

**ANCHOR**  
**HEALTH CENTERS**

# Diabetes Self-Management Education Program



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DIABETES EDUCATION PROGRAM:  
4685 TAMiami TRAIL NORTH  
NAPLES, FL 34103  
(239) 403-8889

“Diabetes is a unique illness where 90% of the care is done by the person who has the disease.”



Anchor Health Centers is proud to offer a Diabetes Education Program for Self-Management. This service was developed

to help people with diabetes better manage their own care, making them not only comfortable with their health plan but better able to manage their individual lifestyle.

Classes are offered in both group and individual sessions with a focus on special needs. Nationally certified diabetes educators will help with blood glucose testing, food management/selection and self-care skills.

In addition to our Diabetes Education Classes, Dr. Charles Kilo and Doreen Cassarino, ARNP are available for outpatient consultation and on-going management of Adult Diabetes, including those on multiple medications, insulin and the insulin pump.

# Did You Know?



...That Diabetes is a significant contributor to cardiac disease?

...That it is the leading cause of non-traumatic amputations?

...That it is the leading cause of blindness in adults?

...That it is the leading cause of kidney failure?

# Stay In Control

Let Anchor Health Centers help **YOU** stay in control. The American Diabetes Association recommends comprehensive diabetes education training for those...

- With a New Diagnosis
- Starting New Treatment
- With Uncontrolled Blood Sugar Levels

# Are You Confused About...



- Your medications?
- What your lab results mean?
- How to prevent complications?
- Dining out with diabetes?
- Diabetes & Exercise?

***Let Anchor Health Centers' Diabetes  
Self-Management Education Program***  
help you learn more about what you can  
do to make your life healthier...  
***YOU Take Control!***



***Charles Kilo, M.D.***  
*Medical Director*



***Debbie Dudley***  
*RN CDE BS  
Educational  
Specialist*



***Dee Harris***  
*RD LD CDE  
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***For More  
Information Call  
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