Diabetes Resource Guide
6th Edition
Where to Find Diabetes Care, Education,
&
Support Services in or near Southern Illinois

Developed by the Diabetes Today Resource Team
Last Updated March 2018

For an electronic copy of this toolkit, please go to:
www.jchdonline.org -> click on the Medical Providers tab, or
http://www.hsidn.org/resources.html
This guide was created as a resource to help southern Illinois residents to more effectively manage diabetes to reduce complications. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact your life. The American Diabetes Association reports that 29.1 million people in the United States have diabetes. You are not alone, and there are people who can help.

This guide was created to help you reduce your risk of diabetes or help you manage your diabetes. Resources in this guide are for communities served by Egyptian Health Department, Franklin-Williamson Bi-County Health Department, Jackson County Health Department, Perry County Health Department, and Southern Seven Health Department.

The information in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or if you have diabetes, consult with your doctor or health care professional.

We are not necessarily endorsing or recommending specific providers listed in this guide. They are listed as possible places for you to contact.

If you have updates to the resource guide, please contact Jackson County Health Department, 618-684-3143, ext. 133 or 134.
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Diabetes Overview

What is Diabetes?
Diabetes is a disease in which the body does not make or properly use insulin. Insulin helps the body use energy from food you eat. Diabetes cannot be cured but it can be treated and controlled.

What are the Complications of Uncontrolled Diabetes?
Complications resulting from uncontrolled diabetes include; eye, foot and skin complications, heart disease, kidney disease, nerve damage, dental problems, and depression. Complications like these can often be prevented or delayed through proper diabetes management and healthy lifestyle changes.

What are the Types of Diabetes?
- **Type 1 Diabetes:** the body no longer makes insulin. (5-10% of cases)
- **Type 2 Diabetes:** the body’s cells do not use insulin properly. Sometimes this is called “Insulin Resistance” (90-95% of cases). It is a progressive disease and insulin may be necessary.
- **Gestational Diabetes:** A form of diabetes first diagnosed during pregnancy. Usually goes away after pregnancy ends. Increased risk for developing Type 2 in future.
- **Pre-Diabetes:** a condition that occurs when a person’s blood glucose (blood sugar) levels are higher than normal, but not high enough for a diagnosis of Type 2 diabetes. Lifestyle changes may prevent progression to a diabetes diagnosis.

You are at greater risk of becoming diabetic (Type 2 or Pre-Diabetic) if you:
- Are overweight or obese (Body Mass Index over 25)
- Have a family history of diabetes
- Are over age 60
- Are Latino, African American, Asian American, Native American, Hawaiian or other Pacific Islanders origin
- Had a baby that weighed over 9 lbs at birth
- Live a sedentary/inactive lifestyle
- Have high blood pressure
- Have high blood cholesterol levels

The following are symptoms you may experience if you are living with diabetes:
- Increased frequency of urination
- Dry mouth or skin
- Tiredness or fatigue
- Blurred vision
- More frequent infections
- Slow healing of cuts and sores
- Unexplained weight loss

SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT.
One out of every three people with diabetes is not aware that they have it. If you have these symptoms get tested.
Reference: American Diabetes Association
Getting Tested?

Talk with your health care provider. It is important that you find a medical home/primary care provider if you do not have one. You should also look for someone who has an interest and specialized training in treating patients with diabetes.

A fasting* blood glucose (blood sugar) test or Oral Glucose Tolerance Test (blood glucose is measured after a fast and then 2 hours after drinking a high glucose beverage) may be used to test for pre-diabetes or diabetes.

The blood glucose test measures the amount of glucose (sugar) in the blood at one point in time. A hemoglobin (A1C) test indicates the blood glucose (sugar) level over time and is frequently used to indicate how well the diabetes is being controlled.

Test Results: What do they mean?

**Pre-Diabetes:** a fasting* blood glucose level of 100-125 mg/dl or a two-hour blood glucose level between 140 and 199 mg/dl., or a Hemoglobin A1C (A1C) of 5.7% – 6.4%.

**Diabetes:** a fasting blood glucose level of 126 mg/dl or higher or a two-hour blood glucose level at 200 mg/dl or higher during a 2 hour glucose tolerance test, or a Hemoglobin A1C (A1C) higher than 6.5%.

*Fasting is defined as no food or beverages for at least 8 hours.

*Source: American Diabetes Association Standards of Medical Care 33 (Supplemental1):S11-S61, 2010.
Managing Diabetes
If you have been diagnosed with diabetes, here are some questions to ask your health care provider as well as some steps to help you in managing your diabetes.

When you see your health care provider, ask the following questions at each visit:

- How is my hemoglobin A1C?
  - What is my target A1C number?
  - When do I need to test it again?
- How is my Blood Pressure?
  - What is my target blood pressure number?
- How is my Cholesterol?
  - What is my target cholesterol number?
- Do I need an eye exam?
- Are there any other screenings I may need?
- Where can I attend diabetes education classes?
- Will you check my feet today?
- Are there support groups available for persons living with diabetes?

