Nevada Diabetes Association Resource Directory (Online Version)

Updates for 2014

Your Nevada Resource
For
Diabetes Information and Services

Email: ndaca@diabetesnv.org
Webpage http://diabetesnv.org

Executive Office
18 Stewart Street
Reno, NV 89501
775-856-3839

Nationwide
1-800-379-3839
Las Vegas
(702) 966-0686
Thank you Dignity Health for making the publication of our Resource Directory possible
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Programs at a Glance

Nevada Diabetes Association
WWW.DIABETESNV.ORG

Services We Offer

Camp Programs
We offer unique camping programs for children and teens with diabetes as well as camps for families with children too young to attend other camps.

Support Groups
Our support groups are offered in Las Vegas and Northern Nevada and include our Injection Connection Teen Program, Family Support Groups and Adult Support Groups.

Education
We offer programs/literature to help diabetics & their families. Our Nevada Diabetes Resource Directory is distributed in Nevada, free of charge. One on one counseling is also available.

Emergency Medical
This program provides testing supplies and insulin to those in crisis, as well as provide other resources to at risk patients.

Advocacy
One of our main roles as an organization is to serve as advocates for issues pertaining to diabetes and people living with diabetes.

Fundraising
The NDA has various events throughout the year to raise funds to support our community outreach. Events like our annual golf tournaments are a fun way to fund our programs.

Executive Offices: 18 Stewart Street; Reno, NV 89501
ndaca@diabetesnv.org
800-379-3839
DIABETES MANAGEMENT SCHEDULE
(Take this information to your doctor to review your diabetes care)

Every Year

- Weight and blood pressure
- Foot exam
- Discuss self monitoring blood glucose records
- Discuss ALL medications
- Discuss self-management skills
- Discuss dietary needs
- Discuss physical activity
- Discuss smoking cessation

TWICE A YEAR:

Check your HbA1c _______/_______
Date    Date

ANNUALLY: Have a:

- Dilated eye exam ________________
  Date
- Dental exam ________________
  Date
- Flu Shot ________________
  Date
- Diabetes Education Review ________________
  Date
- Peripheral nerve test ________________
  Date
- Treadmill test or EKG ________________
  Date

Ask your physician to check

- Protein and fat in your blood ________________
  Date
- Protein in your urine. ________________
  Date
IMPORTANT PHONE NUMBERS

My Doctors:

Name: _____________________________________________
Phone: _____________________________________________
Name: _____________________________________________
Phone: _____________________________________________
Name: _____________________________________________
Phone: _____________________________________________

My Dietitian:

Name: _____________________________________________
Phone: _____________________________________________

My Insurance Company

Primary

Name: _____________________________________________
Phone: _____________________________________________
Policy #:____________________________________________

Secondary

Name: _____________________________________________
Phone: _____________________________________________
Policy #:____________________________________________

Other Important Numbers

Name: _____________________________________________
Phone: _____________________________________________

This manual is available on disk, in print and on the Nevada Diabetes Association’s website.
For information call the NDA at 800-379-3839.

If you know of a diabetes resource that is not listed in this directory, or if the information listed is not accurate, please contact the NDA office.

Please feel free to make copies of this Resource Directory and distribute to those in need.
The Diabetes Prevention Program (DPP) was the first major clinical trial in the United States to show that moderate changes in diet and exercise can delay and possibly prevent Type 2 diabetes in a diverse population of people with impaired Glucose Tolerance, a pre-diabetic condition. The DPP found that modest weight loss, 5 to 7 percent of body weight, and increased physical activity can cut a person’s risk of developing Type 2 diabetes by more than half.

The DPP provides the scientific evidence that the rising tide of type 2 diabetes in the U.S. can be turned back. The Nevada Diabetes Education Program (NDEP) is taking the lead on translating the DPP findings and developing a national education campaign and mobilizing its partners to get this important information out to health care providers and people at risk for Type 2 diabetes.

Known pre-diabetes risk factors include:

- Being overweight or obese.
- Family history of diabetes.
- Low HDL cholesterol and high triglycerides.
- High blood pressure (consistent reading of 140/90 mm Hg or higher).
- History of gestational diabetes or gave birth to a baby weighing more than 9 pounds.
- Belonging to one of the following minority groups: African Americans, Native American Indians, Hispanic Americans/Latinos, and Asian American/Pacific Islanders.

What You Can Do

There is good news, however. Results from the landmark Diabetes Prevention Program show that even moderate lifestyle changes can make a big difference in preventing Type 2 diabetes and can even reverse the pre-diabetes condition in some people. Metformin, a Type 2 diabetes medication, was also shown to be beneficial to some individuals with pre-diabetes/impaired glucose tolerance. If you are at risk for pre-diabetes, or even if you have it now, losing excess weight through proper diet and exercise can improve the body’s ability to use insulin and to process glucose more efficiently.

- Move. If you do not do it now, get started. Surprisingly, seven in ten Americans don't engage in any type of regular physical activity. Yet a regular, moderate exercise program of just thirty minutes a day five days a week can greatly reduce your risk of diabetes. It does not have to be fancy- a brisk walk, outdoor play with the kids or even working in the yard burns calories and gets your body moving. Always check with your physician before starting a new fitness program, especially if you have a chronic illness or other health problems.

- Eat right. If you are overweight, you will need to reduce calorie intake and cut fats. A Registered Dietitian or Certified Diabetes Educator can help you develop a food plan that works for you. If you are a self-starter, try following the food pyramid for healthier eating habits. Again, touch base with your doctor if you have pre-existing health conditions.

- Talk to your doctor. New screening guidelines issued by the American Diabetes Association (ADA) call for physicians to test overweight individuals over the age of 45 with a fasting blood glucose test and/or oral glucose tolerance test. Fit the profile? Talk to your doctor today and get tested.
**TAKE THE DIABETES RISK ANALYSIS**

Find out if you are at high risk of getting diabetes by answering and scoring the following statements.

1. I had a baby weighing more than nine pounds at birth or had diabetes during pregnancy.
   If you answered Yes give yourself a score of 6.
   If you answered No give yourself a score of 0.

2. I have a parent(s), sister, or brother with diabetes.
   If you answered Yes add 3 to your score. If you answered No add 0.

3. I consider myself Hispanic, African American, American Indian, Asian American, or Pacific Islander.
   If you answered Yes add 3 to your score. If you answered No add 0.

4. I am overweight.
   If you answered Yes add 3 to your score. If you answered No add 0.

5. I have been told I have a high blood sugar level.
   If you answered Yes add 6 to your score. If you answered No add 0.

6. I am between 45 and 64 years of age.
   If you answered Yes add 1 to your score. If you answered No add 0.

7. I am under 65 years of age AND I get little or no exercise during a usual day.
   If you answered Yes add 3 to your score. If you answered No add 0.

8. I am 65 years old or older.
   If you answered Yes add 3 to your score If you answered No add 0.

Now, add up your total score from items 1 through 8.

If you scored 1 to 5 points, you are probably at low risk for having diabetes now. But don't forget about it, especially if you are Hispanic, African American, Native American, Asian American or a Pacific Islander. If you scored 6 or more points, you are at high risk for having or getting diabetes. Only a doctor can determine if you have diabetes. If you have diabetes, we encourage you to share this information with your family members. Online version of Type 2 Diabetes risk test available: [http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/?loc=community_footer](http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/?loc=community_footer)
Carbohydrate Counting for People with Diabetes

Why Is Carbohydrate Counting Important?

- Counting carbohydrate servings may help you to control your blood glucose level so that you feel better.
- The balance between the carbohydrates you eat and insulin determines what your blood glucose level will be after eating.
- Carbohydrate counting can also help you plan your meals.

Which Foods Have Carbohydrates?

Foods with carbohydrates include:
- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables, such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, and jelly

Carbohydrate Servings

In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate:

- Check serving sizes with measuring cups and spoons or a food scale.
- Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.
- The food lists in this handout show portions that have about 15 grams of carbohydrate.

Notes:
Food Lists for Carbohydrate Counting
1 serving = about 15 grams of carbohydrate

**Starches**
- 1 slice bread (1 ounce)
- 1 tortilla (6-inch size)
- 1/4 large bagel (1 ounce)
- 2 taco shells (5-inch size)
- 1/2 hamburger or hot dog bun (1 ounce)
- 3/4 cup ready-to-eat cereal
- 1/2 cup cooked cereal
- 1 cup broth-based soup
- 4-6 small crackers
- 1/3 cup pasta or rice (cooked)
- 1/2 cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked)
- 1/4 large baked potato (3 ounces)
- 3/4 ounce pretzels, potato chips, or tortilla chips
- 3 cups popcorn (popped)

**Milk**
- 1 cup fat-free or reduced-fat milk
- 1 cup soy milk
- 2/3 cup (6 ounces) fat-free yogurt sweetened with sugar-free sweetener

**Sweets and Desserts**
- 2-inch square cake (unfrosted)
- 2 small cookies (2/3 ounce)
- 1/2 cup ice cream or frozen yogurt
- 1/4 cup sherbet or sorbet
- 1 tablespoon syrup, jam, jelly, table sugar, or honey
- 2 tablespoons light syrup

**Other Foods**
- Count 1 cup raw vegetables or 1/2 cup cooked non-starchy vegetables as zero carbohydrate servings or “free” foods. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving.
- Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods.
- Count 1 cup of casserole or other mixed foods as 2 carbohydrate servings.

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Carbohydrate Servings/ Choices:

1 Carbohydrate Serving/ choice = 15 grams of carbohydrate
Each of the items listed in the amount given is equal to 1 serving that contains 15 grams of carbohydrate.

