneehealth.com

Shawnee Health Care, Behavioral Health  
**Address:** 404 S. Lewis Ln., Carbondale, IL 62901  
**Phone:** 618.519.9200  
**Hours:** M, W 8 am-7 pm; T, F 8 am-5 pm; Th 8 am-6pm  
**Website:** www.shawneehealth.com

Shawnee Health Care, OB/GYN  
**Address:** 101 S. Wall St., Carbondale, IL 62901  
**Phone:** 618.519.9200  
**Hours:** M - F 8 am - 5 pm  
**Website:** www.shawneehealth.com

Shawnee Health Care, Same Day (No Appointments Necessary)  
**Address:** 404 S. Lewis Ln., Carbondale, IL 62901  
**Phone:** 618.519.9200  
**Hours:** M-F 8 am-7 pm; Sat 8 am-5 pm, Sun 11 am-4pm  
**Website:** www.shawneehealth.com

Shawnee Health Care, Carbondale  
**Address:** 400 S. Lewis Ln., Carbondale, IL 62901  
**Phone:** 618.519.9200  
**Hours:** M, W - F 8 am - 5 pm; T 8 am - 7 pm  
**Website:** www.shawneehealth.com

SIU Center for Family Medicine  
**Address:** 300 W. Oak St., Carbondale, IL 62901  
**Phone:** 618.536.6621  
**Hours:** M - F 8 am - 5 pm

Terrier Care School - Based Health Center, Carbondale Community High School  
**Address:** 1301 E. Walnut St., Carbondale, IL 62902  
**Phone Medical:** 618.519.9200, ext. 9800  
**Hours:** M-F 8 am-4:30pm (Open when students are in session)  
**Website:** www.shawneehealth.com

Johnson County

Goreville Medical Clinic Rural Health  
**Address:** 400 S. Broadway, Goreville, IL 62939  
**Phone:** 618.995.1002

Vienna Medical Clinic Rural Health  
**Address:** 803 N. 1st St., Vienna, IL 62995  
**Phone:** 618.658.2811

Massac County

Comprehensive Health Center  
**Address:** 1238 Commercial Park Rd., Metropolis IL 62960  
**Phone:** 618.524.2284
Baptist Health Medical Group Family Medicine
Address: 1203 W. 10\textsuperscript{th} St., Metropolis IL 62960
Phone: 618.524.3795

Massac Memorial Medical Clinic
Address: 1204 W. 10\textsuperscript{th} St., Metropolis, IL 62960
Phone: 618.524.3572

Perry County

Family Health Center
Address: 20 N. Washington St., Du Quoin, IL 62832
Phone: 618.542.2129  
\textbf{Hours:} M - F 8 am - 4:30 pm  
Website: www.marshallbrowninghospital.com

Family Medical Center
Address: 5383 State Rte. 154, Pinckneyville, IL 62274
Phone: 618.357.2131

Marshall Browning Family Health Center
Address: 900 N. Washington St., Du Quoin, IL 62832
Phone: 618.542.1050  
\textbf{Hours:} M - F 8 am - 4:30 pm
Website: www.marshallbrowninghospital.com

Medical Arts
Address: 13 N. Walnut St., Pinckneyville, IL 62274
Phone: 618.357.2147  
\textbf{Hours:} M - F 8 am - 5 pm

Du Quoin Community Health Center
Address: 1564 S. Washington St., Du Quoin, IL 62832
Phone: 618.542.8702  
\textbf{Hours:} M - F 8 am - 5 pm
Website: www.crhpc.org

Pope County

Community Health & Emergency Services (CHESI) – Pope County Clinic
Address: 217 S. Adams, Golconda, IL 62938
Phone: 618.683.3781  
\textbf{Hours:} M - F 8 am - 5 pm (Last appointment at 4 pm).
Website: www.chesi.org

Pulaski County

Community Health & Emergency Services (CHESI) – Pulaski Clinic
Address: 100 Market St., Pulaski, IL 62976
Phone: 618.457.0450  
\textbf{Hours:} W 8 am – 5 pm
Website: www.chesi.org
Randolph County

Chester Clinic
Address: 2319 Old Plank Rd., Chester, IL 62233
Phone: 618.826.2388  Hours: M - F 8 am - 4:30 pm
Website: www.chesterclinicpc.com

Coulterville Medical Clinic
Address: 203 E. Grant St., Coulterville, IL 62237
Phone: 618.758.2331  Hours: M 8:30 am - 5 pm; T - F 8 am - 5 pm
Website: www.spartahospital.com/locations/nearby-clinics/item/coulterville-medical-clinic

Family Health Center
Address: 207 S. Burns Ave. Sparta, IL 62286
Phone: 618.443.3084  Hours: M-Thurs 7:30 am-5:30 pm; F 8:30 am-5:30 pm
Website: www.spartahospital.com/locations/sparta-il/item/family-health-centre

Red Bud Health Center
Address: 824 Locust St., Red Bud, IL 62278
Phone: 618.282.6656

Sparta Medical Office
Address: 215 S. Burns Ave., PO Box 378, Sparta, IL 62286
Phone: 618.443.2297  Hours: M 8:30 am - 7 pm; T - F 8:30 am - 5 pm
Website: www.spartahospital.com/locations/sparta-il/item/sparta-medical-office

Steeleville Family Practice
Address: 602 W. Shawneetown Trail, Steeleville, IL 62288
Phone: 618.826.2388  Hours: M - F 8 am - 4:30 pm
Website: www.chesterclinicpc.com

Steeleville Clinic
Address: 9 Westwood Dr., Steeleville, IL 62288
Phone: 618.965.3466  Hours: M, Thurs 8:30 am-7 pm; T, W, F 8:30 am-5 pm
Website: www.spartahospital.com/locations/nearby-clinics/item/steeleville-clinic

Saline County

Carrier Mills Primary Care Group (SIH affiliate)
Address: 7211 US Hwy 45 S., Ste. C, Carrier Mills, IL 62917
Phone: 618.994.2321

Eldorado Rural Health (CRHPC)
Address: 1401 US Hwy. 45 N., Eldorado, IL 62930
Phone: 618.273.2951  Hours: M, W 7 am-5 pm; T, Thurs, F 8 am-5 pm
Email: cmorris@crhpc.org
Website: www.crhpc.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.
Community Health & Emergency Services (CHESI), Harrisburg Community Center
Address: 205 N. Main St., Harrisburg, IL 62946
Phone: 618.253.8450     Hours: M - Sun 8:30 am - 5 pm
Website: www.chesi.org
Accepts Medicaid for adults and children, most insurances, offers sliding fee discount.

Egyptian Public & Mental Health Department
Address: 1412 US Hwy. 45 N., Eldorado, IL 62930
Phone: 618.273.3326     Hours: M, W, F 8 am-5 pm; T, Thurs 8 am-8 pm
Website: www.egyptian.org

Egyptian Public & Mental Health Department
Address: 715 E. Church St., Harrisburg, IL 62946
Phone: 618.294.8322     Hours: M - F 8 am - 4 pm
Website: www.egyptian.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Eldorado Primary Care
Address: 1007 US Hwy. 45 N., Eldorado, IL 62930
Phone: 618.273.7723     Hours: M-W 8 am-8 pm; Th 8 am-5 pm; F 8 am-4:30pm
Website: www.harrisburgmc.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee.

Ferrell Hospital
Address: 1201 Pine St., Eldorado, IL 62930
Phone: 618.273.3361
Hours: M - F 7 am - 7 pm; Sat walk-ins 9 am - 4:15 pm; Sun walk-ins 1 pm - 4:15 pm
Website: www.ferrellhosp.org
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee.

Ferrell Hospital Family Medicine
Address: 1407 Locust St., Eldorado, IL 62930
Phone: 618.297.9660     Hours: M - F 8 am - 5 pm
Website: www.ferrellhosp.org
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee.

Ferrell Hospital Family Practice
Address: 1306 Maple St., Eldorado, IL 62930
Phone: 618.297.9665
Hours: M - F 7 am - 7 pm; Sat walk-ins 8 am - 2 pm; Sun walk-ins 1 pm - 5 pm
Website: www.ferrellhosp.org
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee.