Tests you will need. Discuss these with your health care provider:

- Hemoglobin A1C (at least twice a year, and sometimes more often.)
- Blood pressure (every visit with your healthcare provider)
- Blood Cholesterol (once a year)
- Micro albumin to test kidneys (once a year)
- Dilated Eye Exam (once a year)
- Foot Exam (once a year)
- Dental Exam (twice a year)

Make sure to practice routine self-care:

- Check your blood glucose (blood sugar).
- Exercise.
- Follow a healthy meal plan.
- Take care of your heart.
- Take your medicine.
- Take care of your feet.
- Take care of your teeth.
- Manage stress.
- Create an action plan to stay healthy.

For more information on managing your diabetes refer to the booklet “Live your Life! Control your Diabetes.” If you have not yet received a copy, ask your health care provider or call Jackson County Health Department at (618) 684-3143, ext. 133 or Southern Seven Health Department (618) 634-2297 to obtain a free copy.
Certified Diabetes Educators/Registered Dietitians
These health professionals are specially trained to work with diabetics and to provide guidance on diabetes management.

American Association of Diabetes Educators
Address: 200 W. Madison St., Suite 800
Chicago, IL 60606
Phone: 800.338.3633
Website: www.diabeteseducator.org
(This link helps you find a certified diabetes educator in your area.)

National Certification Board for Diabetes Education
Address: 330 East Algonquin Road, Suite 4
Arlington Heights, IL 6005
Phone: 1.877.239.3233 or 847.228.9795
Website: www.ncbde.org
(This link helps you find a certified diabetes educator in your area.)

Statewide: Illinois Department of Public Health
Cara Barnett, NPH
Diabetes Program Manager
Address: 535 W. Jefferson St
Springfield, IL 62761
Phone: 217.785.1060
Email: cara.barnett@illinois.gov

Alexander County - Check “Surrounding Area” section or other counties listed.

Franklin County
Elizabeth Michaels, MS, RDN, LDN, CDE
Christopher Rural Health Planning Corporation
Address: 4241 State Highway 14 West
Christopher, IL 62822
Phone: 618.724.2401 or 1.800.408.7351
Fax: 618.724.2474
Offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. Physician referral is needed. Accepts insurance and private pay.

Hardin County
Hardin County General Hospital and Clinic
Address: P.O. Box 2467
6 Ferrell Rd, Rosiclare, IL 62982
Phone: 618.285.6634
Fax: 618.285.3564
We have a Licensed Dietitian Nutritionist who is available one day a month to in-patients and out-patients. For an appointment to see a dietitian or for more information, call 618.285.6634 ext. 306.


**Jackson County**

**Jan Danely, MS, RD, LDN**  
Southern Illinois Healthcare  
Memorial Hospital of Carbondale  
**Address:** 405 W. Jackson St.  
Carbondale, IL 62902  
**Phone:** 618.549.0721 ext. 65226

**Nichole Lence, MS, RD, LDN**  
Southern Illinois Healthcare  
Memorial Hospital of Carbondale  
**Address:** 405 W. Jackson St.  
Carbondale, IL 62902  
**Phone:** 618.549.0721 ext. 65227

**Debra A. Newbolds, RN, BSN, CDE**  
Southern Illinois Healthcare  
Memorial Hospital of Carbondale  
**Address:** 405 W. Jackson St  
Carbondale, IL 62901  
**Phone:** 618.549.0721 ext. 65616  
**Email:** debra.newbolds@sih.net  
*Program coordinator for the Thrive Diabetes Self-Management Program (An accredited American Association of Diabetes Educators program.) Also offers diabetic counseling to individuals, basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. **Physician referral is needed.** Provides insulin self-administration training, instruction based on AADE 7 Self-Care Behaviors. Newbolds is a certified insulin pump trainer for Animas, Medtronic, Omni Pod and Spirit. Accepts insurance and private pay. Health Care Financial Assistance program is also available. Go to [www.sih.net](http://www.sih.net) for more information or call hospital billing department for information.*

**Micah Pierce, MS, RD, LDN**  
Southern Illinois Healthcare  
Memorial Hospital of Carbondale  
**Address:** 405 W. Jackson St.  
Carbondale, IL 62902  
**Phone:** 618.549.0721 ext. 64537

**Lori Trentacosti, MS, RD, LD, CDE**  
SIU Student Health Programs Wellness Center  
**Address:** 374 E. Grand Ave  
Carbondale, IL 62901  
**Phone:** 618.453.3311 ext. 34080  
**Website:** [www.shc.siu.edu](http://www.shc.siu.edu)  
*Services available to SIU students only. The $6.00 door fee can be charged to students’ bursar account. Offers diabetic counseling, provides basic diabetes education, nutrition education, and group education classes. Physician referral is needed.*
Cynthia York-Camden MS, RD, LDN  
SI Nutrition & Diabetes  
**Address:** 1032 W. Industrial Park Rd  
Murphysboro, IL, 62966  
**Phone:** 618.967.9535  
**Fax:** 618.565.1701  
**Email:** Cynthia@sinutrition.com  
Cindy is your personal dietitian nutritionist in Southern Illinois for diabetes, weight loss, and kidney disease. Flexible appointment times available to fit your schedule. Individual and group services. Medicare and most insurances accepted with doctor referral.

