

Diabetes Care

AT THE UNIVERSITY OF VIRGINIA

At the University of Virginia Health System, we have a team of skilled and caring health care professionals who provide quality care to patients with Type 1 and Type 2 diabetes. We help patients prevent diabetic complications, such as heart and kidney disease, through dedicated programs that encourage good nutrition and exercise, as well as careful monitoring and innovative treatments. Endocrinology (which includes the study and treatment of diabetes) at UVa is one of the highest-ranked departments in the nation.

UVa has an active clinical trials program and basic research program with scientists who are unlocking the mysteries of diabetes and how it leads to complications like heart and kidney disease. UVa has formed specialty clinics that bring together endocrinologists with heart, kidney and other specialists.

Spectrum of Services

Diabetes is a condition characterized by high blood sugar because of the body's inability to use blood sugar for energy. About 2,200 Americans develop diabetes each day. More than 11 million Americans have diabetes that has been diagnosed, but another 5.9 million aren't aware that they have it.

At UVa, our goal is to promote health, prevent or reduce complications and prevent cases of Type 2 diabetes and gestational diabetes (which occurs during pregnancy in some women).

To address certain complications, UVa has formed three specialty clinics that unite endocrinologists with other specialists to streamline assessment and treatment:

High-Risk Diabetes and Kidney Disease Clinic – to prevent or slow the progression of kidney disease

Diabetes Cardiovascular Clinic – to prevent, monitor for and treat heart disease, which is more common among people with diabetes than the general population

Obstetrics/Diabetes Clinic – to monitor pregnant women who have diabetes before pregnancy or who acquire gestational diabetes during their pregnancy.

UVa also provides a wide variety of health and education services through the Diabetes Education and Management Program. This group of health professionals works to prevent health problems from diabetes, reduce costs related to diabetes and help patients achieve their personal health goals.

UVa's Diabetes Education and Management Program includes the following services:

- Individual assessment and visit with a certified diabetes educator (CDE)
- Coordinated care plan
- Specialized diabetes team of experts
- Behavioral goal setting
- Monitoring for diabetic complications
- Continuous glucose monitoring

- Insulin clinic
- Insulin management by protocols
- Insulin pump program and support group
- Foot care
- Partnerships with Medfit and Cardiac Rehab
- Consumer network support group
- Quarterly follow-up phone visits with our case manager
- Weekly "Diabetes Basics" classes
- Weekly nutrition workshops
- Class series – "How to Live Well with Diabetes."

UVa has a new Center for Cellular Transplantation, with the goal of repairing damaged pancreas, heart and brain tissue. Today, cellular transplantation is mostly limited to transplanting groups of insulin-producing pancreatic cells, known as islets, so that patients can become free of insulin dependence. This is still considered an experimental treatment. By early 2003, the center has set a goal to perform Virginia's first pancreatic islet transplantation.

Access to Care Made Easy

UVa physicians and our medical center facilities accept most insurance plans.

Diabetes patients can be seen in four locations, with free and convenient parking.

Northridge building, Suite 311, Charlottesville (Route 250 West near Boar's Head Inn)

Primary Care Center, 4th floor, adjacent to University Hospital, Charlottesville

Endocrine Clinic, 5th Floor, Private Clinics on Hospital Drive, Charlottesville

University Physicians at Orange, 169 Spicers Mill Road, Orange, Va.

To make an appointment at any of these sites, please call: **434-243-4620**.

Diabetes-related services at UVa are supported by the full resources of a health system nationally and internationally renowned for education, research and care. In fact, the UVa Health System is consistently recognized as one of the nation's Top 100 Hospitals and many of our specialties, including endocrinology, are ranked by U.S. News & World Report among the nation's best.