Galatia Primary Care
Address: 124 E. Main St., Galatia, IL 62935
Phone: 618.268.4083     Hours: M - F 8 am - 5 pm
Website: www.harrisburgmc.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee; 25% discount if payment at day of visit
Harrisburg Medical Center
Address: 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946
Phone: 618.253.7671  Hours: Open 24 hrs./day
Website: www.harrisburgmc.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee.

HMC Clinic at Harrisburg
Address: 901 S. Commercial St., Harrisburg, IL 62946
Phone: 618.252.0411  Hours: M - F 8 am - 4:30 pm
Website: www.harrisburgmc.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee; 25% discount if payment at day of visit.

Integrated Health
Address: 303 S. Commercial St., Ste. 10, Harrisburg, IL 62946
Phone: 618.252.5555
Hours: M, W 8 am-5:30 pm; T 7 am-7 pm; Th 8 am-7 pm; F 7 am-5:30 pm
Website: www.integratedhealthofi.com
Accepts Medicare for medical, physical therapy, and chiropractic services. For outpatient labs, accepts both Medicaid and Medicare. Have a discount program called Chusa for low-income patients.

Primary Care Group
Address: 117 E. Clark St., Harrisburg, IL 62946
Phone: 618.252.8625  Hours: M-Thurs 8 am - 8 pm; F 8 am - 5 pm
Website: www.primarycaregroup.com
Private pay, insurance, Medicaid, & Medicare.

Union County

Rural Health, Inc.
Address: 513 N. Main St., Anna, IL 62906
Phone: 618.833.4471
Hours: M, W, F 8 am - 5 pm (Last app 4:15pm); T & Thurs 8 am - 8 pm (Last app 7:15pm)
Website: www.ruralhealthinc.org

Rural Health, Inc.
Address: 318 Old US Hwy. 51, Dongola, IL 62926
Phone: 618.827.3545
Hours: M – W, F 8:30 am - 5 pm; Thurs 8:30 am - 8 pm
Website: www.ruralhealthinc.org

White County

Button Chiropractic Natural Health Center
Rhonda Button, DC, DABC
Address: 4 Smith St., Carmi, IL 62821
Phone: 618.382.3337  Hours: M, T, Th, F 10 am - 6 pm
Website: www.drbbutton.com
Natural treatments for internal disorders, back, neck, & extremity joint pain; clinical nutrition, wellness and prevention, acupuncture. Does not accept Medicare or Medicaid.
Carmi Health Center (CRHPC)
Address: 103 Commerce St, Carmi, IL 62821
Phone: 618.724.6683  
**Hours:** M - F 8 am - 5 pm; Sat 9 am - 12 noon
Email: jmorber@crhpc.org
Website: www.crhpc.org

**NO CHARGE**

Community Health & Emergency Services (CHESI), Carmi Community Center
Address: 1400 W. Main St., Carmi, IL 62821
Phone: 618.382.4181  
**Hours:** M - F 8:30 am - 5 pm
Website: www.chesi.org
Accepts Medicaid for adults and children, including most insurances, & offers a sliding fee discount.

Egyptian Public & Mental Health Department
Address: 1705 College Ave., Carmi, IL 62821
Phone: 618.382.7311  
**Hours:** M, W, F 8 am - 5 pm; T, Th 8 am - 8 pm
Website: www.egyptian.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Wabash Christian Therapy & Medical Clinic
Address: 1112 Oak St., Carmi, IL 62821
Phone: 618.382.2927
**Hours:** Outpatient Therapy M - F 7 am - 5 pm; Orthopedics W 8 am - 5 pm;
Physician Services Lab & Imaging M - Thurs 8 am - 6 pm; F 8 am - 5 pm
Website: www.christianhomes.org/facilities/wabash-christian-therapy.com

Williamson County

HMC Clinic at Marion
Address: 3106 Outer Dr., Marion, IL 62959
Phone: 618.997.4332  
**Hours:** M - F 8 am – 4:30 pm
Website: www.harrisburgmc.com
Accepts all insurance (not in all networks), Medicaid, Medicare, offers sliding fee; 25% discount if payment at day of visit

Johnston City Community Health Center
Address: 14410 Rte. 37, Johnston City, IL 62951
Phone: 618.983.6911  
**Hours:** M - F 8 am – 5 pm
Website: www.crhpc.org

Marion Wellness Center, Marion High School
Address: 1700 Wildcat Rd., Marion, IL 62959
Phone: 618.519.9200
**Hours:** M - Thurs 7:30 am - 5 pm Closed 12 noon - 12:30 pm; F 7:30 am - 12 noon
Website: www.shawneehealth.com  *(Open when students are in session)*

Marion Veterans Administration Medical Center - for veterans only
Address: 2401 W. Main St., Marion, IL 62959
Phone: 618.997.5311  
**Hours:** M - F 8:30 am - 5 pm
Website: www.marion.va.gov
**REA Clinic-Herrin OB/GYN Clinic**  
**Address:** 3303 Logan Dr., Herrin, IL 62948  
**Phone:** 618.993.5767  
**Hours:** M - F 8 am - 5 pm  
**Website:** www.sih.net

**Shawnee Health Care, Carterville**  
**Address:** 1006 S. Division St., Carterville, IL, 62918  
**Phone:** 618.519.9200  
**Hours:** M, T, Th, F 8 am - 5 pm; W 8 am - 7 pm  
**Website:** www.shawneehealth.com

**Shawnee Health Care, Marion**  
**Address:** 1506 Sioux Dr., Marion, IL 62959  
**Phone:** 618.519.9200  
**Hours:** M - W, F 8 am - 5 pm; Thurs 8 am - 6 pm  
**Website:** www.shawneehealth.com

**Veterans Affairs Medical Centers – (For Veterans Only)**

**VA Medical Center- Marion**  
**Address:** 2401 W. Main St., Marion, IL 62959  
**Phone:** 618.997.5311 ext. 54659

*Diabetes Support Groups are held monthly in Marion and Evansville. There is also a Shared Medical Appointment for veterans with HbA1c over 9.0 needing frequent management. Registered Dietitians and Certified Diabetes Educators are also available for individual visits. Seated Exercise classes “Sit and Fit” are available at Marion, Harrisburg, Carbondale and Paducah. Contact the Nutrition Department at (618) 997-5311 ext. 54659 for more information on these programs.*

**VA Medical Center-Evansville**  
**Address:** 6211 E. Waterford Blvd., Evansville, IN 47715  
**Phone:** 812.465.5600

**The following CDEs are available for consultation at the following VA locations:**

**Natalie Adams, RD, LDN, CDE**  
Location: Marion VA and Carbondale VA CBOC clinics, IL

**Kimberly Blair, RD, LD, CDE**  
Location: Evansville VA CBOC clinic

**Jacqueline Chisholm, RD, LD, CDE**  
Location: Owensboro and Hanson CBOC clinics, KY

**Kerri Hayden, MS, RD, LDN, CDE**  
Location: Mayfield VA HBPC program, KY

**Melaina Lane, MS, RD, LDN, CDE**  
Location: Marion VA HBPC program, IL

**Amanda Settle, RD, LDN, CDE**  
Location: Effingham CBOC clinic, IN
Pharmacies
Many pharmacists offer free consultation and referrals for people living with diabetes. They can also answer questions regarding choosing a meter and blood sugar testing. Your meter may also have a support line.

Illinois Department on Aging- Pharmaceutical Assistance Program – Phone: 1.800.252.8966

Individuals eligible for this assistance program include aged and disabled persons regardless of income. There is an enrollment fee to join. Several prescription assistance programs are available, including the Medicare Prescription Drug Program, I-SaveRx, and Illinois Rx Buying Club.