**Jefferson County**

Bradley Miller, MS, RD  
Crossroads Community Hospital  
**Address:** 8 Doctors Park Rd  
Mt. Vernon, IL 62864  
**Phone:** 618.244-5500  
**Email:** bmiller@hhs1.com

**Johnson County** - Check “Surrounding Area” section or other counties listed.

**Massac County** - Check “Surrounding Area” section or other counties listed.

**Pope County** - Check “Surrounding Area” section or other counties listed.

**Pulaski County** - Check “Surrounding Area” section or other counties listed.

**Randolph County**

Barb Brown, RD, LDN  
Sparta Community Hospital  
**Address:** 818 East Broadway St.  
Sparta, IL 62286  
**Phone:** 618.443.2177 ext. 1435  
**Email:** barb@spartahospital.com  
Offers diabetic counseling to individuals, provides basic diabetes education and nutrition education. Physician referral is NOT needed. Call for details regarding billing.

**Melissa Soellner, RD, CDE, ACSM Certified Exercise Specialist**

Memorial Hospital  
**Address:** 1900 State St.  
Chester, IL 62233  
**Phone:** 618.861.6367  
**Email:** msoellner@mhchester.com  
**Website:** www.mhchester.com  
Melissa offers individual diabetes education or nutrition counseling for a variety of medical conditions, as well as, group education through our AADE-accredited Thrive with Diabetes Self-Management Training Program. Physician referral with diagnosis is needed. She is a Medicare provider, accepts private insurance and private pay fees. Our monthly, hospital-sponsored support group is free.
Saline County

Cindy Lessen, RD
Ferrell Hospital
Address: 1201 Pine St
Eldorado, IL 62930
Phone: 618.273.3361
Hours: M, W, F mornings
Email: ihayfaith4@yahoo.com
Website: www.ferrellhosp.org
Need referral from doctor.

Debbie Hearn, RD/LD
Harrisburg Medical Center
Address: 100 Dr. Warren Tuttle Dr.
Harrisburg, IL 62946
Phone: 618.253.0462
Email: dhearn@harrisburgmc.com
Website: www.harrisburgmc.com
Need referral from doctor.

Union County - Check “Surrounding Area” section or other counties listed.

Williamson County

Bradley Miller, MS, RD
Heartland Regional Medical Center
Address: 3333 W DeYoung St.
Marion, IL 62959
Phone: 618.998.7050
Fax: 618.998.7098
Email: bmiller@hhs1.com
Provides nutrition education and counseling for diabetes, weight loss, and many other medical conditions. Physician referral needed for individual appointment.

Megan Hall, RD, LDN
Southern Illinois Healthcare
Herrin Hospital
Address: 201 S. 14th St
Herrin, IL 62948
Phone: 618.942.2171 ext. 35215
Email: megan.hall@sih.net

Heather Holden-Burns, RD, CDE, M.Ed.
Diabetes and Endocrine of Southern Illinois
Address: 3020 S. Park Ave
Herrin, IL 62948
Phone: 618.988.1877
Email: hshouston5315@yahoo.com
Offers diabetic counseling to individuals, provides basic diabetes education, nutrition education, group education classes, offers training on testing blood sugar and basic information on using insulin pumps. Certified pump trainer for Medtronic, Animas, and Omnipod. Physician referral is needed. Accepts insurance and private pay fees.
Marie Frank, RD, LD  
Shawnee Healthcare Carterville  
**Address:** 1006 S. Division St.  
Carterville, IL 62918  
**Phone:** 618.519.9200  
**Fax:** 618.687.4053  
**Website:** www.shawneehealth.com

Melaina Lane, MS, RD, LCD, CDE  
Department of Veterans Affairs Medical Center  
**Address:** 1301 Enterprise Way  
Marion, IL 62959  
**Phone:** 618.964.0946  
**Email:** melaina.lane@va.gov  
[VA/DoD Clinical Practice Guide](http://www.healthquality.va.gov/guidelines/cd/diabetes)  
*Offers diabetic counseling to individuals, basic diabetes and nutrition education, and training on blood sugar testing. Teaches the Sit N Fit course to the veteran population twice weekly.*

Jenna Larkin RD, LDN  
Southern Illinois Healthcare  
Herrin Hospital  
**Address:** 201 S. 14th St.  
Herrin, IL 62948  
**Phone:** 618.942.2171 EXT. 35319

Cheryl Metheny, MS, RD, LDN, CDE, CLC  
Illinois Dept. of Human Services  
**Address:** 1107 W. De Young St.  
Marion, IL 62959  
**Phone:** 618.993.7493  
**Email:** cheryl.metheny@illinois.gov

Crystal Middleton, MS, RD, LDN  
Southern Illinois Healthcare  
Herrin Hospital  
**Address:** 201 S. 14th St  
Herrin, IL 62948  
**Phone:** 618.942.2171 ext. 35120  
**Email:** crystal.middleton@sih.net

Julie Moses, RD  
Heartland Regional Medical Center  
**Address:** 3333 W DeYoung St.  
Marion, IL 62959  
**Phone:** 618.998.7050

Gail Peterman, RD, LDN, VDE
Shawnee Health Care Carterville  
**Address:** 1006 S. Division St.  
Carterville, IL 62918  
**Phone:** 618.519.9200  
**Website:** www.shawneehealth.com  
Works with patients of Shawnee Health Service only.

