

2020

Diabetes Resource Guide
10th Edition



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.

Table of Contents

	Page
Diabetes Overview	5
Getting Tested?	6
Managing Diabetes	7
Certified Diabetes Educators and Registered Dietitians	8
Dental Care	15
Diabetes Education and Information	21
Diabetes Support Group/ Diabetic Services	24
Eye Health and Vision Resources	26
Hearing Services	31
Financial Assistance	32
Health Care Resources & Centers	35
Rural Health Clinics	36
Veterans Affairs Medical Centers (For Veterans Only)	44
Pharmacies	45
Physical Activity Programs	50
Walking Paths and Parks	53
Physicians-Diabetes Specialists (Endocrinology)	57
Dermatologists	59
Wound Care	59
Podiatrists/ Foot Care	61
Smoking Cessation	64
Transportation	66
Diabetes Self-Management Smartphone Apps	68
Glossary of Terms	69

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.ncbde.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

Certified Diabetes Educator, located at Marshall Browning Hospital. Provides individual and group diabetes education training and counseling. Provides diabetes & nutrition education, group education classes, training on testing blood sugar. Focus on insulin and insulin delivery devices. Certified pump trainer for Medtronic, Tandem, and Omnipod. Certified Trainer for Continuous Glucose Monitoring for Medtronic and Dexcom. Physician referral is required. Billing is through Marshall Browning Hospital.

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@mhchester.com

Website: www.mhchester.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.ferrellhosp.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

VA/DoD Clinical Practice Guide: www.healthquality.va.gov/guidelines/cd/diabetes
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

Accepts Medicaid-eligible children. Residents of Franklin, Perry, Williamson, Clay, Jefferson, Gallatin, Saline and Wayne counties. FQHC – CRHPC. Sliding fee available. Nitrous oxide available.

Sesser Community Health Center

Address: 6294 State Hwy. 154, Sesser, IL 62884

Phone: 618.625.6979

Fax: 618.625.5362

Website: www.crhpc.org

Accepts Medicaid-eligible children age 2+. Residents of Clay, Edwards, Franklin, Gallatin, Jefferson, Perry, Saline, Wayne, White, and Williamson counties. FQHC – CRHPC. Sliding fee available. Nitrous oxide available.

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

Accepts Medicaid. No county of residence restrictions. FQHC-SHS. Sliding fee discount available. Nitrous oxide available.

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

Accepts Medicaid. No county of residence restrictions. FQHC – SHS. Sliding scale discount available. Nitrous oxide available.

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 1pm - 4pm 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

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 Giacone 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:** carmieyecare@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.taylor eyecare.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 w/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
- Rural Health, Inc., 618.833.4471, www.ruralhealthinc.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. 10th St., Metropolis IL 62960**Phone:** 618.524.3795**Massac Memorial Medical Clinic****Address:** 1204 W. 10th 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 **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 **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 **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 **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 **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 **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.integratedhealthofsi.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, DABCI

Address: 4 Smith St., Carmi, IL 62821

Phone: 618.382.3337 **Hours:** M, T, Th, F 10 am - 6 pm

Website: www.drbutton.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 8:30am - 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.

County	Pharmacy	Address	Phone
Franklin	CVS	705 W. Main St., Benton, IL 62812	618.439.6356
	Franklin Hospital	201 Bailey Ln., Benton IL 62812	618.439.3161
	Fred's Pharmacy	215 Bailey Ln., Benton, IL 62812	618.435.4894
	J&S Professional Pharmacy	309 W. St. Louis St., West Frankfort, IL 62896	618.937.2416
	Kimmel-Chaplain	205 Bailey Ln., Benton, IL 62812	618.438.2822
	Kirk's Pharmacy	114 Markey St., Christopher, IL 62822	618.724.2741
	Medicine Shoppe	301 E. Mains St., West Frankfort, IL 62896	618.937.6434
	Medi-Center	6294 IL-154, Sesser, IL 62884	618.625.8400
	Melissa D Mastri, RPH	215 Bailey Ln., Benton, IL 62812	618.435.4894
	Wal-Mart	919 Giacone Dr., Benton, IL 62812	618.435.2119
Gallatin	Medicine Shoppe	101 E. Main St., Ridgway, IL 62979	618.272.3811
	Medicine Shoppe	254 N. Lincoln Blvd. E., Shawneetown, IL 62984	618.269.6205 or 618.269.6208
Hardin	Hardin Discount Pharmacy	7 Ferrell Rd., Rosiclare, IL 62982	618.285.6618
Jackson	Family Drug	2300 W. Main St., Carbondale, IL 62901	618.529.5351
	CVS	2431 W. Main St., Carbondale, IL 62901	618.457.0491