<table>
<thead>
<tr>
<th>County</th>
<th>Pharmacy</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Franklin</td>
<td>CVS</td>
<td>705 W. Main St., Benton, IL 62812</td>
<td>618.439.6356</td>
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<td></td>
<td>Franklin Hospital</td>
<td>201 Bailey Ln., Benton IL 62812</td>
<td>618.439.3161</td>
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<td>Fred’s Pharmacy</td>
<td>215 Bailey Ln., Benton, IL 62812</td>
<td>618.435.4894</td>
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<td>J&amp;S Professional Pharmacy</td>
<td>309 W. St. Louis St., West Frankfort, IL 62896</td>
<td>618.937.2416</td>
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<td>Kimmel-Chaplain</td>
<td>205 Bailey Ln., Benton, IL 62812</td>
<td>618.438.2822</td>
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<td>Kirk’s Pharmacy</td>
<td>114 Markey St., Christopher, IL 62822</td>
<td>618.724.2741</td>
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<td>Medicine Shoppe</td>
<td>301 E. Mains St., West Frankfort, IL 62896</td>
<td>618.937.6434</td>
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<td>Medi-Center</td>
<td>6294 IL-154, Sesser, IL 62884</td>
<td>618.625.8400</td>
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<td>Melissa D Mastri, RPH</td>
<td>215 Bailey Ln., Benton, IL 62812</td>
<td>618.435.4894</td>
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<td>Wal-Mart</td>
<td>919 Giacone Dr., Benton, IL 62812</td>
<td>618.435.2119</td>
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<tr>
<td>Gallatin</td>
<td>Medicine Shoppe</td>
<td>101 E. Main St., Ridgway, IL 62979</td>
<td>618.272.3811</td>
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<tr>
<td></td>
<td>Medicine Shoppe</td>
<td>254 N. Lincoln Blvd. E., Shawneetown, IL 62984</td>
<td>618.269.6205 or 618.269.6208</td>
</tr>
<tr>
<td>Hardin</td>
<td>Hardin Discount Pharmacy</td>
<td>7 Ferrell Rd., Rosiclare, IL 62982</td>
<td>618.285.6618</td>
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<tr>
<td>Jackson</td>
<td>Family Drug</td>
<td>2300 W. Main St., Carbondale, IL 62901</td>
<td>618.529.5351</td>
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<td></td>
<td>CVS</td>
<td>2431 W. Main St., Carbondale, IL 62901</td>
<td>618.457.0491</td>
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<td>Address</td>
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<td><strong>Kroger</strong></td>
<td>501 N. Giant City Rd., Carbondale, IL 62902</td>
<td>618.549.9743</td>
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<td>550 E. Industrial Park Rd., Murphysboro, IL 62966</td>
<td>618.687.9454</td>
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<td><strong>Schnucks</strong></td>
<td>915 W. Main St., Carbondale, IL 62901</td>
<td>618.351.0710</td>
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<td><strong>Shawnee Health Care</strong></td>
<td>7 S. Hospital Dr., Murphysboro, IL 62966</td>
<td>618.519.9200</td>
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<td>(Shawnee Health Care patients only)</td>
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<td><strong>Walgreens</strong></td>
<td>206 S. Wall St., Carbondale, IL 62901</td>
<td>618.457.4104</td>
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<tr>
<td><strong>Walgreens</strong></td>
<td>1600 W. Main St., Carbondale, IL 62901</td>
<td>618.457.8397</td>
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<tr>
<td><strong>Walgreens</strong></td>
<td>503 Walnut St., Murphysboro, IL 62966</td>
<td>618.565.2329</td>
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<td><strong>Wal-Mart</strong></td>
<td>1450 E. Main St., Carbondale, IL 62901</td>
<td>618.549.0709</td>
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<tr>
<td><strong>Wal-Mart</strong></td>
<td>6495 Country Club Rd., Murphysboro, IL 62966</td>
<td>618.687.3478</td>
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<tr>
<td><strong>Johnson</strong></td>
<td>Bode Drug</td>
<td>618.657.3784</td>
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<td>803 N. 1st St., Vienna, IL 62995</td>
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<td>Goreville Professional</td>
<td>618.995.1555</td>
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<td><strong>Massac</strong></td>
<td>Metropolis Drugs</td>
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<td>Schnucks</td>
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Physical Activity Programs

Getting physical activity can help you control your diabetes. It is recommended you get 30 minutes of exercise daily. Walking is a great form of exercise and there are many START! Walking Paths in the region, see section Walking Paths and Parks, for additional information.

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<td>310 E. Washington St., Christopher, IL 62822</td>
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<td>Curves for Women</td>
<td>201 Public Square, Benton, IL 62812</td>
<td>618.438.0222</td>
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<td>Element Fitness Systems</td>
<td>1912 E. Oak St., West Frankfort, IL 62896</td>
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<td>Stark Total Body Fitness and Tan</td>
<td>1 Rend Lake Plaza, Benton, IL 62812</td>
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<td>West Frankfort Aquatics Center</td>
<td>1100 E. Cleveland St., West Frankfort, IL 62896</td>
<td>618.937.1665</td>
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<td>Carbondale Park District</td>
<td><a href="http://www.cpkd.org">www.cpkd.org</a></td>
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<td>Gold’s Gym</td>
<td>2421 W. Main St., Carbondale, IL 62901</td>
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<td>Great Shapes Fitness for Women, Inc.</td>
<td>2121 S. Illinois Ave, Carbondale, IL 62903</td>
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<td>Murphysboro Park District</td>
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<td>SIU Student Rec Center</td>
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<td>Jackson</td>
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<td>Supercity Crossfit</td>
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<td>Shawnee Community College Fitness Ctr.</td>
<td>Bldg. L, Rm. 2010, Ullin Campus, Grand Chain, IL 62941</td>
<td>800.481.2242 ext. 3230</td>
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<td>CrossFit Dig Deep</td>
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<td>Anytime Fitness</td>
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Walking Paths and Parks

There are also several Walking Paths available on the Southern Illinois University campus, as well as around the region. For more information visit the website: http://www.startwalkingnow.org/.