**Dustin Solomon, MS, RD, LDN**  
Southern Illinois Healthcare  
Herrin Hospital  
**Address:** 201 S. 14th St  
Herrin, IL 62948  
**Phone:** 618.942.2171 ext. 35443

**Amy Stout, RN, BSN, CDE**  
Southern Illinois Healthcare Herrin Hospital  
**Address:** 201 S. 14th St  
Herrin, IL 62948  
**Phone:** 618.988.6106  
**Email:** amy.stout@sih.net  

**Surrounding Area-Missouri**

**Sandra Bollinger, PharmD, CGP, CDE, RPh, FASCP**  
Health Priorities, Inc.  
**Address:** 808 E. Wakefield Ave  
Sikeston, MO  
**Phone:** 573.471.1930  
**Email:** hpriorities@yahoo.com  
**Website:** www.healthprioritiesinc.com  
*Health Priorities is an accredited diabetes education center. Our focus is to help patients manage and prevent complications of chronic conditions.*

**Mary Etta Dunaway, RD, LD, CDE**  
**Address:** Southeast Missouri Hospital  
15 Doctors Park, Cape Girardeau, MO 63701  
**Phone:** 573.339.0121  
**Email:** medunaway@sehosp.org

**Hollie Fodge, RN**  
Missouri Delta Wound Care and Hyperbarics  
**Address:** 201 Plaza Dr. Suite B  
Sikeston Mo 63801  
**Phone:** 573.481.0785  
**Email:** hfodge@missouridelta.com
Kimberly Kern, RD, LD, CDE  
St. Francis Medical Center  
**Address:** 211 St Francis Dr.  
Cape Girardeau, MO 63703  
**Phone:** 573.331.5897  
*Saint Francis Medical Center Diabetes Education and Management Center—Diabetes Self-management Training program recognized by the American Diabetes Association® for meeting National Standards for Diabetes Self-management Education.*

Ashley Lipke, RN, CDE  
Cross Trails Medical Center  
**Address:** 408 S. Broadview St  
Cape Girardeau, MO 63701  
**Phone:** 573.332.0808  
**Email:** alipke@crosstrails.us

Lori Pettet, RD, LD, CDE  
St. Francis Medical Center  
**Address:** 211 St Francis Dr.  
Cape Girardeau, MO 63703  
**Phone:** 573.331.55897  
*Saint Francis Medical Center Diabetes Education and Management Center—Diabetes Self-management Training program recognized by the American Diabetes Association® for meeting National Standards for Diabetes Self-management Education.*

Debbie Shumer, RD, LD  
St. Francis Medical Center  
**Address:** 211 St Francis Dr.  
Cape Girardeau, MO 63703  
**Phone:** 573.331.5145 or 573.331.5897  
*Saint Francis Medical Center Diabetes Education and Management Center—Diabetes Self-management Training program recognized by the American Diabetes Association® for meeting National Standards for Diabetes Self-management Education.*

Surrounding Area—Kentucky

Crystalyn Carter, MNT  
Dietitian- Livingston Hospital and Healthcare Services, Inc.  
**Address:** 131 Hospital Dr.  
Salem, KY 42078  
**Phone:** 270.988.2299  
**Fax:** 270.988.3900  
**Website:** [www.lhhs.org](http://www.lhhs.org)

Kathy West, RN  
Baptist Health Paducah  
**Address:** 2501 Kentucky Ave  
Paducah, KY 42003  
**Phone:** 270.575.2282  
**Website:** [www.westernbaptist.com](http://www.westernbaptist.com)

Kerri Hayden, MS, RD, LD, CDE  
Mayfield VA Medical Center  
*For veterans only.*  
**Address:** 1253 Paris Road, Suite A  
Mayfield, KY 42066  
**Phone:** 618.694.5934

Leslie Hughes, RD  
Dietitian- Birk Grove Life Center  
**Address:** 5150 Village Square Dr.  
Paducah, KY 42001  
**Phone:** 270.443.9352  
**Email:** info@birkgrove.com
Dental Care

Your oral health can be negatively impacted by diabetes. There are many fine practitioners in the area and they can be found in the yellow pages of local phone directories under ‘Dentists’ or in on-line listings. We have listed here those who accept Illinois Medicaid or who have sliding fees or discount programs.

Alexander County

Community Health & Emergency Services (CHESI)-Cairo Mega Clinic
- **Address:** 13245 Kessler Rd
  Cairo, IL 62914
- **Phone:** 618.734.4400
- **Fax:** 618.734.1468
- **Hours:** M 9am-6pm, T-F 9am-5pm
- **Website:** [www.chesi.org](http://www.chesi.org)

Franklin County

Rea Clinic/Christopher- Dental
- **Address:** 4241 Hwy 14 W
  Christopher, IL 62822
- **Phone:** 618.724.9290
- **Fax:** 618.724.1093
- **Website:** [www.crhpc.org](http://www.crhpc.org)

Sesser Community Health Center
- **Address:** 6294 State Hwy 154
  Sesser, IL 62884
- **Phone:** 618.625.6979
- **Fax:** 618.625.5362
- **Website:** [www.crhpc.org](http://www.crhpc.org)

Hardin County

Hardin County Dental Clinic
- **Address:** 226 Main St.
  Rosiclare, IL 62982
- **Phone:** 618.285.3930
- **Fax:** 618.285.3931
  Accepts Medicaid, and has a sliding fee option.
Jackson County

Dental Group of Carbondale
Address: 1001 E. Main St., Bldg. 4-C
Carbondale, IL 62901
Phone: 618.549.2273
Fax: 618.351.0212
Does NOT accept Medicaid. Offers discounts through Option One Dental Plan.