- Baked beans = 1/3 cup
- Banana = ½ banana
- Beans = ½ cup
- Berries = 1 cup
- Biscuit = 1 each, 2” in diameter
- Bread = 1 slice
- Bun = ½ bun
- Cereal (cold) = See label
- Cereal (hot) = ½ cup, cooked
- Corn on the cob = ½ cob
- Crackers = See label
- Cut corn = ½ cup
- English muffin = ½ muffin
- Fruit (canned) = ½ cup, in light or natural juices
- Fruit (dried) = 2 tablespoons
- Fruit (whole) = 1 small, size of a tennis ball
- Graham Crackers = 3 squares (1 ½ WHOLE sheets)
- Granola = ¼ cup
- Grapes = 12-15
- Melon = 1 cup
- Milk = 1 cup
- Mini bagel = 1 each
- Pancake = 1 each, 4” in diameter
- Pasta = 1/3 cup, cooked
- Peas = ½ cup
- Popcorn = 3 cups, light or air popped
- Potato = ½ cup mashed or boiled, 3 oz baked
- Rice = 1/3 cup, cooked
- Soy milk = 1 cup
- Squash (winter) = 1 cup
- Tangerines = 2 each, small
- Tortilla = 1-6” in diameter
- Waffle = 1-4” in diameter
- Wheat germ = 3 tablespoons, dry
- Yogurt = ¼ cup or 6 oz, light yogurt

Free Foods = 5 grams of carbohydrate or less per serving OR less than 20 calories per serving. Recommended daily intake of free foods is no more than three servings per day.
Meal Planning Tips

• A meal plan tells you how many carbohydrate servings to eat at your meals and snacks. For many adults, eating 3 to 5 servings of carbohydrate foods at each meal and 1 or 2 carbohydrate servings for each snack works well.

• In a healthy daily meal plan, most carbohydrates come from:
  o 5 servings of fruits and vegetables
  o 3 servings of whole grains
  o 2 to 4 servings of milk or milk products

• Check your blood glucose level regularly. It can tell you if you need to adjust the timing of when you eat carbohydrates.

• Eating foods that have fiber, such as whole grains, and having very few salty foods is good for your health.

• Eat 4 to 6 ounces of meat or other protein foods (such as soybean burgers) each day. Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods such as soy.

• Eat some healthy fats, such as olive oil, canola oil, and nuts.

• Eat very little saturated fats. These unhealthy fats are found in butter, cream, and high-fat meats, such as bacon and sausage.

• Eat very little or no trans fats. These unhealthy fats are found in all foods that list “partially hydrogenated” oil as an ingredient.

Label Reading Tips

The Nutrition Facts panel on a label lists the grams of total carbohydrate in 1 standard serving. The label’s standard serving may be larger or smaller than 1 carbohydrate serving. To figure out how many carbohydrate servings are in the food:

• Look first at the label’s standard serving size.

• Then check the grams of total carbohydrate. This is the amount of carbohydrate in 1 standard serving.

• Divide the grams of total carbohydrate by 15. This number equals the number of carbohydrate servings in 1 standard serving. Remember: 1 carbohydrate serving is 15 grams of carbohydrate.

• Note: You may ignore the grams of sugars on the Nutrition Facts panel because they are included in the grams of total carbohydrate.

Notes:

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### Sample –1 Day Menu

**Total Carbohydrate Servings: 15 grams**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 small banana (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>3/4 cup corn flakes (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>1 cup fat-free or low-fat milk (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>1 slice whole wheat bread (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon soft margarine</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>2 ounces lean meat (for sandwich)</td>
</tr>
<tr>
<td></td>
<td>2 slices whole wheat bread (2 carbohydrate servings)</td>
</tr>
<tr>
<td></td>
<td>Raw vegetables: 3-4 carrot sticks, 3-4 celery sticks, 2 lettuce leaves</td>
</tr>
<tr>
<td></td>
<td>1 cup fat-free or low-fat milk (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>1 small apple (1 carbohydrate serving)</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>1/4 cup canned apricots (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>3/4 ounce unsalted mini-pretzels (1 carbohydrate serving)</td>
</tr>
<tr>
<td><strong>Evening Meal</strong></td>
<td>3 ounces lean roast beef</td>
</tr>
<tr>
<td></td>
<td>1/2 large baked potato (2 carbohydrate servings)</td>
</tr>
<tr>
<td></td>
<td>1 tablespoon reduced-fat sour cream</td>
</tr>
<tr>
<td></td>
<td>1/2 cup green beans</td>
</tr>
<tr>
<td></td>
<td>1 vegetable salad: lettuce, 1/2 cup raw vegetables, and 1 tablespoon</td>
</tr>
<tr>
<td></td>
<td>light salad dressing</td>
</tr>
<tr>
<td></td>
<td>1 small whole wheat dinner roll (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon soft margarine</td>
</tr>
<tr>
<td></td>
<td>1 cup melon balls (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>Evening Meal 3 ounces lean roast beef</td>
</tr>
<tr>
<td></td>
<td>1/2 large baked potato (2 carbohydrate servings)</td>
</tr>
<tr>
<td></td>
<td>1 tablespoon reduced-fat sour cream</td>
</tr>
<tr>
<td></td>
<td>1/2 cup green beans</td>
</tr>
<tr>
<td></td>
<td>1 vegetable salad: lettuce, 1/2 cup raw vegetables, and 1 tablespoon</td>
</tr>
<tr>
<td></td>
<td>light salad dressing</td>
</tr>
<tr>
<td></td>
<td>1 small whole wheat dinner roll (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>1 teaspoon soft margarine</td>
</tr>
<tr>
<td></td>
<td>1 cup melon balls (1 carbohydrate serving)</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>6 ounces low-fat fruit yogurt with sugar-free sweetener (1 carbohydrate serving)</td>
</tr>
<tr>
<td></td>
<td>2 tablespoons unsalted nuts</td>
</tr>
</tbody>
</table>

**Notes:**

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Sample – Menu

Use this form to develop an individual Meal PLAN

Breakfast

Lunch

Snack

Evening Meal

Snack

Notes:

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CARBOHYDRATES, PROTEINS & FATS

GLUCOSE = ENERGY

CARBOHYDRATE: Affects blood sugar the most; begins releasing energy immediately.

**Simple sugars (less nutritious):** sugar, soda, honey, syrup, fruit juice and products containing added sugar

**Complex carbohydrates:** starches (i.e., bread, cereal, rice, pasta, potatoes, crackers, beans), fruit, milk, yogurt

PROTEIN: Does not generally cause an immediate rise in blood sugar. Can affect blood sugars in some people if eaten in large amounts. Can also contain high amounts of fat.

Plays an important role in tissue repair and building
Takes longer to break down than carbohydrate.

Meats, fish, chicken, cheese, cottage cheese, eggs, peanut butter, tofu

FAT: Does not cause an immediate rise in blood sugar. Can delay the absorption of carbohydrates.

Twice as many calories as carbohydrate and protein
Very little breaks down into energy for short-term use

Oils, margarine, butter, mayonnaise, salad dressing, nuts, avocado, bacon, cream cheese, sour cream, etc.

**A meal of mixed nutrients lasts about 4 hours in the body**
What About Protein and Fat?

While proteins and fats will not raise our blood sugar, we must watch the portions we eat. Eating too much protein and fat may contribute to weight gain and high cholesterol. High fat foods can slow down the absorption of carbohydrates and can affect blood sugar readings up to several hours after a meal or snack.

Protein

- Foods that are counted as proteins in meal planning are: Beef, poultry, fish, lamb, pork, cheese, cottage cheese, eggs, peanut butter and tofu.
- Lean meats and low fat choices make the best options for adding protein to your diet.
- A 3-4 oz serving of meat is about equal to the size of a deck of cards.

Protein servings ~ 1 ounce of protein
- Peanut butter = 1 tablespoon
- Almond butter = 1 tablespoon
- Egg (whole) = 1 each
- Egg (whites) = 2 each
- Egg (substitute) = ¼ cup
- Cheese = 1 ounce
- Cottage cheese = ~¾ cup
- Tofu = 3 ounces
- Beef, poultry, fish, lamb, pork = 1 ounce

Fat

- Monounsaturated and polyunsaturated fats are heart healthy.
- Try to avoid saturated fats. These hydrogenated oils may contribute to cardiovascular disease and weight gain.
- Eliminate trans fat from your diet. These fats have NO health benefits. It will help lower “good” cholesterol and increase “bad” cholesterol.

<table>
<thead>
<tr>
<th>MONOUNSATURATED</th>
<th>POLYUNSATURATED</th>
<th>SATURATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>Corn oil</td>
<td>Butter = 1 tsp</td>
</tr>
<tr>
<td>Canola oil</td>
<td>Cottonseed oil = 1 tsp</td>
<td>Bacon</td>
</tr>
<tr>
<td>Olive oil</td>
<td>Safflower oil = 1 tsp</td>
<td>Bacon grease</td>
</tr>
<tr>
<td>Olives</td>
<td>Sunflower, pumpkin seeds= 1 tbsp</td>
<td>Coconut oil</td>
</tr>
<tr>
<td>Almonds</td>
<td>Soybean oil = 1 tsp</td>
<td>Cream</td>
</tr>
<tr>
<td>Cashews</td>
<td>Sunflower oil = 1 tsp</td>
<td>Cream cheese = 1 tbsp</td>
</tr>
<tr>
<td>Peanuts</td>
<td>Margarine “light”= 1 tbsp</td>
<td>Lard</td>
</tr>
<tr>
<td>Pistachios</td>
<td>Mayonnaise “light”= 1 tbsp</td>
<td>Meat fat</td>
</tr>
<tr>
<td>Hazel nuts</td>
<td>Salad dressing “light”= 2 tbsp</td>
<td>Palm oil</td>
</tr>
<tr>
<td>Sesame seed</td>
<td>Salad dressing “regular” = 1 tbsp</td>
<td>Solid shortening</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>Walnuts = 4 halves</td>
<td>Sour cream= 2 tbsp</td>
</tr>
</tbody>
</table>
**INSURANCE INFORMATION**

If you are a resident of the State of Nevada and do not now have health insurance and you have been denied health insurance because you have diabetes or another pre-existing condition, you are now eligible to get healthcare coverage. If you do have health insurance, but your current policy excludes diabetes or other pre-existing condition related coverage, it can no longer discriminate against you.