	Kroger	501 N. Giant City Rd., Carbondale, IL 62902	618.549.9743
	Kroger	550 E. Industrial Park Rd., Murphysboro, IL 62966	618.687.9454
	Schnucks	915 W. Main St., Carbondale, IL 62901	618.351.0710
	Shawnee Health Care	7 S. Hospital Dr., Murphysboro, IL 62966	618.519.9200 (Shawnee Health Care patients only)
	Walgreens	206 S. Wall St., Carbondale, IL 62901	618.457.4104
	Walgreens	1600 W. Main St., Carbondale, IL 62901	618.457.8397
	Walgreens	503 Walnut St., Murphysboro, IL 62966	618.565.2329
	Wal-Mart	1450 E. Main St., Carbondale, IL 62901	618.549.0709
	Wal-Mart	6495 Country Club Rd., Murphysboro, IL 62966	618.687.3478
Johnson	Bode Drug	803 N. 1 st St., Vienna, IL 62995	618.657.3784
	Goreville Professional	901 S. Broadway St., Goreville, IL 62939	618.995.1555
Massac	Metropolis Drugs	1001 E. 5 th St., Metropolis, IL 62960	618.524.8316
	Metropolis Drugs II	1201 W. 10 th St., Metropolis, IL 62960	618.524.8400
	Walgreens	110 W. 10 th St., Metropolis, IL 62960	618.524.4819
Perry	Medicap	630 S. Washington St., Du Quoin, IL 62832	618.542.2333
	MediCenter	204 S. Washington St., Du Quoin, IL 62832	618.542.2575
	Stotlar Drug Store	1 N. Walnut St., Pinckneyville, IL 62274	618.357.8781
	Wal-Mart	215 E. Grantway St., Du Quoin, IL 62832	618.542.2488
Pope	Golconda Pharmacy	226 S. Adams St., Golconda, IL 62938	618.683.8253
Pulaski	Bode Pharmacy	211 Main St., Mound City, IL 62963	618.748.9253
	Rogan's County Pharmacy	201 E. Commercial St., Pulaski, IL 62976	618.342.6737
Randolph	Country Market	43 E. Highway 8, Steeleville, IL 62288	573.729.4091

	Deterding Drugs	1506 S. Main St., Red Bud, IL 62278	618.2826231
	Keil Pharmacy Inc.	1375 S. Main St., Red Bud, IL 62278	618.282.2870
	Moody Pharmacy	109 E. Broadway St., Sparta, IL 62286	618.443.2715
	Tony's MediCenter	324 W. Broadway St., Steeleville, IL 62288	618.965.3511
	Victors MediCenter	2323 Old Plank Rd., Chester, IL 62233	618.826.2511
	Wal-Mart	1410 N. Market St., Sparta, IL 62286	618.443.2436
	Wal-Mart	2206 IL-150, Chester, IL 62233	618.826.4898
Saline	Beck's Drugs	1406 Locust St., Eldorado, IL 62930	618.273.8111
	CVS	1 S. Commercial St., Harrisburg, IL 62946	618.253.8182
	Kroger	US Hwy 51 N., Harrisburg, IL 62946	618.252.8691
	Medicap	1101 US Hwy 45 N., Eldorado, IL 62930	618.273.4941
	Medicine Shoppe	304 S. Commercial St., Harrisburg, IL 62946	618.252.5349
	Walgreens	4 S. Commercial St., Harrisburg, IL 62946	618.252.0134
	Wal-Mart	710 S. Commercial St., Harrisburg, IL 62946	618.252.1610
Union	Kroger	45 Plaza Dr., Anna, IL 62906	618.833.4521
	Medicap	1785 E. Vienna St., Anna, IL 62906	618.833.9858
	Walgreens	745 E. Vienna St., Anna, IL 62906	618.833.7236
	Wal-Mart	200 Leigh Ave., Anna, IL 62906	618.833.8580
Williamson	Carterville Family Drugs	1205 S. Division St., Carterville, IL 62918	618.985.2441
	Fred's Pharmacy 2484	905 W. Main St., Marion, IL 62959	618.998.1269
	Herrin Drug	116 N. Park Ave., Herrin, IL 62948	618.942.5315
	Kroger	1704 W. DeYoung St., Marion, IL 62959	618.993.6518
	Logan Primary Pharmacy	401 Rushing Dr., Herrin, IL 62948	618.997.9997