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<td>Carterville’s Got Heart</td>
<td>101 S. Division, Carterville, IL 62918</td>
<td>1 mi/Easy</td>
</tr>
<tr>
<td></td>
<td>Energy ‘Bruce’ Park</td>
<td>100 Front St., Energy, IL 62933</td>
<td>0.5 mi/Easy</td>
</tr>
<tr>
<td></td>
<td>Franklin Hospital</td>
<td>201 Bailey Ln., Benton, IL 62812</td>
<td>0.5 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Herrin City Park</td>
<td>1010 N. 5th St., Herrin, IL 62948</td>
<td>0.8 mi/Easy</td>
</tr>
<tr>
<td></td>
<td>Herrin Downtown</td>
<td>3 South Park Ave., Herrin, IL 62948</td>
<td>1.66 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Herrin Hospital</td>
<td>201 S. 14th St., Herrin, IL 62948</td>
<td>0.4 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Serenity Trail Rotary Club Williamson Co</td>
<td>3333 W. DeYoung St., Marion, IL 62959</td>
<td>0.6 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Slim Lane</td>
<td>Downtown Zeigler, Zeigler, IL 62999</td>
<td>0.25 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Super Kohl Park</td>
<td>Downtown Zeigler, Zeigler, IL 62999</td>
<td>1/5 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>West Frankfort Aquatic Center</td>
<td>1100 E. Cleveland St., West Frankfort, IL 62896</td>
<td>1.5 mi/Easy</td>
</tr>
<tr>
<td></td>
<td>Williamson Co Regional Airport</td>
<td>10400 Terminal Dr., Marion, IL 62959</td>
<td>0.5 mi/Easy</td>
</tr>
<tr>
<td>Gallatin</td>
<td>Ohio River Visitors Center</td>
<td>Eagle Creek Rd., Equality, IL 62934</td>
<td>5.6mi/Greenway/Non-RT</td>
</tr>
<tr>
<td>Hardin</td>
<td>Hickory Ridge Trail</td>
<td>Cave-In Rock State Park</td>
<td>0.1 mi/Moderate Loop</td>
</tr>
<tr>
<td>Location</td>
<td>Address</td>
<td></td>
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<td>---------------------------------------------</td>
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<td></td>
</tr>
<tr>
<td>Attucks Park</td>
<td>400-800 N. Wall St., Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bike Way</td>
<td>Across from Eastgate Shopping Ctr., Wall St</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys &amp; Girls Club of Carbondale</td>
<td>250 N. Springer St., Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbondale Super Block</td>
<td>298 Lewis Ln., Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>David Kenney Trail</td>
<td>Chautauqua Bottoms Nature Preserve,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evergreen Park</td>
<td>1205 W. Pleasant Hill Rd., Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Earth/Oakland Nature Preserve</td>
<td><a href="http://www.greenearthinc.org/naturepreserves.htm">www.greenearthinc.org/naturepreserves.htm</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herbie Beyler Trail</td>
<td>Bush Hill Nature Preserve, Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marberry Arboretum</td>
<td>S. Wall St./Pleasant Hill Rd., Carbondale, IL 62901</td>
<td></td>
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</tr>
<tr>
<td>The Maurice Webb Trail</td>
<td>Chautauqua Bottoms Nature Preserve,</td>
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<tr>
<td></td>
<td>Carbondale, IL 62901</td>
<td></td>
<td></td>
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<tr>
<td>Memorial Hospital of Carbondale</td>
<td>405 W. Jackson St., Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riverside Park</td>
<td>2610 W. Riverside Park Rd., Murphysboro, IL 62966</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SIU Campus Lake</td>
<td>South Side SIUC Campus, Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SIU Student Center</td>
<td>1255 Lincoln Dr., Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St Joseph Memorial Hospital</td>
<td>2 South Hospital Dr., Murphysboro, IL 62966</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Stan Harris Trail</td>
<td>Oakland Nature Preserve, Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trinity Christian School</td>
<td>1218 W. Freeman, Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>University of Illinois Extension Office</td>
<td>402 Ava Rd., Murphysboro, IL 62966</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trail Name</td>
<td>Location</td>
<td>Distance</td>
<td>Notes</td>
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</tr>
<tr>
<td>The Woodland Spur Trail</td>
<td>Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Woodland Trail</td>
<td>Oakland Nature Preserve, Carbondale, IL 62901</td>
<td>Open Dawn to Dusk</td>
<td></td>
</tr>
<tr>
<td>Barkhausen Wetlands Center</td>
<td>8885 St. Rt. 37 S., Cypress, IL 62923</td>
<td>55.6 mi/Rail-Trail</td>
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</tr>
<tr>
<td>Ferne Clyffe</td>
<td>90 Office Dr., Goreville, IL 62939</td>
<td><a href="http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM">http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM</a></td>
<td></td>
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<tr>
<td>Tunnel Hill State Trail</td>
<td><a href="http://www.traillink.com/trail/tunnel-hill-state-trail-aspx">www.traillink.com/trail/tunnel-hill-state-trail-aspx</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hickory Nut Ridge Trail</td>
<td>Fort Massac State Park, Metropolis, IL 62960</td>
<td>2.5 mi/Moderate</td>
<td></td>
</tr>
<tr>
<td>George Rogers Clark Discovery Trail</td>
<td>E. 5th St. US 45 (Entrance to Fort Massac State Park), Metropolis, IL 62960</td>
<td>8.7 mi/Moderate</td>
<td></td>
</tr>
<tr>
<td>Du Quoin State Fairgrounds</td>
<td>US Rt. 51, Du Quoin, IL 62832</td>
<td></td>
<td></td>
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<tr>
<td>Perry County Fairgrounds</td>
<td>Fairground Rd., Pinckneyville, IL 62274</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinckneyville City Park</td>
<td>920 County Rd., Pinckneyville, IL 62274</td>
<td>0.62 mi/Easy</td>
<td></td>
</tr>
<tr>
<td>River to River Guess 14</td>
<td><a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a></td>
<td>5.1 miles</td>
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<tr>
<td>River to River Guess 15</td>
<td><a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a></td>
<td>4.0 miles</td>
<td></td>
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<tr>
<td>River to River Guess 12</td>
<td><a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a></td>
<td>15.1 miles</td>
<td></td>
</tr>
<tr>
<td>River to River Guess 13</td>
<td><a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a></td>
<td>1.4 miles</td>
<td></td>
</tr>
<tr>
<td>Dixon Springs State Park</td>
<td>982 IL-146, Golconda, IL 62938</td>
<td>618.949.3394</td>
<td></td>
</tr>
<tr>
<td>Lake Glendale Recreation Area</td>
<td>Lake Rd., Golconda, IL 62938</td>
<td>618.638.8340</td>
<td></td>
</tr>
<tr>
<td>Rauchfuss Hill State Recreation Area</td>
<td>Golconda, IL 62938</td>
<td>618.949.3304</td>
<td></td>
</tr>
<tr>
<td>Cache River Wetlands Center</td>
<td><a href="http://www.friendsofthe.cache.org">www.friendsofthe.cache.org</a></td>
<td>18 mi</td>
<td></td>
</tr>
<tr>
<td>Grand Chain Lodge &amp; Campground</td>
<td>495 Lighthouse Ln., Grand Chain, IL 62941</td>
<td>618.634.9411</td>
<td></td>
</tr>
<tr>
<td>Main Brothers Campground</td>
<td>164-224 S. Franklin St., Karnak, IL 62956</td>
<td>618.634.9311</td>
<td></td>
</tr>
<tr>
<td>Shawnee Community College</td>
<td>8364 Shawnee College Rd., Ullin, IL 62992</td>
<td>1 mi/Easy</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Name</td>
<td>Address</td>
<td>Distance/Type</td>
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<td>----------------------------------------</td>
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<tr>
<td>Randolph</td>
<td>Randolph Cohen Complex</td>
<td>Chester, IL 62233</td>
<td>.72 mi/Easy/Paved</td>
</tr>
<tr>
<td></td>
<td>Piney Creek Ravine Nature Reserve</td>
<td><a href="http://www.alltrails.com/trail/us/illinois/piney-creek-ravine-nature-reserve-trail">www.alltrails.com/trail/us/illinois/piney-creek-ravine-nature-reserve-trail</a></td>
<td>3.1 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Randolph Co. State Recreation Area</td>
<td>4301 S. Lake Dr., Chester, IL 62233</td>
<td>Various Trails</td>
</tr>
<tr>
<td>Saline</td>
<td>Eldorado Bicycle &amp; Walking Path</td>
<td>SR 142 &amp; Bixler Rd., Eldorado, IL 62930</td>
<td>2.2 mi/Rail Trail</td>
</tr>
<tr>
<td></td>
<td>Ohio River Visitors Center</td>
<td>State Fish &amp; Wildlife Area</td>
<td>5.6 mi/Greenway/Non-RT</td>
</tr>
<tr>
<td>Union</td>
<td>Anna City Park</td>
<td>Wright Dr., Anna, IL 62906</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Anna Jonesboro Com HS Track</td>
<td>608 S. Main St., Anna, IL 62906</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Choate’s History Trail</td>
<td>1000 N. Main St., Anna, IL 62906</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cobden City Park</td>
<td>217 Locust St., Cobden, IL 62920</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jonesboro Grade School Track</td>
<td>309 Cook Ave., Jonesboro, IL 62952</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lincoln Memorial Trail</td>
<td>N. Main St., Jonesboro, IL 62952</td>
<td>.47 mi/Easy</td>
</tr>
<tr>
<td></td>
<td><strong>Surrounding Areas/Counties</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kentucky</td>
<td>Greenway Trail</td>
<td><a href="http://www.paducahky.gov/walks-trails">www.paducahky.gov/walks-trails</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tour the Floodwall Murals</td>
<td><a href="http://www.paducahky.gov/walks-trails">www.paducahky.gov/walks-trails</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cellphone Walking Tour of Downtown</td>
<td><a href="http://www.paducahky.gov/walks-trails">www.paducahky.gov/walks-trails</a></td>
<td></td>
</tr>
<tr>
<td>Missouri</td>
<td>Arena Park</td>
<td>410 Kiwanis Dr., Cape Girardeau, MO 63701</td>
<td>1.06 mi/Moderate</td>
</tr>
<tr>
<td></td>
<td>Cape LaCroix Recreation Trail</td>
<td><a href="http://www.traillink.com/trail/cape-lacroix-recreation-trail.aspx">www.traillink.com/trail/cape-lacroix-recreation-trail.aspx</a></td>
<td>4.4 mi/Moderate</td>
</tr>
</tbody>
</table>
Physicians-Diabetes Specialists (Endocrinology)

Endocrinology deals with hormone-secreting glands (e.g.: thyroid, pituitary, adrenal, ovaries, pancreas, testes, etc.) and also deals with diabetes. Endocrinologists are listed below:

Franklin, Hardin, Jackson, Johnson, Massac, Pulaski, Union Counties -
Check “Surrounding Area” section or other counties listed.