**THE LAW: The Affordable Healthcare Act** has mandated that everyone have health insurance. Under this act Nevada has establish an Insurance Exchange to enroll people who do not have health insurance or want better insurance. All insurance policies issued in Nevada must cover healthcare essentials and not discriminate against or charge more money because someone has a pre-existing condition. Many people who need health insurance will qualify for reduced rates based on their income and many will qualify for Medicaid based on their income. [https://www.nevadahealthlink.com/Insurance](https://www.nevadahealthlink.com/Insurance)

If you need help enrolling in a plan contact the Health Insurance Exchange NV: [www.exchange.nv.gov](http://www.exchange.nv.gov)

**Access to Healthcare:** [http://www.accesstohealthcare.org/](http://www.accesstohealthcare.org/)

You do not need to enroll in Health Insurance through the Exchange. There are many insurance agents who sell health insurance plans for individuals and small businesses. You can compare rates at sites like [gohealthinsurance.com](http://www.gohealthinsurance.com) [http://www.gohealthinsurance.com/listings.jsp?src=G-GHI](http://www.gohealthinsurance.com/listings.jsp?src=G-GHI) Please note: The NDA does not endorse this site. This is used as a resource example.

You can also find a Health Insurance Broker to help you find the plan that is best for you. [http://www.agent-finder.org/?gclid=COXGyY6ihrwCFUZqfgodXV4AFA](http://www.agent-finder.org/?gclid=COXGyY6ihrwCFUZqfgodXV4AFA)

For questions about insurance contact the Nevada Division of Insurance. [http://doi.nv.gov/Consumers/](http://doi.nv.gov/Consumers/)


For more information contact Medicare [http://www.medicare.gov/](http://www.medicare.gov/)
CLARK COUNTY

DIABETES MANAGEMENT CLASSES

Classes Marked + are Free. Classes Marked * are recognized programs that meet the National Standards for Excellence in Diabetes Education. Please call to verify that a program is still available. Check with each facility for dates and times of classes and support group programs.

*Desert Springs Hospital Diabetes Treatment Center
2075 E. Flamingo Road, Ste 225
Las Vegas, NV 89119
(702) 369-7560
http://www.desertspringshospital.com/hospital-services/the-diabetes-treatment-center
The Center offers a wide range of services. Services are available in both English and Spanish. For more information call 702-369-7560 or speak with your healthcare provider.

Diabetes Health Management, LLC “The Jans”
Certified Diabetes Educators
7473 W. Lake Mead Blvd, Ste 100
Las Vegas, NV 89128
(702) 562-8134 Fax: (702) 562-8135
Email: diabeteshmnv@aol.com
* fees apply

Dignity Health Diabetes Services
*St. Rose Dominican Hospital
Outpatient Diabetes Clinic
2651 Paseo Verde Pkwy., Suite 180
Henderson, NV 89074
Call 702.616.4975 to register
http://www.strosehospitals.org/Health_Information/Community_Programs/183368
* Diabetes self-management instructions with a CDE. To register for classes, please call. Also offers individual appointments as well.

FirstMed Health and Wellness Center
3343 South Eastern Avenue
Las Vegas, Nevada 89169
702.731.0909 phone
702.731.1020 fax
http://www.firstmednv.org/
*Member of the Great Basin Primary Care Network

Health Plan of Nevada
(702) 877-5356 or (800) 720-7253; Monday through Friday, from 8 a.m. to 5 p.m. Pacific Time.
hhttp://www.healthplanofnevada.com/Body.cfm?id=125
*Ongoing diabetes classes open to members and non-members through the Health Education and Wellness Department. There is a materials fee for these classes. Meetings are held at any Southwest Medical Associates location.

Diabetes Care Center at North Vista Hospital
1409 E. Lake Mead Blvd.
North Las Vegas, NV 89030
(702) 649-7711
http://www.northvistahospital.com/services/diabetes/
*Classes for pre diabetes, diabetes & gestational diabetes

Sav-On Pharmacy/Albertsons Diabetes Care Program
*offers a variety of different consultation formats like blood glucose monitoring, nutrition, insulin use, foot care, & sick day planning. Also offers a monthly 3 hour seminar which provides general diabetes overview, & information on medications, complications and nutrition. Call your local Diabetes Care Pharmacist for more information.

*Summerlin Hospital Outpatient Diabetes Services
657 Town Center Drive
Las Vegas, NV 89144
*classes & one on one visits for diabetes, pre-diabetes and gestational diabetes with a certified diabetes educator and registered dietician.

*Sunrise Hospital
3101 South Maryland Parkway
Las Vegas, NV 89109
(702) 233-5454 to register
http://sunrisehospital.com/service/line/diabetes-classes
*Registration for FREE Diabetes classes is required. To register, call (702) 233-5300.

*VA Southern Nevada Healthcare System
3880 South Jones Boulevard
Las Vegas, NV 89103
(702) 636-3005 FAX (702) 636-4045
* Diabetes Clinic for Veterans & Spouses, clinic Open 7:30 am-4:00 pm, Free diabetes education classes offered every Wednesday from 8am-11am.
ORGANIZATIONS

Nevada Diabetes Association
NV 1-800-379-3839
Phone: (702) 966-0686
Website: http://diabetesnv.org
Services: Diabetes Camps, Support Groups, English and Spanish resource materials, Diabetes Education Programs, Emergency Medical Assistance

American Diabetes Association
Website: www.diabetes.org
Phone: 1-800-DIABETES (800-342-2383)
Services: Provides diabetes resource materials for people with diabetes, funds research, promotes advocacy and provides professional educators & speakers. Offers Safe-At-School Advocacy and free Wisdom Kits for newly diagnosed families.

Children’s Heart Center
3006 S. Maryland Pkwy., Suite 690
Las Vegas, NV 89109
Phone: (702) 732-1290, Toll Free: (866) 732-1290
Fax: (702) 732-1385
website: http://www.childrensheartcenter.com/behavioral-health-program/
Services: Offers Healthy Hearts Program for children & their families geared towards lifestyle activities and nutrition. Referral needed, call for details.

Juvenile Diabetes Research Foundation (JDRF)
Las Vegas Chapter
5542 South Fort Apache, Suite 120
Las Vegas, NV 89148
Phone: (702) 732-4795 FAX: (702) 732-1635
Website: www.jdrf.org
Services: Diabetes Publications, Research, Youth Ambassador Program, Parent Coffee Talk and Rockin’ Teen Scene Program.

Lower Extremity Amputation Prevention Alliance
Lawrence M. Rubin, DPM, Director
10924 Grand Haven Ave.
Las Vegas, NV 89134
Phone: (702) 233-5253 Fax: (702) 974-3668
* Provides diabetes foot care education & screening programs aimed at preventing lower extremity amputations
www.leapalliance.org

Nevada Education Association for Diabetes (NEAD)
1529 Sabatini Drive
Henderson, NV 89052
Website: http://www.diabeteseducator.org/
* For healthcare professionals and diabetes educators. Offers speakers and education to those seeking information on diabetes.

Nevada P.E.P. (Parents Encouraging Parents)
Main Office
2101 S. Jones Blvd. Suite 120 Las Vegas, NV 89146
Phone: (702) 388-8899 or (800) 216-5188
Fax: (702) 388-2966
Email: pepinfo@nvpep.org
http://www.nvpep.org
Services: Provides support & advocacy to families with children with special needs. Assists with IEP and 504 plans.

DIABETES MANAGEMENT & PREVENTION RESOURCES

Southern Nevada Health District/ Get Healthy Clark County
* Information and links to sites for resources including free online nutrition and physical activity programs, tobacco prevention, safety and much more.

Healthy Living
Phone: (702) 616-4900
* Learn how to live with a chronic condition. This is a free 6 week Stanford Chronic Disease Self Management Program. For more information on class dates and locations call: (702) 616-4900.

iDo: Improving Diabetes and Obesity Coalition
http://tiny.cc/3tTf2b (community fact sheets)
http://tiny.cc/JxTf2b (healthcare provider fact sheets)
Phone: Jerry Reeves, MD: 702-743-1964
jreeves.healthinnovations@gmail.com

*St. Rose Dominican Hospital
Diabetes Self-Management Program benefit from this FREE Stanford’s Diabetes Self-Management Program. Emphasizes diabetes self-management through mutual support and goal setting. This six-week course is designed to complement your current medical treatment as a way to regain control of your life. Please call 702.616.4900 to register.

YMCA Diabetes Prevention Classes
Contact Barbara Carter
702-522-7435
* Offers a year long diabetes prevention class consisting of 16 weeks of classes then monthly maintenance classes. For information on program fees, financial assistance or to see if you qualify for assistance 702-522-7435

Nevada Diabetes Education Program
www.ndep.nih.gov
* Educational handouts for persons with pre-diabetes or diabetes, and all age groups and cultures, also media ideas for program managers.
SUPPORT GROUPS

(information can change at any time so it is best to call before attending)

**Adult Diabetes Education Management (ADEMS)**
6301 W. Charleston (West Charleston Library)
Las Vegas, NV 89146
Phone: (702) 349-7370
* Meetings held 2nd Tuesday of each month from 6pm to 7:30 pm

**Diabetes Power Show**
www.diabetespowershow.com
* Free IPod Webcast which allows you to stay up to date on diabetes management. You can listen to from the Internet and download from ITunes.

**JDRF Coffee Talk (Type 1)**
5542 S Fort Apache Rd, Ste 100
Las Vegas, NV 89148
Phone: Marcy (702) 732-4795
*Meets 3rd Wednesday of each month

**Nevada Alliance Against Diabetes**
1440 North Eastern Avenue
Las Vegas, NV 89101
Phone: (702) 876-4967
*Meetings are free of charge and are held twice a month from 6pm-9pm. (Spanish only).

