

Sweet Relief



DIABETES SELF-MANAGEMENT PROGRAM

WHAT IS "SWEET RELIEF"?

Sweet Relief is an accredited diabetes program developed for adults diagnosed with Type I, Type II, and gestational diabetes. It is designed to teach you how to manage your diabetes while helping you to enjoy the best possible quality of life.

SERVICES WE OFFER

- One-on-one counseling and group sessions with experienced, dedicated, professional staff who are concerned about your well-being
- You will learn ways to balance food, medication, exercise, and stress.
- We will monitor your blood pressure, weight, foot health, and blood glucose results.
- We will work in conjunction with your personal healthcare team.



MANAGING DIABETES

Although diabetes has no cure, it can be treated and with proper diabetes education one can prevent and even reduce its complications*. Sweet Relief will help you to adapt your lifestyle around diabetes so you can enjoy the best health and the least complications from the disease.

ARE YOU READY FOR SOME "SWEET RELIEF"?

To get on the road to "Sweet Relief" just ask your doctor to make a referral. For further information call (252) 446-6964. Most major insurance carriers accepted.

*Complications of Diabetes include the following:

Loss of vision
Limb amputations
Skin complications
Heart Attack/Hypertension
Kidney disease

Stroke
Gum Disease
Foot Ulcers
Nerve Damage
Gastrointestinal dysfunction