Alexander County

Cairo Mega Clinic
Address: 13245 Kessler Rd., PO Box 233, Cairo, IL 62914-3103
Phone: 618.734.4400

Gallatin County

Gallatin County School Wellness Center
Natalie Finnie, FNP-C
Address: 5175 Hwy 13, Junction, IL 62954
Phone: 618.272.7132
Hours: M - Thurs 7:30 am - 3 pm; F 8 am - 11 am
Email: nfinnie@egyptian.org
Website: www.egyptian.org
“This provider is not an endocrinologist, but she is knowledgeable on diabetes as she cares for many patients with diabetes.”

Hardin, Johnson, Massac, Pope, Pulaski, Union Counties -
Check “Surrounding Area” section or other counties listed.

Jackson County

SIH Center for Medical Arts
Dr. Anne Margarette Bacal and Dr. Nishat Fatima
Address: 2601 W. Main St., Carbondale, IL 62901
Phone: 618.549.5361 ext. 25530
Provides adult care for diabetes and endocrinology, accepts all insurances.

Cedar Court Clinic
Address: 1340 Cedar Court, Carbondale, IL 62901-5336
Phone: 618.457.7821

Perry County

Marshall Browning Hospital
Pam Logan
Address: 900 N. Washington St., Du Quoin, IL 62832
Phone: 618.542.2146
Email: pam.logan@mbhdq.com
Issa Abedmahmoud, MD, (aka Dr. Abed)
Endocrinology Clinic
Address: 900 N. Washington St., Du Quoin, IL 62832
Phone: 618.542.2146
Website:
Every Monday, Tuesday and 2 Fridays/month

Saline County

Christopher Rural Health Planning Corporation (CRHPC), Eldorado Health Care Center
Curt Morris, PA-C
Address: 1401 US Hwy. 45 N., Eldorado, IL 62930
Phone: 618.273.2951
Hours: M - F 7:30 am - 4:30 pm
Email: cmorris@crhpc.org
Website: www.crhpc.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale. “This provider is not an endocrinologist, but he is knowledgeable on diabetes as he cares for many patients with diabetes.”

Community Health & Emergency Services (CHESI), Harrisburg Community Center
Maureen Klemme, CPN (She is also listed for Alexander Co.)
Address: 205 N. Main St, Harrisburg, IL 62946
Phone: 618.253.8450
Hours: M - Sun 8:30 am - 5 pm; OPEN WEEKENDS
Email: mklemmme@chesi.org
Website: www.chesi.org
Accepts Medicaid for adults and children, most insurances, & offers a sliding fee discount. “This provider is not an endocrinologist, but she is knowledgeable on diabetes as she cares for many patients with diabetes.”

Williamson County

Elizabeth Lawler, MD
Address: 1129 N Carbon St., Marion, IL 62959
Phone: 618.998.0123
Fax: 877.618.9533
Hours: M - F 6:30 am - 3:30 pm

Surrounding Area

Joslin Diabetes Center
Address: 775 Sunset Blvd. #B, O’Fallon, IL 62269
Phone: 217.787.8870
Dermatologist

A dermatologist is the medical expert you should consult if you have any significant problem with your skin. Dermatology is the science that is concerned with the diagnosis and treatment of diseases of the skin, hair and nails.

Saline County
Southern Illinois Dermatology
Dr. Ted G. Van Acker
Address: 300 W. Small St. #1, Harrisburg, IL 62946
Phone: 618.252.8535
Hours: M 7:30 am - 4:30 pm; T & F 7 am - 5 pm, W & Thurs 8 am - 4 pm
Website: www.siderm.com

Wound Care

Any technique that enhances the healing of skin abrasions, blisters, cracks, craters, infections, lacerations, necrosis, and/or ulcers.

Baptist Health Paducah Wound Care Center
Address: 2501 Kentucky Ave. DOB 2, Ste. 103, Paducah, KY 42003
Phone: 270.575.2414

Bradbury Rural Health Clinic - Wound Care Center
Address: 211 S. Burns Ave., Sparta, IL 62286
Phone: 618.443.1303
Hours: By appointment

Ferrell Hospital
Address: 1201 Pine St., Eldorado, IL 62930
Phone: 618.297.9623
Website: www.ferrellhosp.org

Healogics Wound Healing – St. Joseph Memorial Hospital
Address: 2 S. Hospital Dr., Murphysboro, IL, 62966
Phone: 618.684.1035 (Hospital phone: 618.684.3156)
Hours: M - F 8 am - 4:30 pm
Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.

Lourdes Hospital Wound Care Center
Address: 225 Medical Center Dr., Ste. 205, Paducah, KY 42003
Phone: 270.441.4462
Hours: M - Thurs 8 am - 5 pm, F 8 am - 12 pm

Wound Clinic – Marshall Browning Hospital
Address: 900 N. Washington Street, Du Quoin, IL 62832
Phone: 618-542-1045
Older Adult Health Center
Address: 325 Spring St., Red Bud, IL 62278
Phone: 618.282.7373
Fax: 618.282.7376
Hours: M - F 8 am - 5 pm

SIH Herrin Hospital Wound Care
Address: 315 S. 13th St., Herrin, IL 62948
Phone: 618.988.6157
Hours: M - F 8 am - 4:30 pm
Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.

SIH Center for Wound Healing – St. Joseph Memorial Hospital
Jason Liang, DPM and Kati Rush, DPM
Address: 2 S. Hospital Dr., Murphysboro, IL 62966
Phone: 618.684.1035
Fax: 618.684.1036
Hours: M - F 8 am - 4:30 pm

Union County Hospital Wound Care
Tamer Aiiti M.D.
Address: 515 N. Main St., Ste. D, Anna, IL 62906
Phone: 618.833.2872
Fax: 618.833.2414
Hours: Appointments on Thurs only
Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.

Wound Care Specialists - Pinckneyville Community Hospital
Address: 5383 St. Rt. 154, Pinckneyville, IL 62274
Phone: 877.295.2273
Referral required.
Podiatrists / Foot Care
Diabetes can affect the blood circulation to your legs and feet. If you have diabetes, it is recommended that you get an annual foot exam by a podiatrist.

Alexander County
CHESI CDX-Community Health Emergency Services Inc.
Ronald S Slatick, DPM
Address: 13245 Kessler Rd., Cairo, IL 62914
Phone: 618.734.4400
Available at this location on Thursdays from 1 pm - 5 pm.

Franklin County
SIH Medical Group Podiatry at Logan Primary Care - West Frankfort
Jason Liang, DPM
Address: 502 W. St. Louis St., Ste. 4, West Frankfort, IL 62896
Phone: 618.565.1000    Fax: 618.565.1010
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Stephen L. Ponton, DPM
Address: 215 N. Logan St., West Frankfort, IL 62896
Phone: 618.937.2200

Hardin County  - Check “Surrounding Area” section or other counties listed.

Jackson County
SIH Medical Group Podiatry at Medical Arts Clinic
Kati Rush, DPM & Jason Liang, DPM
Address: 19 E. Shawnee Dr., Ste. 2, Murphysboro, IL 62966
Phone: 618.565.1000    Fax: 618.565.1010
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Johnson County  - Check “Surrounding Area” section or other counties listed.