**Nevada Diabetes Association**

**Diabetes in Children & Families (DCAF)**

**Support Group**
Southwest Medical Associates Auditorium
2300 W. Charleston Blvd.
Las Vegas, NV 89102
(702) 966-0686
Website: http://diabetesnv.org
* For children and adolescents with diabetes and their families. **Group meets the first Tuesday of every month from 7:00 to 8:30 p.m**

**St. Rose Dominican Hospital**

**Adult support group**
Outpatient Diabetes Clinic
2651 Paseo Verde Pkwy., Suite 180
Henderson, NV 89074
Call 702.616.4975 to register.

**St. Rose Diabetes Support for Tykes and Tweens**
3001 St. Rose Parkway Siena Campus
Henderson, NV 89052
Phone: Sandie (702) 616-4904
http://www.strosegolds.com/Health_Information/Community_Programs/183368
*Meets 4th Monday of each month 6-7 pm

**DIABETES SUPPORT SERVICES**

**Care Free Footwear**
1618 E. Charleston
Las Vegas, NV 89104
Phone: (702) 384-5121
http://www.carefreefootwear.com/html/about.html
*Specializing in diabetes footwear

**Foot Solutions**
2249 North Rampart Blvd
Las Vegas, NV 89128
(702) 836-3668
*Specializing in diabetes footwear

**Orthopedic Motion**
2800 East Desert Inn Rd. Suite 250
Las Vegas, NV 89121
702.697.7070 Fax: 702.697.7077
http://orthopedicmotion.com/wound-foot-care.htm
*Specializing in diabetes footwear

**Desert Springs Hospital Leg Circulation Center**
2075 E. Flamingo Road, Ste 225
Las Vegas, NV 89119
Phone: (702) 369-7979
* offers complimentary ABI Screenings for Peripheral Artery Disease

**Desert Springs Hospital Wound Care Center**
2075 E. Flamingo Road
Las Vegas, NV 89119
Phone: (702) 369-7571

**Dhaval Shah MD Wound Care**
(702) 968-2437
www.cidsinfusion.com

**Dignity Health – Saint Rose Wound Care Centers.**
San Martín Campus and Rose de Lima Campus
702.492.8281 or 702.616.4870
http://www.strosegolds.com/Health_Information/Community_Programs/183368
*Meets 4th Monday of each month 6-7 pm
Kindred Hospital Wound Care Center
(702) 220-4325

North Vista Hospital Wound Care
(702) 657-5559
http://www.northvistahospital.com/services/wound_care/

Summerlin Hospital Wound Care Center
(702) 233-7979

Sunrise Hospital Wound Care Center
702-731-8266
http://sunrisehospital.com/service/line/restore-wound-program/

Valley Hospital Wound Care Center
702-671-8660
http://www[valleyhospital.net/hospital-services/wound-healing-and-hyperbaric-center

Desert Springs Hospital Ctr. for Surgical Weight Loss
2075 E. Flamingo Road, Ste 225
Las Vegas, NV 89119
Phone: (702) 369-7618

Clinical Pathology Laboratories
Phone: (702) 795-4900
www.cpllabs.com
* Offers low cost labs for cash pay patients. Call for locations and price quotes.

Lab Express/Synergy Labs
4550 E Charleston Blvd (Main Lab Location)
Las Vegas, NV 89104
Phone: (702) 643-5227 Fax: (702) 248-6486
4161 S Eastern Ave Ste A-6 (Mariana’s Shopping Ctr.)
Las Vegas, NV 89119
Phone: (702) 815-0420
www.lxilabs.com
* Offers low cost lab tests. Call or visit website for prices.

MedicAlert Foundation
Phone: 1-888-633-4298
www.medicalert.org
* Provides a MedicAlert membership and basic stainless steel MedicAlert ID for individuals unable to afford the cost.

LOW COST CLINICS
Community Outreach Medical Center
1140 Almond Tree Lane, Suite 306
Las Vegas, NV 89104
Phone: (702) 657-3873
www.nvcomc.org
* General Medicine, low cost lab testing and on site pharmacy.

Eldorado Medical Center
1905 Civic Center Drive 2nd Floor
North Las Vegas, NV 89030
Phone: (702) 877-9514
http://www.eldoradomedical.com/home.htm
* Patient can be seen by appointment only and must provide Medicaid denial paperwork. Fees based on sliding scale.

First Med Health + Wellness Center
3343 S. Eastern Ave.
Las Vegas, NV 89169
Phone: (702) 731-0909 Fax: (702) 731-1020
http://www.firstmednv.org/
* Provides preventative, primary and urgent care services for those 18 and older who are uninsured or under insured.

First Person Care Clinic
1200 S 4th St, Ste 111
Las Vegas, NV 89104
Phone: (702) 732-7001
www.firstpersoncareclinics.org
* Fees apply, call for details.

Guadalupe Medical Centers
Phone: (702) 384-1110
* Provides glucose testing for $15, medical visits for $39 and has on site low cost lab.

Locations:
1820 E. Lake Mead Blvd. #M, N. Las Vegas, NV 89030
731 North Nellis Blvd. #2, Las Vegas, NV 89110
1060 N. Rancho Drive, Las Vegas, NV 89106

Helping Kids Clinic
968 E. Sahara Ave.
Las Vegas, NV 89104
Phone: (702) 732-7001
www.helpingkidsclinic.org
* Medical clinic providing healthcare for children birth-18 years. Clinic asks for a $10 donation to be seen and $20 for physicals.

HOPE Christian Health Center Clinic
4357 Corporate Center Dr, Ste 450
North Las Vegas, NV 89030
Phone: (702) 644-4573 (HOPE)
www.hopehealthvegas.org
* Provides affordable compassionate health care. HOPE Christian Center is a Non profit 501 c 3 organization.
HOPE Medical & Dental Clinics
City Impact Center
970 E. Sahara, Las Vegas, NV 89104
Tuesday 8am-12pm, Wednesday 2pm-6pm
ICLV Wellness Center
3425 Cliff Shadows Pkwy, Suite 100
Las Vegas, NV 89129, 702-673-4745 Tues 8am-12pm
http://www.cityimpactlv.com/pages/programs/
medicaldental-clinics.php  *Walk in Only at City Impact Center. Appointment needed at ICLV Wellness Center

Huntridge Teen Clinic
2100 S. Maryland Parkway, Suite 1
Las Vegas, NV 89104
Phone:  (702) 732-8776
* Provides low cost services to those ages 12 to 18. Does not provide comprehensive medical. Must call for appointment.

Machuca Family Medicine
1501 S. Eastern Ave.
Las Vegas, NV 89104
Phone:  (702) 778-7614  Fax:  (702) 778-7615
* Offers $40 consultations to anyone as well as free pap smears & mammograms to women 40+ years of age.

Nevada Alliance Against Diabetes
1440 North Eastern Avenue
Las Vegas, NV 89101
Phone:  (702) 876-4967
*Private practice that has physician and nutritionist on staff. They are also a research site for clinical trials and provide holistic care.

Nevada Health Centers, Inc.
www.nvhealthcenters.org
See listings below for an area near you. Works on Sliding scale fee. Most visits range from $25-$55 & offers in house labs starting at $10

Cambridge Family Health Center
3900 Cambridge Ave. Ste 101
Las Vegas, NV 89119
Phone:  (702) 307-5415  Fax:  (702) 307-5416

Eastern Family Medical & Dental Center
2212 South Eastern Avenue
Las Vegas, NV 89104
Phone:  (702) 735-9334  Fax:  (702) 735-9335

Martin Luther King Family Health Center
1700 Wheeler Peak Dr.
Las Vegas, NV 89106
Phone:  (702) 383-1961  Fax (702) 319-6147

Nevada Health Centers OB/GYN
1799 Mount Mariah Dr.
Las Vegas, NV 89106
Phone:  (702) 253-7802  Fax:  (702) 633-6474

Las Vegas Outreach Clinic
Free Services for the homeless
47 W. Owens Ave., North Las Vegas, NV 89030
Phone:  (702) 307-4635  Fax:  (702) 307-4631

Positively Kids Clinic
701 N. Pecos Rd.
Las Vegas, NV 89101
Phone:  (702) 455-3692
* Provides low cost medical and dental for children up to 18 yrs old.

Touro University
Dr. David J. Park, DO, FAAFP
874 American Pacific Drive
Henderson, NV 89014
Phone:  (702) 777-4809
*Must identify themselves as a patient of the iDo Diabetes Program and patient will be seen for $35.