	Logan Professional Pharmacy	303 Rushing Dr., Herrin, IL 62948	618.993.5555
	Medicine Shoppe	1315 W. Main St., Marion, IL 62959	618.997.1393
	Natural Med Apothecary	212 N. Park Ave., Herrin, IL 62948	618.942.6900
	Phil's Prescription Drugs	639 N. Pershing St., Energy, IL 62933	618.942.4631
	Tri-C Medical Pharmacy	100 S. Division St., Carterville, IL 62933	618.985.4100
	Walgreens	1710 W. DeYoung St., Marion, IL 62959	618.998.1603
	Walgreens	1606 S. Park Ave., Herrin, IL 62948	618.942.5291
	Wal-Mart	2802 Outer Road Dr., Marion, IL 62959	618.997.2021
White	CVS	1101 W. Main St., Carmi, IL 62821	618.382.5643
	Plum Street	311 Plum St., Carmi, IL 62821	618.382.8400
	Wal-Mart	1344 IL Hwy. 1, Carmi, IL 62821	618.382.5838

Surrounding Areas/Counties			
Kentucky	CVS	3275 Irvin Cobb Dr., Paducah, KY 42003	270.443.4885
	CVS	538 Lone Oak Rd., Paducah, KY 42003	270.443.8855
	CVS	3001 Loan Oak Rd., Paducah, KY 42003	270.554.9600
	Kroger	3141 Park Ave., Paducah, KY 42001	270.443.9459
	Sam's Club	3550 James Sanders Blvd., Paducah, KY 42001	270.444.6992
	Walgreens	521 Loan Oak Rd., Paducah, KY 42003	270.442.6659
	Walgreens	3360 Irvin Cobb Dr., Paducah, KY 42003	270.444.8011
	Wal-Mart	5130 Hinkleville Rd., Paducah, KY 42001	270.444.0046
	Wal-Mart	3220 Irvin Cobb Dr., Paducah, KY 42003	270.442.6404
Missouri	Medicap	1020 N. Kingshighway, Cape Girardeau, MO 63701	573.335.1002
	Medicine Shoppe	864 N. Kingshighway, Cape Girardeau, MO 63701	573.334.4761
	Schnucks	19 S. Kingshighway, Cape Girardeau, MO 63703	573.334.9125

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.

County	Facility	Location	Phone
Franklin	American Fitness LLC	310 E. Washington St., Christopher, IL 62822	618.724.4000
	Curves for Women	201 Public Square, Benton, IL 62812	618.438.0222
	Element Fitness Systems	1912 E. Oak St., West Frankfort, IL 62896	618.218.3039
	Stark Total Body Fitness and Tan	1 Rend Lake Plaza, Benton, IL 62812	618.435.3124
	West Frankfort Aquatics Center	1100 E. Cleveland St., West Frankfort, IL 62896	618.937.1665
Jackson	Carbondale Park District	www.cpkd.org	618.549.4147
	Gold's Gym	2421 W. Main St., Carbondale, IL 62901	618.457.0318
	Great Shapes Fitness for Women, Inc.	2121 S. Illinois Ave, Carbondale, IL 62903 www.greatshapesfitness.com	618.529.4404
	Murphysboro Park District	710 S. 24 th St., Murphysboro, IL 62966	618.684.3333
	Planet Fitness	675 N. Giant City Rd., Carbondale, IL 62903	618.733.3377
	SIU Student Rec Center	300 E. Grand Ave., Carbondale, IL 62901	618.453.1277
Massac	Tough Love Gym	727 E. 12 th St., Ste. B, Metropolis, IL 62960	618.309.6199
	Supercity Crossfit	214 W. 7 th St., Metropolis, IL 62960	270.841.2952
	The Zone 24 Hour Fitness	616 Market St., Metropolis, IL 62960	618.309.6086
	Thor's Gym	723 Market St., Metropolis, IL 62960	618.645.1275