Massac County
Dean Hinners, DPM
Address: 412 W. 10th St., Metropolis, IL 62960
Phone: 618.524.8146
Hours: M - F 9 am - 5 pm
**Perry County**

Next Step Foot & Ankle - Pinckneyville Community Hospital  
Daniel Thouvenot, DPM  
Address: 5383 St. Rt. 154, Pinckneyville, IL 62274  
Phone: 618.236.7444

Podiatry Clinic – Marshall Browning Medical Clinic  
David Dickinson, DPM  
Address: 900 N. Washington St., Du Quoin, IL 62832  
Phone: 618-542-1050  
**Hours:** M, T, W 8 am - 7 pm  
**Website:** www.marshallbrowninghospital.com

**Pulaski County** - Check “Surrounding Area” section or other counties listed.

**Pope County**

Community Health & Emergency Services (CHESI)-Pope County Clinic  
Address: 217 S. Adams St., Golconda, IL 62938  
Phone: 618.683.3781  
**Hours:** M - F 8 am - 5 pm (Last appointment at 4 pm).  
*Podiatrist available every six weeks, call for details and dates.*

**Randolph County**

Amanda Hart, DPM  
Memorial Hospital  
Address: 13245 Kessler Rd., Cairo, IL 62914  
Phone: 618.277.5700

**Saline County**

HMC Specialty Clinic  
Mitchell Cook, DPM  
Address: 117 E. Clark St., Harrisburg, IL 62946  
Phone: 618.294.9300  
Fax: 618.252.1326  
**Hours:** M - F 8 am - 4:30 pm (Call for appointment)  
**Website:** https://public.sih.net/physicians.nsf/docs/Mitchell-Cook#.WpWYLajwYRF

SIH Medical Group Podiatry  
Daniel Brown, DPM & David Dickinson, DPM  
Address: 250 Small St., Harrisburg, IL 62946  
Phone: 618.294.8466  
**Hours:** M - Thurs 8 am - 5 pm; F 8 am - 12 noon  
**Website:** www.sifootdoctor.com  
*No Medicaid; waivers for hardship*
Union County

SIH Medical Group Podiatry at Anna Primary Care
Kati Rush, DPM
Address: 98 Peach Ridge Rd., Anna, IL 62906
Phone: 618.614.1400  Fax: 618.614.1401
Hours: Appointments on Thurs only
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Union County Podiatry
Jeffery Deacon, DPM
Address: 515 N. Main St., Ste. E. Anna, IL 62906
Phone: 618.833.2872
Days available may vary, must call for an appointment.

Williamson County

Family Foot & Ankle Center of Southern Illinois
Melinda Moore, DPM
Address: 3022 S. Park Ave., Herrin, IL 62948
Phone: 618.942.3334

SIH Medical Group Podiatry-Herrin
Amanda Brazis, FPM; Mitchell Cook, DPM; Jason Liang, DPM
Address: 3307 Logan Dr., Herrin, IL 62948
Phone: 618.993.0900  Fax: 618.993.9994
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Southern Illinois Podiatry
David Dickinson, DPM & Daniel Brown, DPM
Address: 101 N. 16th St., Herrin, IL 62948
Phone: 618.988.6034

William P. Hess, DPM
Address: 1506 W. Main St., Marion IL 62959
Phone: 618.997.9369

Surrounding Area

Ronald S. Slatinck, DPM
Address: 131 Nahm St., Ste. 2, Paducah, KY 42001
Phone: 270.443.1170

Stivers & Stivers, DPM
Address: 2000 Kentucky Ave., Paducah, KY 42001
Phone: 270.444.9011
Smoking Cessation
According to the CDC, persons with diabetes who also smoke are more likely to have serious health problems from diabetes. Evidence shows that smoking causes type 2 diabetes; smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers. Smokers who also have diabetes tend to experience higher risks for serious complications, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation (removal of a body part by surgery, such as toes or feet)
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves to the arms and legs that causes numbness, pain, weakness, and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away. Many free services are available to help, including:

Egyptian Health Department
Kimberly E. Scott-Pilkington
Address: 1412 US Hwy. 45 N., Eldorado, IL 62930
Phone: 618.273.3326 ext. 2143
Fax: 618.273.2808
Hours: M, W, F 8 am - 5 pm; T, Thurs 8 am - 8 pm
Website: www.egyptian.org

Southern Seven Health Department
Natalie Sawyer
Address: 37 Rustic Campus Drive, Ullin, IL 62992
Phone: 618.634.2297 ext. 136
Email: nsawyer@s7hd.org

American Cancer Society – Quit For Life Program
The Quit for Life Program, developed by the American Cancer Society and Alere, is a 24/7 phone-based coaching and web-based learning support service to help smokers quit. Participants are matched with a quit coach who helps develop a personalized quit plan, provides guidance in choosing medicines, and gives ongoing follow-up support. For more information, visit: https://www.quitnow.net

1-800-QUIT NOW
1-800-Quit-Now is a national router number which accepts callers from throughout the nation, seamlessly directing them to the appropriate state quitline. For more information, call 1-800-784-8669 (1-800-QUIT-NOW) or visit: CDC.gov/tips. Spanish-speakers can call 1-855-DÉJELO-YA (1-855-335-3569) or visit: CDC.gov/consejos.

Illinois Quitline
1-866-QUIT-YES (1-866-784-8937) Call 7 am - 11 pm, seven days a week, or visit: http://www.quityes.org. Receive individual counseling, advice, tips, and encouragement. Call as often as needed for FREE.
Smokefree.gov
Smokefree.gov, managed by the National Cancer Institute (NCI), provides information and professional assistance to support those who want to quit smoking. The website allows users to choose the help that best fits their needs. Available assistance includes:

- Online step-by-step cessation guide
- Local and State telephone quit lines
- NCI's National telephone quit line
- NCI's instant messaging service
- Publications (download, print, or order)

Saline County

Harrisburg Medical Center
Tonya Potts, Director Respiratory Therapy/Sleep Lab
  Address: 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946
  Phone: 618.253.7671 ext. 10345
  Email: tpotts@harrisburgmc.com
  Website: www.harrisburgmc.com
  Provides one on one cessation assistance.

Ferrell Hospital
Freedom from Smoking
Beth Casteel, MHA, RRT, RPFT, Director of Cardiopulmonary Services
  Address: 1201 Pine St., Eldorado, IL 62930
  Phone: 618.297.9651
  Website: www.ferrellhosp.org

Primary Care
April Bebout, LPN
  Address: 117 E. Clark St., Harrisburg, IL 62946
  Phone: 618.252.8625
  Website: www.primarycaregroup.com
  Free class to their patients. Provides one on one group sessions.

Courage to Quit (Respiratory Health Association)
Courage to Quit® is an evidence-based group or individual tobacco treatment program for adults available in multiple formats with flexible content that can be customized for delivery. It is the cessation component of RHA’s integrated tobacco intervention program. Courage to Quit®’s effectiveness has been documented in the American Journal for Public Health. Visit: www.couragetoquit.org for more detailed information.
Transportation

Below is a listing of transportation resources in our area. Many communities also have taxi services available. See the phone book for more information about taxi services in your area.

Care-A-Van (Herrin)
Phone: 618.942.5900
Serves 15-mile radius of Herrin Hospital.
Takes patients to and from hospital. Curb-to-curb service with assistance from family.
M - F from 7:30 am - 4:30 pm. No cost; donations are accepted.

Department of Human Services
(All requests handled by First Transit)
Phone: 877.725.0569
Hours: Depends on provider.
Cost: None
Rules:
1. Rider must be on the state medical program and need transportation.
2. Transportation must be pre-approved.
3. Must use approved transportation provider.
4. Provider must apply with to the Department of Human Services to become approved.
5. Only cover to nearest facility.

Monroe Randolph Transit District
Routes: Public transportation in Monroe and Randolph Counties.
Services must be scheduled at least 24 hours in advance.
Hours: M - F 5:30 am - 4:30 pm
Phone: 618.443.9087
Cost: $6.00 one way
Email: mrt.dispatch@gmail.com
MRT welcomes people of all ages, abilities, and incomes. Vehicles are ADA compliant, contain lifts, and offer transfer chairs for those with mobility issues. Drivers are trained and experienced. MRT is also a Medicaid transportation provider and will bill Medicaid for any pre-approved medical trips.