Volunteers in Medicine of Southern Nevada
4770 Harrison Drive, #B
Las Vegas, NV 89121
Phone:  (702) 967-0530
www.vmsn.org
*Free clinic which offers comprehensive primary care to those eligible. No walk-ins. Must call for eligibility screening

SOUTHERN NV DIABETES SPECIALISTS
*Lubna Ahmad, M.D.
The Endocrine Clinic
7010 Smoke Ranch, Suite 100
Las Vegas, NV 89128
Phone:  (702) 228-5000

*Brian A. Berelowitz, M.D., P.C.
653 Town Center Dr, Bldg 2, Suite # 315
Las Vegas, NV 89144
Phone:  (702) 804-9486

Chard D. Bubb, M.D.
Health Care Partners
2365 Reynolds Ave.
North Las Vegas, NV 89030
Phone:  (702) 399-1287

Rosalyn Collins, APN
Southwest Medical Associates Endocrinology
2704 N. Tenaya Way, Suite 2500
Las Vegas, NV 89128
Phone:  (702) 877-5199

Barry Gould, M.D.
Southwest Medical Associates Endocrinology
2704 N. Tenaya Way, Suite 2500
Las Vegas, NV 89128
Phone:  (702) 877-5199
Safak Emir B. Guven, M.D.
Southwest Medical Associates Endocrinology
2704 N. Tenaya Way, Suite 2500
Las Vegas, NV 89128
Phone: (702) 877-5199

*Firhad Ismail M.D.
2470 E. Flamingo #C
Las Vegas, NV 89121
Phone: (702) 792-4500

*Serena Klugh, M.D.
Palm Medical Group
9280 W. Sunset Rd. Suite 306
Las Vegas NV 89148
Phone : (702) 696-7256

*William R. Litchfield, M.D.
Desert Endocrinology
2415 W. Horizon Ridge Parkway
Henderson, NV 89052
Phone: (702) 434-8400

Neal Marek, DPM (Podiatrist)
Nevada Foot Institute
4631 E. Charleston Blvd.
Las Vegas, NV 89104
Phone: (702) 438-2425

*Samer Nakhle, M.D.
Palm Medical Group
9280 W. Sunset Rd. Suite 306
Las Vegas, NV 89148
Phone: (702) 696-7256

*Molouk Rahnema, M.D.
Palm Medical Group
9280 W. Sunset Rd. Suite 306
Las Vegas, NV 89148
Phone: (702) 696-7256

*Avi A. Ostrowsky, M.D.
3150 N. Tenaya
Las Vegas, NV 89128
Phone: (702) 360-9210

Kevin Springer, APN
Desert Endocrinology
2415 W. Horizon Ridge Parkway
Henderson, NV 89052
Phone: (702) 434-8400

*Freddie G. Toffel, M.D.
2700 E. Sunset Rd #D34, Las Vegas, NV 89120
Phone: (702) 736-2021

Paul V. Tomasic, M.D.
Southwest Medical Associates Endocrinology
2704 N. Tenaya Way, Suite 2500
Las Vegas, NV 89128
Phone: (702) 877-5306

Claudia Vogel, M.D.
100 N. Green Valley Pkwy South, Suite 340
Henderson, NV 89074
Phone: (702) 990-4530

Tomas Walker, APN
Desert Endocrinology
2415 W. Horizon Ridge Parkway
Henderson, NV 89052
Phone: (702) 434-8400

*Milton Wong, M.D.
Desert Endocrinology
8925 W. Sahara
Las Vegas, NV 89117
Phone: (702) 387-8868

UNR School of Medicine
1707 W. Charleston Blvd., Suite 200
Las Vegas, NV 89102
(702) 671-6469
* Dr. Kannan, Dr. Izuora, Dr. Abdelnour may provide discount services for cash pay patients

*Indicates Board Certification Endocrinology

SNV PEDIATRIC ENDOCRINOLOGIST

Amy Darukhanavala, M.D.
The Peds
5235 S. Durango Drive, Suite 103
Las Vegas, NV 89148
Phone: (702) 851-7287

Asheesh Dewan, M.D.
The Peds
5235 S. Durango Drive, Suite 103
Las Vegas, NV 89148
Phone: (702) 851-7287

*William Horn, M.D.
The Dream Fund Pediatric Endocrinology Clinic
St. Rose Dominican Hospitals
10001 S. Eastern Avenue, Suite 209
Henderson, NV 89052
Phone: (702) 616-5865

*Rola Saad, M.D. (Pediatric Endo)
Kids Health Care
3006 S. Maryland Parkway, Suite 315, Las Vegas, NV 89109
Phone: (702) 992-6868

UMC Children’s Endocrinology and Diabetes Clinic
Cathy Flynn, APN
1524 Pinto Lane
Las Vegas, NV 89106
Phone: (702) 383-6299       Fax: (702) 383-3708
**EYE CARE SERVICES**

Eye Care America- Diabetes EyeCare Program  
www.eyecareamerica.org  
* promotes annual dilated eye exams for people with diabetes.  People eligible receive a comprehensive medical eye exam and up to one year of care.

Access to Health Care Network  
Phone: 877-385-2345  
www.accesstohealthcare.org  
* offers dental and vision plans to those who qualify. No medical plan for southern NV at this time

Dr.’s Kopelow & Girisgen  
VIP Vision Plan  
Phone: (702) 341-7254  
*Free vision plan open to anyone in Clark County. Has 10 locations in area and offers free vision screenings and eye exams for $59. Call (702) 341-7254 for details or visit www.vipvisionplan.com to enroll.

**DENTAL SERVICES**

Access to Health Care Network  
Phone: 877-385-2345  
www.accesstohealthcare.org  
* offers dental and vision plans to those who qualify. No medical plan for southern NV at this time

CSN Dental Hygiene Program  
(702) 651-5510  
6375 W. Charleston Blvd. Suite A- 500  
Las Vegas, NV 89146  
*Dental cleanings provided by dental hygiene students, fees range from $35-$135

Huntridge Teen Clinic  
(702) 732-8776  
2100 S. Maryland Parkway, Suite 5  
Las Vegas, NV 89104  
* serves ages 12 to 18, Hope Dental Clinic on Fridays, call 702-952-9559

Nevada Health Center  
**Eastern Family Medical & Dental Services**  
2212 S. Eastern Ave.  
Las Vegas NV 89104  
Phone: (702) 735-9334 Fax: (702) 735-6147

Paradise Park Children's Dental Clinic  
4770 Harrison Drive  
Las Vegas, NV 89121  
Phone: (702) 432-3334  
www.paradiseparkdental.com  
* full low cost dental services to children. Fees based on sliding scale

UNLV School of Dental Medicine  
(702) 774-2400  
1001 Shadow Lane  
Las Vegas, NV 89106-4124  
http://www.unlv.edu/dental  
* reduced cost care provided by dental students

UNLV General Practice- Residency Program  
(702) 671-5175  
1707 W Charleston Blvd Ste 290  
Las Vegas, NV 89102  
* provides more advanced procedures (surgeries, implants) provided by residents
WASHOE COUNTY DIABETES SERVICES

DIABETES MANAGEMENT CLASSES

Health Enhancement Services*
Renown Diabetes Health Center & Stepping Stones to health and wellness Diabetes Specialty Clinic
1500 E. Second Street, Suites 402 & 403
Reno, NV 89502
(775) 982-5073. http://www.renown.org/
Email: Stepping_Stone@renown.org

Veterans Administration Medical Center (VAMC)
Diabetes Classes
1000 Locust Street, Reno, NV 89502
Phone: (775) 786-7200
http://www.va.gov/

SPECIAL CHILDREN’S SERVICES

Children and Family Camp Programs
Nevada Diabetes Association for Children and Adults (see Organizations)
(775) 856-3839 or (800) 379-3839

PLACES TO GET TESTED FOR DIABETES IF YOU DO NOT HAVE A DOCTOR OR HEALTH INSURANCE

Sliding fee, Medicaid accepted at the following locations.

Gerlach Medical Clinic
350 Short St., Gerlach, NV 89412
(775) 557-2313 Fax: (775) 557-2140

HAWC Community Health Clinic
1055 S. Wells Ave, (775) 329-6300
Screenings, Support Services, Pharmacy

NV Hopes
580 W. 5th Street (775) 786-4673
Screenings, Support Services, Pharmacy

Renown Health *
Health Management Services
850 Mill St, Suite 100 (775) 982-5073

HEALTH PROGRAMS FOR THE UNINSURED

See health insurance information:
Access to Healthcare Network
(775) 770-3872
http://accesstohealthcare.org/

SUPPORT GROUPS

Nevada Diabetes Association
Adult Support Program
Meets 2nd Tuesday of each month
18 Stewart Street
Reno, NV 89501
Call 775-856-3839

Nevada Diabetes Association
Family Support Program
Meets 2nd Wednesday of the month
Call for information on speakers, meeting topics, parties
(775) 856-3839

DIABETES SUPPORT SERVICES

Renown Health Advanced Wound Care
Center for Advanced Medicine B
1500 E 2nd St Suite 104
Reno, NV 89502
Phone: 775-982-4268
http://www.renown.org/
AdvancedWoundCare#sthash.Ps7ONHjL.dpuf

The Wound Care Center
Northern Nevada Medical Center
2375 E. Prater Way
Sparks, NV 89434
775-331-7000
http://www.nnmc.com/hospital-services/wound-care

Western Bariatric Institute,
645 N Arlington Ave Suite 525,
Reno, NV 89503
775) 326-9152
http://www.westernbariatricinstitute.com/

Sasse Surgical Associates
75 Pringle Way #804
Reno, NV
(775) 829-7999
http://www.sassesurgical.com/

ORGANIZATIONS

Care Chest of Nevada
7910 North Virginia, Reno, 89506
(775) 829-2273 Fax: (775) 829-8745
Services: Diabetes Supplies, Medications, Disability Aids and Equipment

Lions Clubs International
District 4-N, The Lions of Nevada
District Diabetes Chairman
P.O. Box 2287 Reno, NV 89505
E-mail: Lions4NDiabetes@worldnet.att.net
Services: eyeglasses, eye care and medical eyes needs, diabetes information materials
ORGANIZATIONS cont.
Nevada Diabetes Association (NDA)
18 Stewart Street, Reno 89501
(775) 856-3839 or (800) 379-3839
Fax: (775) 348-7591
E-mail: ndaca@diabetesnv.org
Services: Camp programs, Diabetes Awareness Programs. Information, English and Spanish materials Resources and Referrals. Professional Education Programs. Medical Assistance program (see Care Chest)
Nevada P.E.P. Satellite Office
4600 Kietzke Lane G-128
Reno, NV 89502
(775) 448-9950 Fax: (775) 448-9603
Northern Nevada Chapter JDRF
5335 Kietzke Lane #230 Reno, NV 89511
P. O. Box 70928
Reno, NV 89570
Phone: (775) 786-1881 or 800/925-5533
Fax: (775) 827-0131

DIABETES SPECIALISTS N. NEVADA
*Lisa G. Abbott M.D.
(775) 786-6770
540 W. Plumb Ln 201
Reno, NV 89509

*Ossama M, Al-Taher, M.D.
(775) 982-5000
10085 Double R Blvd Suite 310
Reno, NV 89521