Perry	Doc Z's Fitness Center	10 S. Oak St., Du Quoin, IL 62832	618.542.2165
	Du Quoin Health Center	31 S. Mulberry St., Du Quoin, IL 62832	618.542.6680
	Pinckneyville Health Care Center	708 Virginia Court, Pinckneyville, IL 62274	618.351.2493
	SI Rehab & Fitness Center	101 N. Walnut St., Pinckneyville, IL 62274	618.357.9389
Pulaski	Shawnee Community College Fitness Ctr.	Bldg. L, Rm. 2010, Ullin Campus, Grand Chain, IL 62941	800.481.2242 ext. 3230
Randolph	Vasquez's Fitness Center	2513 State St., Chester, IL 62233	618.826.5449
	YMCA	130 S Oak St., Red Bud, IL 62278	618.282.9622
Saline	Egyptian Fitness Center	101 N. Main St., Harrisburg, IL 62946	618.294.8475
	Flip Flop & Fitness	601 W. Poplar St., Harrisburg, IL 62946	618.252.8537
	Shawnee Fitness Center	311 W. Small St., Harrisburg, IL 62946	618.252.1878
	VZ Fitness	1512 Locust St., Eldorado, IL 62930	618.273.5395
Union	Fitness Forum Gym & Fitness Center	131 W. Chestnut St., Anna, IL 62906	618.833.3234
	Shawnee Community College Fitness Ctr.	Anna Campus, 1150 E. Vienna St., Anna, IL 62992	618.833.3399
	Xtreme Physique Health Club	305 N. Main St., Jonesboro, IL 62952	618.614.4924
White	Carmi Fitness Center	318 1 st St., Carmi, IL 62821	618.382.3339
Williamson	Gold's Gym	2500 Williamson Co. Pkwy., Marion, IL 62959	877.465.3703
	The Hub - Marion	917 W. Main St., Marion, IL 62959	618.997.2482
	John A. Logan College	700 Logan College Dr., Carterville, IL 62918	618.985.3741
	Planet Fitness	3000 W. DeYoung St., Unit 500, Marion, IL 62959	618.733.3388
	Vigiano's Fitness Center	1207 Weaver Rd., Herrin, IL 62948	618.988.8878

Surrounding Areas/Counties			
Kentucky	Energy Fitness	2343 New Holt Rd., Paducah, KY, 42001	270.554.7222
	Paducah Athletic Club	115 Lebanon Church Rd., Paducah, KY 42003	270.554.2582
	Planet Fitness	3430 James Sanders Blvd., Paducah, KY 42001	270.908.4500
	CrossFit Dig Deep	3660 James Sanders Blvd., Paducah, KY 42001	270.331.3731
	Snap Fitness 24-7	3215 Irvin Cobb Dr., Paducah, KY 42003	270.443.0900
	Stay Fit 24	414 Lone Oak Rd., Paducah, KY 42003	270.442.2472
Missouri	Anytime Fitness	1131 N. Kingshighway, Cape Girardeau, MO 63701	573.332.0023
	Osage Center	1625 N. Kingshighway, Cape Girardeau, MO 63701	573.339.6342
	Shawnee Park Center	835 S. West End Blvd., Cape Girardeau, MO 63703	573.339.6346

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/>.

County	Path/Park	Location	Details
Franklin-Williamson	Arrowhead Lake Nature Trail	1600 Peterson St., Johnston City, IL 62951	2.8 mi/Moderate
	Cambria Park	Maple St., Cambria, IL 62915	0.5 mi/Easy
	Cannon Park	120 N. Greenbriar Rd., Carterville, IL 62918	1 mi/Easy
	Carterville's Got Heart	101 S. Division, Carterville, IL 62918	1 mi/Easy
	Energy 'Bruce' Park	100 Front St., Energy, IL 62933	0.5 mi/Easy
	Franklin Hospital	201 Bailey Ln., Benton, IL 62812	0.5 mi/Moderate
	Herrin City Park	1010 N. 5 th St., Herrin, IL 62948	0.8 mi/Easy
	Herrin Downtown	3 South Park Ave., Herrin, IL 62948	1.66 mi/Moderate
	Herrin Hospital	201 S. 14 th St., Herrin, IL 62948	0.4 mi/Moderate
	Serenity Trail Rotary Club Williamson Co	3333 W. DeYoung St., Marion, IL 62959	0.6 mi/Moderate
	Slim Lane	Downtown Zeigler, Zeigler, IL 62999	0.25 mi/Moderate
	Super Kohl Park	Downtown Zeigler, Zeigler, IL 62999	1/5 mi/Moderate
	West Frankfort Aquatic Center	1100 E. Cleveland St., West Frankfort, IL 62896	1.5 mi/Easy
	Williamson Co Regional Airport	10400 Terminal Dr., Marion, IL 62959	0.5 mi/Easy
Gallatin	Ohio River Visitors Center	Eagle Creek Rd., Equality, IL 62934	5.6mi/Greenway/ Non-RT
Hardin	Hickory Ridge Trail	Cave-In Rock State Park	0.1 mi/Moderate Loop

