

**Department of PR/Marketing**  
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**FOR IMMEDIATE RELEASE**

**Oconee Regional Medical Center Reaccredits its Medicare-Certified Diabetes Self-Management and Education Program**

ORMC's Diabetes Self-Management and Education Program (DSME) has recently renewed its status as an accredited diabetes education program by the American Association of Diabetes Educators (AADE), a National Accredited Organization, certified by the Centers for Medicare and Medicaid Services. This allows the people with diabetes in and around Baldwin County increased access to high quality diabetes education services.

Diabetes education is a collaborative process through which people with diabetes gain the knowledge and skills needed to modify behavior and successfully manage the disease to reduce the risk of serious complications. The program is comprehensive and taught by trained diabetes educators.

The Diabetes Self-Management and Education Program, located at Oconee Regional Medical Center, 821 North Cobb Street, Milledgeville, will be offering diabetes education classes in their Education Center on: September 16, 23, October 7, 14, 21, & 28.

"AADE's accreditation assures that the program meets the National Standards for Diabetes Self-Management Education and Support. Programs who meet these criteria are considered high quality and are successful at improving the health status of the individuals who learn to manage their diabetes through meal planning and physical activity," said Chris County, Registered Licensed Dietitian for ORMC.

ORMC also offers Medical Nutrition Therapy (MNT) which involves an in-depth, one-on-one or family nutrition assessment and a plan of action to achieve increased quality of life through disease management and/or weight loss.

The Diabetes Support Group meets the 2<sup>nd</sup> Tuesday of each month at 6:00 p.m. in the Education Center at Oconee Regional Medical Center and is free and open to all community members with diabetes. It provides information and tips on living with diabetes and the opportunity to meet others with common experiences. For more information on DSME or MNT ask your doctor to fax a referral to 478-454-3934 or contact Chris County at 478-457-2300.

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