Jackson County Mass Transit District
Routes: Routes by appointment in Jackson County.
Hours: M - F 7 am - 5:30 pm, Sat 8 am - 2 pm
Phone: 618.549.0304, 1.866.844.7433
Cost: $2 general public; $1 for seniors, students, disabled, $ veterans, passes available

Rides Mass Transit District – by county
For all counties:
Email: rmtd@shawneelink.com Website: www.ridesmtd.com

Rides Mass Transit District-Crawford County
Routes: Routes by appointment in Crawford & Jasper County
Phone: 618.544.8800, 866.389.7536

Rides Mass Transit District-Edgar County
Routes: Routes by appointment in Edgar, Clark, & Cumberland County
Phone: 217.466.6921, 866.384.0503

Rides Mass Transit District-Richland County
Routes: Routes by appointment in Richland & Lawrence County
Phone: 618.395.1272, 877.667.6118
Rides Mass Transit District-Saline County
Routes: Routes by appointment in Saline, Gallatin, Hardin, & Pope County
Phone: 618.252.4662, 877.667.6119

Rides Mass Transit District-Wayne County
Routes: Routes by appointment in Wayne & Edwards County
Phone: 618.847.4077, 877.667.6117

Rides Mass Transit District-White County
Routes: Routes by appointment in White, Wabash, & Hamilton County
Phone: 618.375.7126, 877.667.6118

Rides Mass Transit District-Williamson County
Routes: Routes by appointment in Williamson County
Phone: 618.993.1900, 844.220.1243

Rides Plus
Phone: 618.215.3761, 844.220.1243
Website: www.ridesmtd.com
Rides Plus is a not-for-profit company that coordinates non-emergency medical transportation in advance for area hospitals and healthcare providers.

Saluki Express/Rides Plus
Phone: 618.993.1900, 844.220.1243
Routes: Carbondale
Mobile App: Transloc Inc.
Website: https://studentcenter.siu.edu/services/saluki-express

Shawnee Mass Transit District
Phone: 866.577.6278
Areas: Anna, Vienna, Paducah, Metropolis, Jonesboro, Brookport, Carbondale, Mounds City, Mounds, Cobden, Ullin, Dongola, Pulaski, Tamms, Olive Branch, Thebes, Cairo and Cape Girardeau.
Counties: Alexander, Johnson, Massac, Pulaski and Union County
Website: www.shawneemtd.com
Shawnee MTD assists with non-emergency medical transportation including hospital or ER discharges, or medical appointments.

South Central Transit
Phone: 800.660.7433

Upscale Cab Service
Routes: Routes by appointment
Phone: 618.450.0488
Hours: 24 hrs./day depending on availability
Cost: CASH only
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**Glossary of Terms**

**A1C** (Also called hemoglobin A1C or glycosylated hemoglobin): A test that measures a person’s average blood glucose level over the past 2 to 3 months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. The test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood. Results are given as a percentage or as an average glucose value, called an estimated average glucose.

**Blood Glucose**: (bluhd) (GLOOkohss): the main sugar found in the blood and the body’s main source of energy. Also called blood sugar.

**Blood Glucose Meter**: (bluhd) (GLOOkohss) (MEE-tur): a small, portable machine used by people with diabetes to check their blood glucose levels. After pricking the skin with a lancet, one places a drop of blood on a test strip in the machine. The meter then displays the blood glucose reading.

**Blood Pressure**: the force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as two numbers. For example, a blood pressure result of 120/80 is said as “120 over 80.” The first number is the systolic pressure or the pressure when the heart pushes blood into the arteries. The second number is the diastolic pressure or the pressure when the heart rests.

**Body Mass Index**: (BMI): a measure used to evaluate body weight relative to a person’s height. BMI is used to find out if a person is underweight, normal weight, overweight, or obese.

**Calorie**: a unit representing the energy provided by food. Carbohydrate, fat, protein, and alcohol provide calories in the diet. Carbohydrate and protein have 4 calories per gram, fat has 9 calories per gram, and alcohol has 7 calories per gram.

**Carbohydrate**: (KAR-boh-HYdrayt): one of the three main nutrients in food. Foods that provide carbohydrate are starches, vegetables, fruits, dairy products, and sugars.

**Carbohydrate Counting**: (KAR-bohHY-drayt) (KOUN-ting): a method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in food.

**Certified Diabetes Educator**: (CDE) (SER-tyuhd) (DY-uh-BEEteez) (EH-juh-KAY-tur): a health care professional with expertise in diabetes education who has met eligibility requirements and successfully completed a certification exam.

**Chronic Kidney Disease**: (CKD) (KRON-ik) (KID-nee) (dih-ZEEZ): any condition that causes reduced kidney function over a period of time. CKD is present when a patient’s kidney filtration rate remains below 60 milliliters per minute for more than 3 months. CKD may develop over many years and lead to end-stage renal disease.

**Circulation**: (SUR-kyoo-LAYshuhn): flow of blood through the body’s blood vessels and heart.

**Complications**: (KOM-plih-KAYshuhn): harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure, and LDL cholesterol levels close to normal can help prevent or delay these problems.
Diabetes: (DY-uh-BEE-teez): condition characterized by hyperglycemia (high blood glucose) resulting from the body’s inability to use blood glucose for energy. In type 1 diabetes, the pancreas no longer makes insulin; therefore, blood glucose cannot enter the cells to be used for energy. In type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly. Also called Diabetes Mellitus.

Diabetic Ketoacidosis: (DKA) (DY-uh-BET-ik) (KEE-toh-ASSih-DOH-siss): emergency condition in which extremely high blood glucose levels, along with a severe lack of insulin, result in the breakdown of body fat for energy and an accumulation of ketones in the blood and urine. Signs of DKA are nausea and vomiting, stomach pain, fruity breath odor, and rapid breathing. Untreated DKA can lead to coma and death.

Diabetic Retinopathy: (DY-uhBET-ik) (RET-ih-NOP-uh-thee): damage to the small blood vessels in the retina. Loss of vision may result. Also called Diabetic Eye Disease.

Dietitian: (DY-uh-TISH-uhn): health care professional who advises people about meal planning, weight control, and diabetes management. A registered dietitian (RD) has met certain educational and internship requirements.

Endocrinologist: (EN-doh-krihNOL-uh-jist): doctor who treats people who have endocrine gland problems such as diabetes.

Fructose: (FROOK-tohss): sugar that occurs naturally in fruits and honey. Fructose has 4 calories per gram.

Gastroparesis: (GASS-troh-puhREE-siss): form of neuropathy that affects the stomach. Digestion of food may be incomplete or delayed, resulting in nausea, vomiting, or bloating, making blood glucose control difficult.

Glaucoma: (glaw-KOH-muh): increase in fluid pressure inside the eye that may lead to vision loss.

Glucagon: (GLOO-kuh-gon): a hormone produced by the alpha cells in the pancreas. Glucagon raises blood glucose. An injectable form of glucagon, available by prescription, may be used to treat severe hypoglycemia.

Glycemic Index: (gly-SEE-mik) (IN-deks): ranking of a carbohydrate-containing food, based on the food’s effect on blood glucose compared with a standard reference food.

Glycemic Load: (gly-SEE-mik) (lohd): ranking of a carbohydrate-containing food, based on the food’s glycemic index and the amount of carbohydrate in a typical serving.

Gram: unit of weight in the metric system. An ounce equals 28 grams. In some meal plans for people with diabetes, the suggested amounts of food are given in grams.

Hormone: chemical produced in one part of the body and released into the blood to trigger or regulate particular functions of the body. For example, insulin is a hormone made in the pancreas that tells other cells when to use glucose for energy. Synthetic hormones, made for use as medicines, can be the same or different from those made in the body.

Hyperglycemia: (HY-pur-glySEE-mee-uh): higher than normal blood glucose. Fasting hyperglycemia is blood glucose above a desirable level after a person has fasted for at least 8 hours. Postprandial hyperglycemia is blood glucose above a desirable level 1 to 2 hours after a person has eaten.

Hyperinsulinemia: (HY-pur-IN-suhlin-EE-mee-uh): condition in which the level of insulin in the blood is higher than normal. It is caused by overproduction of insulin by the body, and is related to insulin resistance.
Hypertension: (HY-pur-TENshuhn): condition present when blood flows through the blood vessels with a force greater than normal. Also called High Blood Pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems, and death.