Jackson	Attucks Park	400-800 N. Wall St., Carbondale, IL 62901	
	Bike Way	Across from Eastgate Shopping Ctr., Wall St Carbondale, IL 62901	
	Boys & Girls Club of Carbondale	250 N. Springer St., Carbondale, IL 62901	
	Carbondale Super Block	298 Lewis Ln., Carbondale, IL 62901	
	David Kenney Trail	Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901	
	Evergreen Park	1205 W. Pleasant Hill Rd., Carbondale, IL 62901	
	Green Earth/Oakland Nature Preserve	www.greeneearthinc.org /naturepreserves.htm	
	Herbie Beyler Trail	Bush Hill Nature Preserve, Carbondale, IL 62901	Open Dawn to Dusk
	Marberry Arboretum	S. Wall St./Pleasant Hill Rd., Carbondale, IL 62901	
	The Maurice Webb Trail	Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901	Open Dawn to Dusk
	Memorial Hospital of Carbondale	405 W. Jackson St., Carbondale, IL 62901	
	Riverside Park	2610 W. Riverside Park Rd., Murphysboro, IL 62966	
	SIU Campus Lake	South Side SIUC Campus, Carbondale, IL 62901	2.2 mi/Moderate
	SIU Student Center	1255 Lincoln Dr., Carbondale, IL 62901	0.33 mi/Easy
	St Joseph Memorial Hospital	2 South Hospital Dr., Murphysboro, IL 62966	
	The Stan Harris Trail	Oakland Nature Preserve, Carbondale, IL 62901	
	Trinity Christian School	1218 W. Freeman, Carbondale, IL 62901	
	University of Illinois Extension Office	402 Ava Rd., Murphysboro, IL 62966	

	The Woodland Spur Trail	Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901	
	The Woodland Trail	Oakland Nature Preserve, Carbondale, IL 62901	Open Dawn to Dusk
Johnson	Barkhausen Wetlands Center	8885 St. Rt. 37 S., Cypress, IL 62923	55.6 mi/Rail-Trail
	Ferne Clyffe	90 Office Dr., Goreville, IL 62939	http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM
	Tunnel Hill State Trail	www.trailink.com/trail/tunnel-hill-state-trail.aspx	
Massac	Hickory Nut Ridge Trail	Fort Massac State Park, Metropolis, IL 62960	2.5 mi/Moderate
	George Rogers Clark Discovery Trail	E. 5 th St. US 45 (Entrance to Fort Massac State Park), Metropolis, IL 62960	8.7 mi/Moderate
Perry	Du Quoin State Fairgrounds	US Rt. 51, Du Quoin, IL 62832	
	Perry County Fairgrounds	Fairground Rd., Pinckneyville, IL 62274	
	Pinckneyville City Park	920 County Rd., Pinckneyville, IL 62274	0.62 mi/Easy
Pope	River to River Guess 14	www.trails.com/us/il/pope-county	5.1 miles
	River to River Guess 15	www.trails.com/us/il/pope-county	4.0 miles
	River to River Guess 12	www.trails.com/us/il/pope-county	15.1 miles
	River to River Guess 13	www.trails.com/us/il/pope-county	1.4 miles
	Dixon Springs State Park	982 IL-146, Golconda, IL 62938	618.949.3394
	Lake Glendale Recreation Area	Lake Rd., Golconda, IL 62938	618.638.8340
	Rauchfuss Hill State Recreation Area	Golconda, IL 62938	618.949.3304
Pulaski	Cache River Wetlands Center	www.friendsofthecache.org	18 mi
	Grand Chain Lodge & Campground	495 Lighthouse Ln., Grand Chain, IL 62941	618.634.9411
	Main Brothers Campground	164-224 S. Franklin St., Karnak, IL 62956	618.634.9311
	Shawnee Community College	8364 Shawnee College Rd., Ullin, IL 62992	1 mi/Easy