Douglas Baker, DDS
Address: 305 S. Oakland
Carbondale, IL 62901
Phone: 618.549.2166
Fax: 618.529.4128
Accepts Medicaid-eligible children, ages 3-14 Limited to residents of Jackson, Williamson, Franklin, Randolph, Perry, Union counties

Murphysboro Dental Center
Address: 1116 Locust
Murphysboro, IL 62966
Phone: 618.687.4040
Fax: 618.687.4333
Accepts Medicaid-eligible children, ages 5-18.

Shawnee Health Care - Carbondale - Dental
Address: 402 S. Lewis Lane
Carbondale, IL 62901
Phone: 618.519.9200
Fax: 618.519.9375
Hours: M-Th 730am –530pm, F 730am –5pm
Website: www.shawneehealth.org

SIU Community Dental Center
Address: 1365 Douglas Drive MC 6615
Carbondale, IL 62901
Phone: 618.453.2353
Fax: 618.453.7020
Website: www.sah.siu.edu/cdc.php
Accepts Medicaid-eligible children up to age 19. Serves Medicaid-eligible children with a physical, mental or behavioral disability and families that earn less then 200% of federal poverty level. Does not bill insurance.

SIU Dental Hygiene Clinic
Address: 1365 Douglas Drive MC 6615
Carbondale, IL 62901
Phone: 618.453.8826
Website: www.sah.siu.edu/dhc.php
Provides oral health preventative services to community residents, students, faculty and staff. Serves SIU students, faculty, staff, and community members. Does not bill insurance. Closed mid-May to August.
University Place Dental Center  
**Address:** 1366 E. Main St.  
Carbondale, IL 62901  
**Phone:** 618.549.0208  
**Fax:** 618.549.0182  
**Website:** www.universityplacedental.com  
*Does not accept Medicaid. Offers discounts through Option One Dental Plan.*

**Johnson County**

Wetherell Robin A DDS  
**Address:** 805 North 1st St.  
Vienna, IL 62995  
**Phone:** 618.658.8361  
*Does NOT accept Medicaid but does accept Care Credit. Does NOT have sliding fee or discount program.*

**Massac County**

Brunk Family Dental Care  
Mark Brunk D.D.S & Kelly Brunk D.D.S.  
**Address:** 805 Market St.  
Metropolis, IL 62960  
**Phone:** 618.940.0542  
**Website:** www.brunkfamilydentalcare.com  
*Accepts Medicaid for children and adults. “State of IL Medicaid provider; Delta Dental PPO provider, & most other insurances.*

Family Dental  
Kyle W Heine, D.M.D.  
**Address:** 44 Jon St.  
Metropolis, IL 62960  
**Phone:** 618.524.7303  
*Accepts Medicaid for children only. Most insurance & major credit cards accepted.*

**Perry County**

Dr. Isaac Davidson, DDS  
**Address:** 1226 S Washington St.  
Du Quoin, IL 62832  
**Phone:** 618.542-8832

Du Quoin Dental Dome  
**Address:** 502 S Washington St.  
Du Quoin, IL 62832  
**Phone:** 618.542.3032

Hawkins Wayne DDS-Family Dental Center  
**Address:** 212 N Walnut St.  
Pinckneyville, IL 62274  
**Phone:** 618.357.9333
Lucas Steele DMD-Pinckneyville Dental Clinic  
**Address:** 1000 S. Main St.  
Pinckneyville, IL 62274  
**Phone:** 618.357.2445  
**Fax:** 618.357.9549

Teel Family Dentistry  
**Address:** 215 S Washington St.  
Du Quoin, IL 62832  
**Phone:** 618.542.3166

**Pope County**-Check “Surrounding Area” section or other counties listed.

**Pulaski County**-Check “Surrounding Area” section or other counties listed.

**Randolph County**

Brittany Bockhorst, DDS  
**Address:** 114 Park Plaza Dr.  
Red Bud, IL 62278  
**Phone:** 618.282.6700  
*Call for appt. Veterans receive 30% discount.*

Chester Smile Center - Dr. Michael P. Holub, DDS  
**Address:** 1101 Opdyke St.  
Chester, IL 62233  
**Phone:** 618.826.4440  
**Hours:** M-T 8am-5pm, closed 1pm-2pm for lunch  
*Contact us for same-day emergency care Medicaid accepted for children 18 years and under. Adult Medicaid accepted for emergency extractions only.*

**Saline County**

Dr. Jammie Stricklin, DDS  
**Address:** 300 Small St.  
Harrisburg, IL 62946  
**Phone:** 618.252.1725  
**Hours:** M-Th 8am-5pm  
*Call for appt. Private pay and insurance*