Hypoglycemia: (HY-poh-glySEE-mee-uh): also called low blood glucose, a condition that occurs when one’s blood glucose is lower than normal, usually below 70 mg/dL. Signs include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. If left untreated, hypoglycemia may lead to unconsciousness. Hypoglycemia is treated by consuming a carbohydrate-rich food such as glucose tablets or juice. Hypoglycemia may also be treated with an injection of glucagon if the person is unconscious or unable to swallow. Also called an Insulin Reaction.

Impaired Fasting Glucose (IFG) (im-PAIRD) (FASS-ting) (GLOO-kohnss): condition in which a fasting blood glucose test shows a level of glucose higher than normal but not high enough for a diagnosis of diabetes. IFG, also called pre-diabetes, is a level of 100 to 125 mg/dL. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease and stroke.

Impaired Glucose Tolerance: (IGT) (im-PAIRD) (GLOO-kohss) (TOL-ur-uhnss): condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. IGT, also called pre-diabetes, is a level of 140 to 199 mg/dL 2 hours after the start of an oral glucose tolerance test. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for IGT that are no longer used are “borderline,” “subclinical,” “chemical,” or “latent” diabetes.

Insulin: (IN-suh-lin): hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, insulin must be taken by injection or other means.

Insulin Resistance: (IN-suh-lin) (ree-ZISS-tuhnss): the body’s inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood.

Lancet: (LAN-set): spring-loaded device used to prick the skin with a small needle to obtain a drop of blood for blood glucose monitoring.

Lipid profile: (LIP-id) (PROH-fyl): blood test that measures total cholesterol, triglycerides, and HDL cholesterol. LDL cholesterol is then calculated from the results. A lipid profile is one measure of a person’s risk of cardiovascular disease.

Metabolic Syndrome: (MET-uhBOL-ik) (SIN-drohm): grouping of health conditions associated with an increased risk for heart disease and type 2 diabetes. Conditions include hypertension, a large waist, high triglyceride levels, low HDL cholesterol levels, and above-normal blood glucose levels. Metabolic syndrome was previously called Syndrome X.

Nephropathy: (neh-FROP-uhthee): disease of the kidneys. Hyperglycemia and hypertension can damage the kidneys’ glomeruli. When damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove wastes and extra fluid from the bloodstream.

Neuropathy: (noo-ROP-uhthee): disease of the nervous system. Three major forms in people with diabetes are peripheral neuropathy, autonomic neuropathy, and mononeuropathy. The most common form is peripheral neuropathy, which affects the legs and feet.

Obesity: (oh-BEE-sih-tee): condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more.
**Oral Glucose Tolerance Test:** (OGTT) (OR-uhl) (GLOO-kohss) (TOL-ur-uhnss) (test): test to diagnose pre-diabetes and diabetes. The test is given by a health care professional after an overnight fast. A blood sample is taken and then the patient drinks a high-glucose beverage. Blood samples are taken at hourly intervals for 2 to 3 hours. Test results are compared with a standard and show how the body uses glucose over time.

**Overweight:** above-normal body weight; having a body mass index of 25 to 29.

**Pancreas:** (PAN-kree-uhss): organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand.

**Pancreatitis:** (PAN-kree-uh-TYtiss): irritation of the pancreas that can cause it to stop working. Can be acute or chronic. Diabetes may develop when pancreatic tissue is destroyed from chronic pancreatitis and the insulin-producing cells of the pancreas, called beta cells, have been damaged. Pancreatitis can also occur as a side effect of the diabetes medication exenatide (Byetta).

**Peripheral Artery Disease:** (PAD) (puh-RIF-ur-uhl) (ar-TEEree-uhl) (dih-ZEEZ): also called peripheral vascular disease; a condition in which the large blood vessels of the legs are narrowed or blocked by fatty deposits, decreasing blood flow to the legs and feet. PAD increases the chances of amputation, heart attack, and stroke.

**Pre-diabetes:** (PREE-dy-uh-BEEteez): condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.

**Protein:** (PROH-teen): 1. One of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. 2. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.

**Saccharin:** (SAK-uh-rin): dietary sweetener with no calories and no nutritional value

**Saturated Fat:** type of dietary fat that can increase the risk of heart disease. It is found in meat, poultry skin, butter, lard, shortening, and all milk and dairy products except fat-free versions.

**Self-Management:** the ongoing process of managing diabetes including meal planning, planned physical activity, blood glucose monitoring, taking diabetes medicines, handling episodes of illness and of low blood glucose and high blood glucose, managing diabetes when traveling, and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, dietitians, pharmacists, and others.

**Sorbitol:** (SOR-bih-tol): 1. sugar alcohol—a sweetener—with 4 calories/gram. 2. substance produced by the body in people with diabetes that can cause damage to the eyes and nerves.

**Stroke:** condition in which the blood supply to the brain is suddenly cut off, caused by a blockage or the bursting of a blood vessel in the brain or neck. Then brain tissue can be damaged. A stroke can cause a person to lose the ability to speak or move parts of the body.

**Sucralose:** (SOO-kruh-LOHSS): dietary sweetener made from sugar but with no calories and no nutritional value.

**Sugar Alcohols:** sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about 2 calories per gram. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. Also known as polyols.
**Time in Range (TIR):** a standard measurement in diabetes management that tracks the amount of time a person’s glucose is in their target range, with 70-180 mg/dL being the standard range. Spending more TIR helps minimize both short- and long-term health complications from going too high or low.

**Trans Fat:** type of dietary fat that increases the risk of heart disease. Trans fat is produced when liquid oils are turned into solids through a process called hydrogenation. Foods with trans-fat include those listing hydrogenated or partially hydrogenated fat on the label, such as crackers, snack foods, commercially produced baked goods, and some stick margarines.

**Triglyceride:** (try-GLISS-ur-eyed): the storage form of fat in the body. High triglyceride levels may occur when diabetes is out of control.

**Type 1 Diabetes:** (typ) (whuhn) (DY-uh-BEE-teez): this is an autoimmune disorder affecting the pancreas. In Type 1 diabetes the pancreas ceases to make or excrete insulin. Type 1 is most prevalent in children, however can occur in adults.

**Type 2 Diabetes:** (typ) (too) (DY-uhBEE-teez): condition characterized by high blood glucose levels caused by either a lack of insulin or the body’s inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in children, teens, and young people.

**Urinalysis:** (YOOR-i-NAL-ih-siss): test of a urine sample that can reveal many problems of the urinary tract and other body systems. The sample may be observed for color, cloudiness, concentration; signs of drug use; chemical composition, including glucose; the presence of protein, blood cells, or germs; or other signs of disease.

**Xylitol:** (ZY-lih-tol): a carbohydrate-based sweetener found in plants and used as a substitute for sugar; provides calories. Found in some mints and chewing gum.

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This booklet was made possible through the efforts of members of the Diabetes Today Resource Team.

For more information, to provide updates or to be listed in this resource guide
Call (618) 684-3143, ext. 134 or 133

Original Publication: July 2011, revised January 2020
Put Life Back Into Your Life
Take Charge of Your Health: Live Well, Be Well Workshop

You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. Learn from trained volunteer leaders with health conditions themselves. Set your own goals and make a step-by-step plan to improve your health and your life.

Join a free 2 ½-hour Take Charge of Your Health: Live Well, Be Well Workshop, held each week for six weeks.

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To Register or get more information, please call: SIH Community Health Coordinator at 618.457.5200 ext. 67837

Southern Illinois Healthcare
1239 E Main Street
Carbondale, IL 62901
618.457.5200
www.sih.net

National Help Lines

1.888.693.6337 National Diabetes Education Program
Sponsored by the National Institute of Diabetics, Digestive and Kidney Diseases and Center for Diabetes Control and Prevention.

1.800.891.5390 (Kidney)
1.800.860.8747 (Diabetes)
1.800.891.5389 (Digestive Diseases)
National Institute of Diabetes and Digestive and Kidney Diseases

1.800.342.2383 Diabetes Helpline
Sponsored by the American Diabetes Association (ADA)