*James Atcheson, M.D.
(775) 982-6130
1500 E. 2nd St. Ste 401
Reno, NV 89502

*Daniel R Caruso M.D.
(775)287-2625
5605 Riggins Ct Ste 206
Reno, NV

*Carol Cheney MD
(775) 883-9003
2874 North Carson Street Ste 200
Carson City, NV

*Kathryn Eckert MD. (Pediatrician)
(775) 333-8000
75 Pringle Way, Suite 909
Reno, Nevada 89502

*Robert S Fredericks, M.D.
(775) 682-8500
1495 Ridgeview, Suite 230
Reno NV 89509 Reno 89509

David J. Howard, MD
(775) 784-7500
1500 E. 2nd St. Ste 302
Reno, NV 89502

*Claude K Lardinois, M.D.
(775) 784-7500
1500 E. 2nd St. Ste 302
Reno, NV 89502

*Evan M. Klass, M.D.
(775) 784-7500
1500 E 2nd St Suite 302,
Reno, NV 89502

*Ray Plodkowski
(775) 784-7500
1500 E. 2nd St. Ste 302
Reno, NV 89502

*Quange Nquygen, M.D.
775-784-7500
1500 E 2nd St. Suite 302
Reno, NV 89502

*Robert J Rosenquist, M.D.
(775) 682-8500
1495 Ridgeview, Suite 230
Reno NV 89509 Reno 89509

*Stanley R Shane, M.D.
(775) 784-7500
1500 E. 2nd. St. #302
Reno, NV 89502

John R. Sutton, DO, FACOI, CCD, FACE
(775) 841-6333
1177 North Division #3
Carson City, NV 89703

DIALYSIS CENTERS
Davita - Sparks Dialysis Center
4860 Vista Blvd. Sparks, NV 89436
(775) 359-5432

Renown Health Center
1500 E. 2nd Street
Reno, NV 89502
(775) 982-5611 (Hemo) Suite 101
982-4409 (CAPD) Suite 205
VISION PROVIDERS

Eye Care Associates of Nevada
Medical and surgical management of eye disease
2285 Green Vista Dr
Sparks, NV 89431
(775) 674-1100
(800) 331-4393

Nevada Retina Associates
Medical and surgical management of retinal disease
610 Sierra Rose Dr
Reno, NV 89511
(775) 356-7272

RURAL NEVADA SERVICES

DIABETES MANAGEMENT CLASSES

Carson City
Carson Tahoe Regional Healthcare
Specialty Medical Center
Diabetes Program
775 Fleischman Way
Carson City, 89703
(775) 885-4506

Churchill County
Diabetes Wellness, Classes in English and Spanish.
By appointment.
195 N. Ada Street, Fallon (Patty)
(775) 423-4933 Email: diabeteswellness@hotmail.com

Choose Control*
Churchill Community Hospital
801 E. Williams, Fallon
(775) 423-3151 ext. 2116 connie.honea@bannerhouse.com

Douglas County
Carson Tahoe Minden Medical Center
925 Ironwood Drive, Suite 1105 Minden, NV

Lyon County
South Lyon Medical Center (Education Department)
213 S. Whitacre Street, Yerington, NV
(775) 463-2301 ext. 249

WHERE TO GET TESTED FOR DIABETES IF YOU DO NOT HAVE A DOCTOR OR HEALTH INSURANCE.

Sliding fee, Medicaid accepted at the following locations.
www.nvrhc.org

RURAL NEVADA CLINICS

Amargosa Valley Medical Clinic
845 Farm Road, Amargosa Valley 89020
(775) 372-5432 Fax: (775) 372-1303
Helps uninsured and underinsured, low income please call clinic for details.
Medical Services M-F 8-5pm

Austin Medical Clinic
121 Main Street, Austin
(775) 964-2222 Fax: (775) 964-2232

Beatty Medical Clinic
702 Irving St., Beatty 89003
(775) 553-2208 Fax: (775) 553-2844
Helps uninsured and underinsured, low income, sliding scale payments are used based on income.
Dental, Women’s Health, Pediatrics and other Medical Hours 8-5pm

Caliente Clinic
700 North Springs Street
Caliente, NV 89008
775-726-3121
Helps uninsured and underinsured, low income, sliding scale payments are used based on income.
Medical Services please call for hours.

Carlin Clinic
151 So. 8th St, Carlin
(775) 754-2666 Fax: (775) 754-2654
Sierra Family Health (Carson City)
1000 N. Division St. Carson City
(775) 887-5140 Fax: (775) 887-5143

Crescent Valley Medical Center
5043 Tenabo Ave, Crescent Valley
(775) 468-1010 Fax: (775) 468-1019

Eureka Medical Clinic
250 So. Main St. Eureka
(775) 237-5313 Fax (775) 237-5073
Jackpot Community Health Center
135 Keno St. Jackpot
(775) 755-2500 Fax (775) 755-2502

Wendover Community Health Clinic
925 Wells Ave, Wendover
(775) 664-2220 Fax: (775) 664-2965

Lincoln Co. Medical Clinic - Alamo
First West Street (775) 725-3364

Additional Clinic Resources: Fees may vary.
**DIALYSIS CENTERS**

**Carson City**

**DCI**
778 Basque Way
Carson City, NV 89706
(775) 883-5400 fax: (775) 883-0255

**Washoe Health Center in Carson**
3310 Goni Rd., Bldg. H
Carson City, NV 89706
(775) 886-6450

**Nye**

**DaVita - Pahrump Dialysis Center**
1460 E. Calvada Blvd.
Pahrump, NV 89048
(775) 751-4300

**FIND AN ENDOCRINOLOGIST**

American Association of Clinical Endocrinologists
1000 Riverside Ave, Ste 205
Jacksonville, FL 32204
(904) 353-7878 Fax (904) 353-8185 [http://www.aace.com](http://www.aace.com)

State of Nevada Board of Medical Examiners
1105 Terminal Way, Suite 301, Reno, Nevada 89502 (775) 688-2559 Las Vegas area residents can reach the Reno office toll-free by calling: (888) 890-8210

Nevada Diabetes Association
(775) 856-3839 or (800) 379-3839

**NATIVE AMERICAN DIABETES RESOURCE SERVICES**

**B.I.A. Agency**
Western Nevada Agency
311 Washington Street, Carson City 89701
(775) 887-3500

**Nevada Urban Indians**
5301 Longley Lane, Reno, NV 89511
(775) 788-7600

**Reno Sparks Indian Colony**
98 Colony Road, Reno
(775) 329-5162

**Washoe Tribe Health Center, Indian Health Services**
1559 Watasheama, Gardnerville
(775) 265-4218

**Owyhee Service Unit**
The Owyhee Service Unit is located on the Duck Valley Reservation, which overlaps Nevada and Idaho.

**Owyhee PHS Indian Hospital**
P.O. Box 130, Owyhee, Nevada 89832
Highway 225
(775) 757-2415

**Walker Tribal Health Clinic**
1025 Hospital Road, Schurz, Nevada 89427
(775) 773-2005

The Fallon, Pyramid Lake, Reno/Sparks and Washoe Clinics are managed through tribal contracts. The Fort McDermitt Clinic and Walker Tribal Health Center are IHS-operated. The tribal communities of Moapa and Las Vegas are located approximately 360 miles from Schurz. They receive health care through tribal and IHS contract care. The other tribal communities in the Service Unit are Yomba, Winnemucca, Yerington, and Lovelock and receive health care through direct IHS services and contract care.

For more information on IHS contact:

**Phoenix Area Indian Health Service**
Two Renaissance Square
40 North Central Avenue
Phoenix, AZ 85004
Phone: (602) 364-5039
FAX: (602) 364-5042
HEALTHCARE FOR THE UNINSURED
If you do not have health insurance the following programs may
be of help.

Nevada Health Insurance Exchange
Register online for health insurance.
https://www.nevadahealthlink.com/

Access to Health Care Network- NHAP Program
Need help registering for health insurance? Access
can help.
Phone: 877-385-2345
www.accesstohealthcare.org
* NHAP for ages 55-64 years of age and uninsured. Also will
start providing medical discount plans for southern Nevadans
who qualify. Call for details.

* If you live in a State other than Nevada check this
website for insurance

Nevada Check Up
Phone: 1-877-543-7669
www.insurekidsnow.gov
* Nevada Check Up is the State of Nevada's Children's Health
Insurance Program. It provides low cost, comprehensive health
care coverage to working families with uninsured children 0-18
years of age who are not covered by private insurance
or Medicaid. Call toll free number or access application at web-

Medicare
Phone: 1-800-Medicare
www.medicare.gov
* A federal health insurance program to those who meet the
eligibility criteria. To be eligible to receive Medicare benefits a
person must be at least sixty-five years old or must have a dis-
ability that prevents them from working.
* For assistance with Medicare questions, call the Nevada State
Health Insurance Assistance Program at (702) 486-3478
*see State Health Insurance Program for information, counsel-
ing & assistance regarding Medicare.

Medicare Part A - is a hospital insurance.
Medicare Part B - is optional and is medical insurance for outpa-
tient hospital care & doctor’s services.
Medicare Part C (Medicare Advantage) combines Part A & Part
B. These plans are run by private insurance companies. Generally
you must see doctors in the plan.
Medicare Part D - Prescription coverage

Medicare “Extra Help” Programs

Nevada Aging and Disability Services Division
Phone: (702) 333-1038
* Special Programs may cover Medicare Part B and Part D Pre-
miums and protect you from the drug plan “Donut Hole”

Nevada Medicaid Office
Phone: (702) 668-4200 (Las Vegas)
Phone: (775) 684-3600
Toll-free: 1-800-992-0900 ext 2
http://www.medicaid.nv.gov/
* Nevada Medicaid is a program which provides quality health care
services to low-income Nevadans who qualify based on federal and
state law.
* See Access to Health Care Network for assistance with Medicaid
application

Pre-Existing Condition Insurance Plan (PCIP)
www.pcip.gov
* For those 18 years or older. Must have been uninsured for at least
the last 6 months and have a pre-existing condition. For more infor-
mation visit www.healthcare.gov or complete application at
www.pcip.gov

CO-PAYMENT PROGRAMS
Partnership for Prescription Assistance
Phone: 1-888-477-2669
www.pparx.org
* Serves as resource for possible co-pay assistance programs. Call or go
to website for more information.