Dr. Loren Wilson, DDS  
**Address:** 1030 4th St.  
Eldorado, IL 62930  
**Phone:** 618.273.9361  
**Hours:** M-Th 8am-5pm, closed 1pm-2pm for lunch  
*Private pay and insurance*

Dr. Michael Cook, DDS  
**Address:** 410 West Poplar St.  
Harrisburg, IL 62946  
**Phone:** 618.252.8333  
**Hours:** M-Th 8am-4pm, closed 1pm-2pm for lunch  
*Call for appt. Private pay and insurance*
Dr. Mark Flannigan, DDS  
**Address:** 7 West Poplar St.  
Harrisburg, IL 62946  
**Phone:** 618.252.7850  
**Hours:** M-Th 8am-5pm  
*Call for appt. Private pay and insurance*

Harrisburg Dental Health (CHESI)  
**Address:** 205 N Main St.  
Harrisburg, IL 62946  
**Phone:** 618.253.8450  
**Hours:** M-Th 8am-5pm  
**Website:** www.chesi.org  
Accepts Medicaid, most insurances, and offers a sliding fee discount.

**Union County**

Anna Rural Health  
**Address:** 513 N. Main St.  
Anna, IL 62906  
**Phone:** 618.833.4471 - Dial 0  
**Fax:** 618.833.8878  
**Hours:** M-Th 8am-5pm  
**Website:** http://ruralhealthinc.org

**White County**

Carmi Dental Clinic (CHESI)  
**Address:** 1400 W Main St.  
Carmi, IL 62821  
**Phone:** 618.382.4181  
**Hours:** M-Th 8am-5pm  
**Website:** www.chesi.org  
Accepts Medicaid, most insurances, and offers a sliding fee discount.

**Williamson County**

James Rea, DMD  
**Address:** 401 S. 14th St.  
Herrin, IL 62948  
**Phone:** 618.942.4725  
**Fax:** 618.988.1866  
*Accepts only Medicaid- Accepts referrals from area dentists. Denture patients must have all teeth extracted, no time limits. First appointment is for x-ray and prior approval.*

Shawnee Healthcare – Dental - Marion  
**Address:** 3115 Williamson County Pkwy  
Marion, IL 62959  
**Website:** www.shsdc.org  
**Phone:** 618.519.9200  
**Fax:** 618.997.1214  
**Hours:** M-Th 730am -530pm, F 730am -5pm  

**Surrounding Area-Missouri**

Affordable Dentures  
**Address:** 2439 Bloomfield Rd  
Cape Girardeau, MO 63703  
**Phone:** 573.335.5199  
**Fax:** 573.335.5607
Diabetes Education and Information
Diabetes education is of critical importance and should be considered an integral part of diabetes prevention and care.

National and Online Resources

American Diabetes Association
Phone: 1-800-DIABETES
888.342.2383 (toll-free St. Louis) or 800.445.1667 (toll-free information line)
Website: www.diabetes.org/
The nationwide hotline allows callers to get answers to questions about diabetes.

American Heart Association
Regional Office
Address: 2141 W. White Oaks Dr. Suite A
Springfield, IL  62704
Phone: 217.698.3838
Regional Website: www.heart.org/HEARTORG/Affiliate/Springfield/Illinois/Home_UCM_MWA008_AffiliatePage.jsp
Main Website: www.heart.org

Children with Diabetes
Website: www.childrenwithdiabetes.com
This website offers online information and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences, and diabetes related news for the online community.

dLife
Website: www.dlife.com
dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for Type 1 and Type 2 diabetics, and caregivers.

Foundation of the American Academy of Ophthalmology
Phone: 877.887.6327
Website: www.eyecareamerica.org
Provides free eye health information and access to medical eye care.

Illinois Department of Public Health: Diabetes Prevention and Control
Phone: 217.782.4977
Fax: 217.782.3987
Website: www.idph.state.il.us/diabetes/

MedlinePlus: Diabetes (National Library of Medicine)
Website: www.nlm.nih.gov
Provides educational materials in English, Spanish, and other languages.

National Diabetes Education Program
Website: www.ndep.nih.gov

National Diabetes Information Clearinghouse (NDIC)
Phone: 800.860.8747
Website: www.diabetes.niddk.nih.gov
National Eye Health Education Program
Phone: 301.496.5248
E-mail: 2020@nei.nih.gov
Website: www.nei.nih.gov/nehep
Provides education and free materials regarding eye health, disease, and treatment.

U.S. Centers for Disease Control and Prevention (CDC)
Phone: 800.232.4636
Website: www.cdc.gov
Provides educational resources.

Local Classes

Baptist Health Paducah
Address: 2501 Kentucky Ave, Paducah, KY 42003
Phone: 270.575.2918
Website: www.baptisthealthkentucky.com
Baptist Health Paducah Hospital has a certified diabetes instructor to assist with any questions or concerns about diabetes. Life with Diabetes classes are taught monthly. Call to register. A physician's order is required to attend. Classes are from 1pm - 4pm and are free of charge. Visit website for class dates.

