comprehensive diabetes management services

**University Health Services** has partnered with Tallahassee Memorial Hospital to bring diabetes services to students on campus! If you or someone you love at Florida State University has been diagnosed with diabetes (Type 1 & Type 2), we are here to help!

Adjusting to life at college can be stressful. Trying to juggle classes, extra-curricular activities and even a part-time job is overwhelming at times. Throw diabetes into the mix and it makes adjusting to college life seem that much harder.

**Helpful Links:**
- The American Diabetes Association: http://www.diabetes.org/
- The Juvenile Diabetes Research Foundation: http://www.jdrf.org/
- Tallahassee Memorial Diabetes Center: http://www.tmh.org/diabetes
- College Student Support Sites: http://www.collegediabetesnetwork.org/ http://studentswithdiabetes.health.usf.edu/

University Health Services
Florida State University
Division of Student Affairs
Tallahassee, FL 32306-7148
Available in Alternate Format.
Our team of experienced registered and licensed nurses and dietitians educate people about diabetes and the tools they need to manage it and lead longer and healthier lives. Certified Diabetes Educators also work with area endocrinologists to help find a diabetes management plan that works for you.

**initial assessments**
We specialize in one-on-one individualized assessments designed with your goals in mind. A certified diabetes educator will meet with you to assess your needs based on your lifestyle and diabetes medications.

**special programs**
Specialized programs are available for gestational diabetes, insulin pump therapy, continuous glucose monitoring, and other specific needs for persons with diabetes. The certified diabetes pump and continuous glucose monitoring trainers can help you begin on these types of therapies and also help you utilize their full functionality to help you balance your blood sugar, food, and activity needs if you are already using them.

**volunteer opportunities**
Tallahassee Memorial Hospital’s Diabetes Center sponsors annual camps, support groups, and special events for children with diabetes and their families. TMH is frequently in need of volunteers for these events and if you would be interested in helping, please let a staff member in Health Promotion know and they will be happy to help you get in touch with the staff at TMH.

### Recognized Excellence in Education & Treatment Right Here on Campus

Tallahassee Memorial Hospital’s diabetes education and management programs have been recognized by the American Diabetes Association since 1996—the only public education program in the Big Bend Region to receive this honor. We are excited to have the Tallahassee Memorial Diabetes Center staff on campus to provide FSU students with the best level of care possible.

### Our Diabetes Education and Self-Management Training Programs Will Help You Design a Program to Fit Your Needs and Lifestyle.

Do you:

- Have questions about your diabetes diagnosis?
- Having a hard time managing your blood sugar level with your new schedule?
- Having difficulty locating a doctor in town?
- Not sure where to get your supplies?
- Have you been diagnosed and need some help managing your carbohydrate content, timing, and amount now that you are at school?

Then sign up for services

Access to diabetes services here at University Health Services provided by TMH’s Certified Diabetes Educators requires a referral from a physician. The referring physician may work in University Health Services, the surrounding community, or can even be from your hometown.

Catherine Brooks handles all referrals for diabetes services at University Health Services. You can e-mail Catherine at cbrooks@admin.fsu.edu or call her at 850-645-7289. Referrals may also be faxed to her at 850-645-7765 but you will still need to contact her to set up an appointment.