Randolph	Cohen Complex	Chester, IL 62233	.72 mi/Easy/Paved
	Piney Creek Ravine Nature Reserve	www.alltrails.com/trail/us/illinois/piney-creek-ravine-nature-reserve-trail	3.1 mi/Moderate
	Randolph Co. State Recreation Area	4301 S. Lake Dr., Chester, IL 62233	Various Trails
Saline	Eldorado Bicycle & Walking Path	SR 142 & Bixler Rd., Eldorado, IL 62930	2.2 mi/Rail Trail
	Ohio River Visitors Center	State Fish & Wildlife Area	5.6 mi/Greenway/ Non-RT
Union	Anna City Park	Wright Dr., Anna, IL 62906	
	Anna Jonesboro Com HS Track	608 S. Main St., Anna, IL 62906	
	Choate's History Trail	1000 N. Main St., Anna, IL 62906	
	Cobden City Park	217 Locust St., Cobden, IL 62920	
	Jonesboro Grade School Track	309 Cook Ave., Jonesboro, IL 62952	
	Lincoln Memorial Trail	N. Main St., Jonesboro, IL 62952	.47 mi/Easy
Surrounding Areas/Counties			
Kentucky	Greenway Trail	www.paducahky.gov/walks-trails	
	Tour the Floodwall Murals	www.paducahky.gov/walks-trails	
	Cellphone Walking Tour of Downtown	www.paducahky.gov/walks-trails	
Missouri	Arena Park	410 Kiwanis Dr., Cape Girardeau, MO 63701	1.06 mi/Moderate
	Cape LaCroix Recreation Trail	www.trailink.com/trail/cape-lacroix-recreation-trail.aspx	4.4 mi/Moderate

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:

<http://www.marshallbrowninghospital.com/getpage.php?name=specialtyservices&sub=Specialty+Clinics>

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: mklemme@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 Aiti 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. Slatick, 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

Diabetic Self-Management Smartphone Apps

App Name:	Cost:	Website:
Glooko	Free with MD Sponsor	https://www.glooko.com/
Fooducate	Free (premium membership fee)	https://www.fooducate.com/
Glucose Buddy	Free with Premium Membership	https://www.glucosebuddy.com/
Diabetes Connect	Free	http://www.diabetesconnect.de/en/
OnTrack Diabetes	Free	https://www.ontrackdiabetes.com/
Diabetes Plus	Free with Premium Membership	https://itunes.apple.com/us/app/glucose-buddy-diabetes-tracker/id294754639?mt=8 or https://play.google.com/store/apps/ (search for Diabetes Plus)
MyFitnessPal	Free	https://www.myfitnesspal.com/
Calorie Counter by FatSecret	Free	https://play.google.com/store/apps or https://itunes.apple.com (search for Calorie Counter by FatSecret)
Diabetes Insight	Free	https://itunes.apple.com/us/app/diabetes-insight/id421553971?mt=8
BlueLoop	Free	https://blueloop.mycareconnect.com/
AgaMatrix Diabetes Manager	Free	https://agamatrix.com/diabetes-apps/
Diabetes Pilot	Free for iPhone (cost for other devices)	http://www.diabetespilot.com/
Glucool Diabetes	Free with Premium Membership	https://play.google.com/store/apps/details?id=com.michaelfeister.glucool.lite&hl=en_US
MyNetDiary	Cost	https://www.mynetdiary.com/
MySugr	Free	https://mysugr.com/apps/
One Drop	Free	https://onedrop.today/pages/mobile-app
Glucose-Blood Sugar Tracker	Free	https://apps.apple.com/us/app/id1135157609
Sugar Sense Diabetes App	Free	https://apps.apple.com/us/app/id880725347
Diabetes M	Free (Offers in-app purchase)	https://www.diabetes-m.com/
DiabetesPal	Free (Offers in-app purchase)	https://apps.apple.com/us/app/diabetespal/id736612231
Health2Sync	Free	https://www.health2sync.com

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-tih-fyd) (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-KAYshuhnz): 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-uh-BET-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-krih-NOL-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-puh-REE-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) (loh-d): 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-gly-SEE-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-uhns): 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-tuhns): 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-droh): 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-uhness) (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-ih-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.

**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.*

Sign Up Now. Spaces Are Limited.

**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)