DRUG DISCOUNT CARDS
* There are many types of drug discount cards. Check with the phar-
maceutical company that produces your prescription for patient assis-
tance programs or discount cards. Some discount cards offer
significant savings while others may not be as great of a deal.

Together RX Access
P.O Box 9426
Wilmington, DE 19809-9944
Phone: 800-444-4106
www.togetherrxaccess.com
* Program no longer available.

Needy Meds Drug Discount Card
www.needymeds.org/drugcard
* Offers a discount card that provides a 20-60% discount on many
medicines. The card is free and open to everyone.

Nevada Drug Card
www.nevadadrugcard.com
* Free discount prescription drug card program. Speak with your local
pharmacist about their prescription programs.

RX Hope
Phone: 877-267-0517
www.rxhope.com
* Free discount savings card. Covers some pet medications as well

WorldDoc Foundation
www.myhealthnv.com
* provides discount drug cards
Medication Assistance/ Resources

Access 2 Wellness
Phone: 1-866-317-2775
www.access2wellness.com
*Website is designed to help people find information on assistance programs quickly and easily. It describes available programs and provides contact information. It also features a unique Eligibility Tool that can quickly and easily determine which patient assistance programs might be most appropriate.

Partnership for Prescription Assistance
Phone: 1-888-477-2669
www.pparx.org
* Helps qualifying patients with & without prescription drug coverage find the medicines they need for free or nearly free. Call for details to see if there is a program for you.

HopeLink
178 Westminster Way
Henderson, NV 89015
Phone: (702) 566-0576   Fax: (702) 566-0494
www.link2hope.org
* Offers financial assistance to those who qualify including assistance with housing, utilities and prescriptions. (Prescription assistance for Henderson residents only). Call for details.

Medicine Cabinet
Office Phone: (702) 444-6082
Office Fax: (702) 650-2184
http://wp.tmcmeds.com/
*Membership Fees apply

Needy Meds
www.needymeds.org
* Website has information on medicine and healthcare assistance programs. They are not a patient assistance program and do not supply medicine or financial assistance.

Nevada Senior RX
Department of Health & Human Services
Phone: 866-303-6323
Phone: 775-687-7555 (Reno-Carson City-Gardnerville)
http://dhhs.nv.gov/seniorrx.htm
* A program that provides Nevada Seniors (with or without Medicare Part D) with assistance paying for medications.

Nevada Disability RX Program
Department of Health & Human Services
Phone: 866-303-6323
Phone: 775-687-7555 (Reno-Carson City-Gardnerville)
http://dhhs.nv.gov/DisabilityRx_qlfy.htm
*Provides assistance with the cost of prescription medications to qualified individuals with disabilities.

Care Chest of Nevada
7910 North Virginia, Reno, NV 89506
(775) 829-2273 Fax: (775) 829-8745
Services: Diabetes Supplies, Medications, Disability Aids and

Diabetes Supplies – Insulin
RXAssist
Phone: (401) 729-3284
www.rxassist.org
* is a website with information, news, and a database that are all designed to help you find out about ways to get affordable, or free, medications. The database includes information on the pharmaceutical companies' patient assistance programs, or programs that provide free or low cost medication to low-income patients.

RX Hope
Phone: 877-267-0517
www.rxhope.com
* Helps qualifying patients with & without prescription drug coverage find the medicines they need for free or nearly free. Offers discount savings cards. Call for details to see if there is a program for you.

Prescription & Medical Supply Assistance Programs
Most of these plans can be reached through the Patients Assistance Program

Abbott Patient Assistance Program
Phone: 1-800-222-6885 Option 7
www.abbottpatientassistancefoundation.org
* Provides Freestyle or Precision Meter & testing strips to those who qualify. Call or access website for more details.

Amylin Pharmaceuticals- Patient Assistance Programs
Phone: 800-330-7647
www.amylinreimbursement.com
* Call or go onto website for application. Must meet qualifications and have no prescription coverage. Meds include Symlin Pen and Byetta Pen.

BD Medical- Insulin Syringe Assist Program
Phone: (866) 818-6906 Option 1
* Offers 3 month supply of syringes for $15 to those who qualify. Call for details.

BD Medical- Diabetes Care
Phone: 1-888-232-2737
*call to request $2 coupons off syringes and needles

GlaxoSmithKline- GSK Access
Phone: 866-475-3678
www.gskforyou.com
*Provides prescription assistance program to those meeting qualifications. Call or request to fax application or download it from the website. Meds include Avandia, Avandaryl, Avandamet.

Lilly Cares Patient Assistance Program
Phone: 800-545-6962
www.lillycares.com
*Provides prescription assistance program to those meeting qualifications. The patient needs the doctors’ involvement or letter stating the need for insulin. You must not have any other prescription coverage to qualify. Call for more information. (Meds include Humalog & Humulin insulins)
Merck Patient Assistance Program  
Phone: 800-727-5400  
[www.merckpap.com](http://www.merckpap.com)  
* Provides medicines free of charge to those eligible. May print out application from web or call for details. Meds include Januvia & Janumet.

Novo Nordisk - Diabetes Patient Assistance Program  
Phone: 866-310-7549  
[www.diabetespap.com](http://www.diabetespap.com)  
* Can not have any prescription coverage to qualify. Call for details. Meds include NovoLog, Novolin & Levemir insulins, Glu- cagen Kits, Victoza, NovoFine Needles, Prandin & Prandinet.

Sanofi- Aventis - Patient Assistance Program  
Phone: 800-221-4025  
[www.patientassistanceprogram-sanofi-aventis.us](http://www.patientassistanceprogram-sanofi-aventis.us)  
* Provides prescription assistance program to those who have no prescription coverage or can not afford medications and met eligibility requirements. The patient needs the doctor’s involvement stating need for insulin. Call or go on website to obtain copy of application. (Meds include Lantus and Apidra)

Pfizer-MAINTAIN Program  
Medicines Assistance for Those Who Are In Need  
Phone: 866-706-2400  
[www.pfizerhelpfulanswers.com](http://www.pfizerhelpfulanswers.com)  
* for the uninsured & underinsured who need help getting Pfizer medicines for free or at a savings to patients who qualify.

Takeda Pharmaceuticals  
Takeda Patient Assistance Program  
[www.takedapap.com](http://www.takedapap.com)  
Phone: 800-830-9159  
* Program for low income individuals or families with no active prescription coverage. Meds include Actos, Actos + Metformin and Duetact

Xubex Free Diabetes Kit & Supplies  
Phone: 866-699-8239  
[www.xubex.com](http://www.xubex.com)  
* Program provides free diabetic supplies to those who qualify. Applicants receive a free diabetes care kit which includes glucose meter, lancet device, carrying case and strips. Apply on line or call for more information. Offers discount diabetes program for testing strips and lancets.

**Special Programs & Services**

**Access To Health Care Network - Hotline**  
Phone: 1-877-385-2345  
* Service to assist families with Nevada Check Up and Medicaid applications.

**CONSUMER HEALTH ASSISTANCE (CHA)**  
555 E. Washington Ave. Suite 4800  
Las Vegas, NV 89101  
Phone: (702) 486-3587 Fax: (702) 486-3586  
Toll Free: 1 (888) 333-1597  
Email: [cha@govcha.state.nv.us](mailto:cha@govcha.state.nv.us)

Website: [http://dhhs.nv.gov/CHA.htm](http://dhhs.nv.gov/CHA.htm)  
* assists consumers in solving problems related to medical management and workers compensation claims management. They do not provide financial assistance to the uninsured.

**Nevada 211**  
[www.nevada211.org](http://www.nevada211.org)  
* Call 211 which connects callers to free information about critical health & human services available our community.

**NIDDK**  
Phone: 1-800-860-8747  
*Publication called “Financial Help for Diabetes Care” which offers programs which may provide coverage for medical expenses for a person with diabetes. Phone or visit link to obtain a copy of publication.

**State Health Insurance Assistance Program**  
Phone: (702) 486-3478 Las Vegas Phone: 800-307-4444  
[www.nvaging.net](http://www.nvaging.net)  
* SHIP provides information, counseling & assistance to Medicare Beneficiaries in Nevada.

**Tobacco QUIT LINE/Nevada Tobacco Users Helpline**  
1-800-QUITNOW (1-800-784-8669)  
6375 W. Charleston Blvd. Suite A-172 Las Vegas, NV 89146  
[www.livingtobaccofree.com](http://www.livingtobaccofree.com)  
* Credentialed Alcohol & Drug Counselors provide free confidential & individualized nicotine dependence treatment services over the phone.

**MEDICAL SHARP DISPOSAL**

**Pain in the Drain**  
[www.paininthedrain.com](http://www.paininthedrain.com)  
* Dispose of any unwanted or expired medications at the LV Metro Police Dpt., Boulder City Police Dpt., and City of Henderson Police Dpt.

**Republic Services**  
* Dispose of your needles, syringes and sharps containers. Gate Hours for Household Hazardous Waste are Wednesday - Saturday: 9am - 1pm. Limit 5 gallons per drop off. Please place waste in tin can similar to coffee can. Please seal and label Needles on the container. The container will not be returned. A copy of your last Republic Services residential bill and valid photo identification are required.

**Drop Off Locations:**  
Henderson Transfer Station  
560 Cape Horn Dr  
Henderson, NV  
702-735-5151

**Recycle Center**  
333 W Gowan Rd  
North Las Vegas, NV  
702-599-5852
MEDICAL SHARP DISPOSAL Cont.
Washoe County
*In other communities call your trash company for assistance.