Christopher Rural Health Planning Corporation (CRHPC)*
Kim Romani
Address: PO Box 155, Christopher, IL 62822
Phone: 618.724.1613
Email: kromani@crhpc.org
Website: www.crhpc.org/

Egyptian Health Department*
Kimberly Scott-Pilkington, BS, BA
Address: 1412 US Hwy 45 N, Eldorado, IL 62930
Phone: 618.273.3326 ext. 2143
Hours: M, W, F 8am-5pm, T & Th 8am -8pm
Email: kpilkington@egyptian.org
Website: www.egyptian.org

Memorial Hospital – Thrive with Diabetes
Melissa Soellner, RDN, CDE, MS
Address: 1900 State St.
Chester, IL 62233
Phone: 618.826.4581 ext. 1426
Email: msoellner@mhchester.com
Website: http://mhchester.com/service-diabetes_support.html
The program has both group and individual options, depending on schedule and insurance. Our group program covers virtually all aspects of diabetes.

Carmen Nehrt, RN, BSN
Phone: 618.826.4581 ext.1141
Email: cstrong@mhchester.com
Hours: M-F 8am-3pm
Randolph County Health Department*
Stephanie Martin, MA
Address: 2515 State St.
Chester, IL 62233
Phone: 618.826.5007
Email: smartin@randolphco.org
Hours: M-F 8am-430pm, closed 12pm-1pm for lunch
Website: http://am.randolphco.org/index.php/welcome

Sparta Community Hospital
Barb Brown, RDN, LDN
Address: 818 East Broadway St.
Sparta, IL 62286
Phone: 618.443.1435
Email: barbb@spartahospital.com
Hours: M-F 630am-3pm
Website: www.spartahospital.com/services/item/dietician

Southern Seven Health Department
Address: 37 Rustic Campus Dr.
Ullin, IL 62992
Phone: 618.997.5311
Website: www.southern7.org/
For Upcoming Classes in the southern seven counties, please contact: Terri (618) 524-2657, Cindy 618.524.2212 ext. 110, Amber 618.833.8561, or Natalie 618.734.4167/618.634.2297

VA Medical Centers - For veterans only:
Diabetes Group classes involve a team to teach self-management of diabetes. Individualized consults can also be made with a certified Diabetes Educator at Marion and Evansville. Classes are available through Telemed on the 1st Thursday morning each month in Effingham, Mt. Vernon, Owensboro, and Vincennes.

VA Medical Center- Marion - For veterans only
Address: 2401 West Main St., Room D100
Marion, IL 62959
Phone: 618.997.5311
Website: www.marion.va.gov/services/Diabetes_Education.asp
Class is held 3rd Thursday of each month from 930am to 1130am.

VA Medical Center-Paducah, KY - For veterans only
Address: 2620 Perkins Creek Dr.
Paducah, KY 42001
Phone: 270.444.8465
Paducah class is the 2nd Tuesday of each month from 130pm to 330 pm.

*Facilitates Diabetes and Chronic Disease Self-Management Program classes
Diabetes Support Groups in Southern Illinois
You are not alone. Joining a support group can help with positive reinforcement and interaction with people who have similar challenges.

Groups in Southern Illinois

Alexander County - Check “Surrounding Area” section or other counties listed.

Franklin-Williamson County

Franklin County Group – Diabetic Support Group
Address: Franklin Hospital, 201 Bailey Lane, Benton, IL 62812
Phone: 618.993.8111
Hours: Group meets monthly (last Wednesday of the month) at 130 pm.
Topics Include: Cardiovascular Disease and Blood Pressure, Your Kidneys, Container Gardening with Herbs, Foot, Dental and Eye Care, Carbohydrate Counting and Stress Relief and Your Health

Hardin County - Check “Surrounding Area” section or other counties listed.

Jackson County - Check “Surrounding Area” section or other counties listed.

Presbyterian Church
Weight Loss & Diabetes Support Group
Address: 51 Crescent Dr., Murphysboro, IL 62966
Phone: 618.967.9535, must call to register.
Meets on Tuesday nights. Free with donation of food item for food pantry.

Johnson County - Check “Surrounding Area” section or other counties listed.

Massac County - Check “Surrounding Area” section or other counties listed.

Randolph County

Memorial Hospital – Diabetic Support Group
Address: 1900 State St., Chester, IL 62233
Phone: 618.826.4581
Hours: Group meets monthly at various locations and times.
Website: http://mhchester.com/service-diabetes_support.html
Topics Include: What is Diabetes?, Eating Basics, Monitoring Medications, Healthy Coping, Reducing Risks, Problem Solving, Being Active, Sick Days, etc.

Pope County - Check “Surrounding Area” section or other counties listed.

Pulaski County - Check “Surrounding Area” section or other counties listed.
Saline County

Southern Illinois Diabetes Awareness Group
   Michael Stewart & Assoc.
   Address: 807 S. Commercial St., Harrisburg, IL 62946
   Hours: 3rd Thursday of each month from 6-7pm

Union County

Rural Health Inc.
   Diabetes Educational Group
   Address: 513 N. Main St, Anna, IL 62906
   Phone: 618.833.4471, Please call to R.S.V.P.
   Meets the 2nd Tuesday of every month from 530pm to 7pm.