GOVERNMENT RESOURCES

Nevada Diabetes Prevention & Control Program
4150 Technology Way, Suite 210
Carson City, NV 89706
Phone: (775) 684-4231
Email: maweiss@health.nv.gov
http://health.nv.gov

Consumer Health Assistance
Phone: (702) 486-3587 Fax: (702) 486-3586
Toll Free: (888) 333-1597
http://dhhs.nv.gov/CHA.htm

Bureau of Services to the Blind and Visually Impaired
Carson District Office (775) 684-0400
Elko District Office (775) 753-1930 or (800) 395-0660
Las Vegas District Office (702) 486-5333 or 1-800-662-3366
Reno District Office (775) 688-1450 or (800) 338-6185

Nevada Insurance Division
http://doi.nv.gov/
Carson City (775) 687-4270
Las Vegas (702) 486-4009

Medigap or Medicare
Supplemental insurance
(800) 992-0900 or (775) 687-4270
*Indicates Medicaid staff locations at district office sites
*Carson City - (775) 687-4270
Elko - (800) 873-2261
Fallon - (775) 423-3161
Hawthorne - (775) 945-3602
Henderson - (702) 486-6748
*Las Vegas - Belrose Office (702) 486-5270
Las Vegas - Charleston Office (702) 486-4520
Las Vegas - Owens Office (702) 486-5040
Loveland - (775) 273-7157
*Reno – Mill Street (775) 688-2811
Reno – Ninth St. (775) 688-2200
Tonopah - (775) 482-6626
Winnemucca - (775) 623-6557
Yerington - (775) 463-3151

Medicare – Information on Diabetes Screening, Supplies, Education paid by Medicare
http://www.medicare.gov/Health/Diabetes.asp
Centers for Medicare & Medicaid Services
7500 Security Boulevard
Baltimore MD 21244-1850
(800) MEDICARE

Project NEON: (Nevada Elders On the Net)
3416 Goni Road, Building D, Carson City, NV
(775) 687-4210 Fax: (775) 687-4264
dascc@aging.nv.gov
http://nvaging.net
Reno Office
445 Apple Street, Suite 104, Reno, NV
(775) 688-2964 Fax: 688-2969

NORTHERN NEVADA AND RURAL DENTAL SERVICES

Nevada Medicaid
Reno (775) 688-2606
Carson City (775) 684-7200
State wide (800) 992-0900
Fallon (775) 423-3161
Elko (775) 753-1191

Northern Nevada Dental Health Program
(775) 770-6609 Applications in English & Spanish available on website at https://www.nndental.org/

HAWC
1055 S. Wells Ave.
Reno, NV  89502
(775) 329-6300

TMC Dental Hygiene Program
7000 Dandini Blvd.
Reno, NV  89512
(775) 674-7554
(Preventive services)
**DIETITIANS**

**American Dietetic Association**
1-800-877-1600
Information in English and Spanish on nutrition and meal planning
Call or visit their web site to find a dietitian
http://www.eatright.org

**Nevada Dietetic Association**
http://www.nevadard.com/
NevadaRD@gmail.com

**American Association of Diabetes Educators**
100 West Monroe Street, Fourth Floor
Chicago, IL 60603-1901
Phone: (800) 338-3633
To find Diabetes Educators in your area call or visit the web site at
http://www.diabeteseducator.org/
Email: aade@aadenet.org

**SPECIAL PROGRAMS AND SERVICES**

**Nevada Libraries for the Blind and Physically Handicapped**
Talking Books
(775) 684-3354 or (800) 922-9334

**A Proper Fit**
(775) 323-3757
1585 S. Virginia Street
Reno, NV

**Equitable Life Insurance Society**
(800) 888-9763
Life Insurance or Disability for Type 1 or Type 2 diabetes
6375 W. Charleston Blvd, Suite A-172
Las Vegas, NV 89146

**OTHER RESOURCES**
Your local library has many books on diabetes, including diet and exercise information. You can call the NDA at (775) 856-3839 for a list of books and order books through the American Diabetes Association.

**Free Diabetes Identification Jewelry**
Diabetes Research and Wellness Foundation
Send a self addressed stamped envelope to:
Free Diabetes Necklace
5151 Wisconsin Ave, NW #420
Washington, DC 20016
http://www.diabeteswellness.net/

**For Information on Insulin Pumps**
**Animas**
1.877.YES.PUMP (1.877.937.7867)
Office: (702)383-8008
Resource for pump education and classes in Las Vegas
http://www.animas.com/

**MiniMed Inc.**
18000 Devonshire Street
Northridge, CA 91325 USA
(800) 646-4633
http://www.medtronicdiabetes.com/

**Smiths Medical MD, Inc (Del-Tec Pump)**
(800) 988-4772
http://www.diabetesnet.com/

**For Information on Retinopathy**
**American Academy of Ophthalmology**
P.O. Box 7424
San Francisco, CA 94120-7424
Phone: (415) 561-8500 Fax: (415) 561-8533
http://www.eyeorbit.org

**For Information on Diabetic Foot Problems**
**American College of Foot and Ankle Surgeons,**
515 Busse Highway
Park Ridge, Illinois 60068
http://www.acfas.org/

**GOVERNMENT PROGRAMS**

**CDC Diabetes Information** -- http://www.cdc.gov/diabetes/: The Centers for Disease Control Diabetes Public Resource includes links to State Diabetes Control Programs

**Children with Special Health Care Needs** http://health.nv.gov This is a link to the Nevada State program to help families with children under 19 years old with Type 1 diabetes.

**Get Healthy Washoe County** — http://gethealthwashoe.com/—Information and links to sites for healthy living, chronic diseases, tobacco fact, getting active and more.


**National Diabetes Education Program**
www.ndep.nih.gov
Several publications available for various ages and cultures in different languages

**State of Nevada Diabetes Prevention and Control Program:** http://health.nv.gov/CD_Diabetes.htm

**WorldDoc Foundation**
www.myhealthynv.com
on-line tool to help all Nevadans, especially those with out insurance manage their health & save money.
Website has diabetes health assessments and discount drug cards.

**DIABETES ON THE WEB**

**Organizations**

American Association of Clinical Endocrinology  
http://www.aace.com  
A good place to start if you need to find a diabetes specialist in your community

American Association of Diabetes Educators --  
http://www.diabeteseducator.org/

American Diabetes Association  
http://www.diabetes.org

American Heart Association  
http://www.americanheart.org/  
Heart disease and diabetes all too often go hand in hand. This is a good place to get important heart health information

Canadian Diabetes Association  
http://www.diabetes.ca/  
--From the nation where insulin was developed by Drs. Banting and Best  Excellent information

Children with Diabetes  
http://www.childrenwithdiabetes.com/  
Online community for kids, families and adults

The Islet Foundation –  
http://www.islet.org/  
Islet Research Information

Juvenile Diabetes Research Foundation –  
http://www.jdrf.org/

**Diet and Nutrition**

Ask the Dietitian --  
http://www.dietitian.com/  
Check out Joanne Larson's Weight / Calorie Calculator!

Diabetic Gourmet Magazine --  
http://diabeticgourmet.com/  
Good articles, recipes, and health information

About Diabetes --  
http://diabetes.about.com/  
Information and Links to Carbohydrate Counting, Meal Planning, the Vegetarian Resource Group and many other useful sites

LowCarbEating--  
http://www.lowcarbeating.com/  
Atkins Diet and Low Carb Diet recipes, information, support, products, and much more

**Information on Complications**

Kidney Diseases -  
http://kidney.niddk.nih.gov/

Neuropathy  
http://www.neurologychannel.com/neuropathy/

The Neuropathy Association  
http://www.neuropathy.org/

Basic information and resources

Retinopathy and other eyes conditions  
http://www.aao.org/aa0/  
Diabetic retinopathy is one of the most common complications associated with diabetes

**Medication and Equipment**

Abbott Diagnostics Diabetes Now -  
http://glucerna.com/diabetes-connect

Becton Dickinson –  
http://www.bd.com/us/

Eli Lilly -  
http://www.lillydiabetes.com/Pages/index.aspx

Lifescan --  
http://www.lifescan.com/

MiniMed --  
http://www.minimed.com/

Novo Nordisk -  
http://www.novonordisk.com

Pump Wear Inc.  
http://www.pumpwearinc.com/

**Resources on the Web**

Bayer HealthCare  
http://www.bayercontour.com/

Diabetes Monitor --  
http://www.diabetesmonitor.com/  
extensive site filled with excellent information and extensive links to other valuable sites

Diabetes Net --  
http://www.diabetesnet.com/  
Diabetes Shopping Mall and Information

dLife For Your Diabetes Life! -  
http://www.dlife.com/  
online magazine, pod casts recipes and more

Feline Diabetes --  
http://felinediabetes.com/  
A clearinghouse for information, questions, and links concerning diabetes in cats

Diabetes in Dogs --  
http://www.aspca.org/pet-care/dog-care/diabetes

The common form of diabetes in dogs is analogous to juvenile diabetes in people

International Diabetes –  
Extensive Worldwide links to resources and research information.
Ivanhoe News Diabetes Channel
http://www.ivanhoe.com/channels/p_channel.cfm?channelid=CHAN-100007  the latest medical reports on breakthroughs in diabetes, discussion rooms and much more!

Joslin Diabetes Center
http://www.joslin.org
Established in 1898, and affiliated with Harvard Medical School, Joslin leads the field in both basic and clinical research, and is devoted to educating both patients and professionals.

David Mendosa Diabetes Resources -- http://www.mendosa.com/diabetes.htm
Excellent site with extensive links and information.

Merck Engage: www.merckengage.com for meal planners, educational materials and more.

Sanofi Aventis
http://www.goinsulin.com
GoInsulin tells the truth about insulin through the stories of people with diabetes.

A1C Champions®
http://www.a1cchampions.com
are people with diabetes who share their personal experiences as well as their management and lifestyle strategies