Williamson County

VA Medical Center- Marion - For veterans only
   Address: 2401 W. Main St., Marion, IL 62959
   Phone: 618.997.5311
   Website: www.marion.va.gov/services/Diabetes_Education.asp
   Diabetes support groups take place on the 2nd Thursday of each month from 930 am to 1030 am in the Rec Hall.

Heartland Regional Medical Center
   Address: 333 W. DeYoung St., Ground Level Room 1 & 4
   Marion, IL 62959
   Phone: 618.998-7050
   Diabetes Education class meets on the second Thursday of every month at 6 pm.

Surrounding Area

Baptist Health & Baptist Health Paducah
   Diabetes Support Group
   Address: 2501 Kentucky Ave, Paducah, KY 42003
   Phone: 270.575.2282 for meeting dates and times, or for more information.

St. Mary’s Good Samaritan
   Free Support Program Classes are held monthly at two locations

Mt. Vernon Group
   Good Samaritan Hospital Cafeteria
   Address: 605 N. 12th St., Mt. Vernon, IL 62864
   Phone: 618.242.4600
   Meeting is held at 6pm the 1st Tuesday of each month.

Centralia Group
   St. Mary’s Hospital Auditorium
   Address: 400 N. Pleasant Ave, Centralia, IL 62801
   Phone: 618.242.4600
   Meeting is held at 6 pm the 2nd Tuesday of each month.
Eye Health and Vision Resources

Eye disease is a common complication from diabetes. You should receive an annual dilated eye exam from an ophthalmologist. Ophthalmologists are physicians who deal with structure, functions, and disease of the eye.

There are also many local optometrists that you could see. Below is a list of various ophthalmologists in southern Illinois. You may also want to check your local yellow pages.

**Alexander County** - Check “Surrounding Area” section or other counties listed.

**Franklin County**

- Marion Eye Center & Optical
  - Address: 1102 N Main St.
  - Benton, IL 62812
  - Phone: 618.439.2020

- Marion Eye Center & Optical
  - Address: 909 W Main St.
  - West Frankfort, IL 62896
  - Phone: 618.937.2442

- Spencer & Spencer: Spencer Donna S OD
  - Address: 711 N Main St.
  - Benton, IL 62812
  - Phone: 618.439.7256

**Hardin County** - Check “Surrounding Area” section or other counties listed.

**Jackson County**

- Eye Care Specialists, LLC
  - Address: 1275 Cedar Court # 1, Carbondale, IL 62901
  - Phone: 618.351.9913 or 800.455.3937

- Jackson Vision and Laser Center
  - Address: 2800 W. Main St., Carbondale, IL 62901
  - Phone: 618.351.8900
  - Website: www.jacksonvision.com

- Marion Eye Center of Carbondale
  - Address: 1001 N. Beadle Dr., Suite #10, Carbondale, IL 62901
  - Phone: 618.549.2282
  - Website: www.marioneye.com

- Marion Eye Center-SIU Student Health Center
  - Address: 374 E. Grand Ave, Bldg. 269-Rm 140A, Mail Code 6740
  - Carbondale, IL 62901
  - Phone: 618.549.0615
  - Website: www.marioneye.com

- Marion Eye Center of Murphysboro
  - Address: 1934 Walnut St., Murphysboro, IL 62966
  - Phone: 618.565.1406
  - Website: www.marioneye.com
**Massac County**

**Brush Optical**  
Dr. Gary T. Brush, Optometrist  
**Address:** 1801 E. 5th St., Metropolis IL 62960  
**Phone:** 800.851.3601 or 618.524.9323  
**Website:** [www.brushoptical.com](http://www.brushoptical.com)

**Perry County**

**Marion Eye Center (Pinckneyville)**  
**Address:** 401 S Walnut St.  
Pinckneyville, IL 62274  
**Phone:** 618.357.2020  
**Hours:** M-F 8am-5pm

**Pinckneyville Eyecare**  
**Address:** 15 N Locust St.  
Pinckneyville, IL 62274  
**Phone:** 618.357.6117  
**Hours:** M-F 8am-4:30pm

**Du Quoin Care**  
**Address:** 630 S Washington St.  
Du Quoin, IL 62832  
**Phone:** 618.542.6677  
**Hours:** M-F 8am-5pm, Sat 8am-12pm

**Marion Eye Center (Du Quoin)**  
**Address:** 821 S Washington St.  
Du Quoin, IL 62832  
**Phone:** 618.542.3812  
**Hours:** M-F 8am-5pm

**Pope County** - Check “Surrounding Area” section or other counties listed.

**Pulaski County** - Check “Surrounding Area” section or other counties listed.

**Randolph County**

**Marion Eye Center**  
**Address:** 203 Van Zant St., Chester, IL 62233  
**Phone:** 618.826.5413  
**Website:** [www.marioneye.com](http://www.marioneye.com/)

**Southern Illinois Eye Care**  
**Address:** 425 W Holmes St., Chester, IL 62233  
**Phone:** 618.826.4521  
**Website:** [http://southernillinoiseyecare.com/](http://southernillinoiseyecare.com/)

**Illinois Eye Surgeons**  
**Address:** 210 South Main St., Red Bud, IL 62278  
**Phone:** 618.282-6226  
**Website:** [http://illinoiseye.com/locations/red-bud/](http://illinoiseye.com/locations/red-bud/)

**Marion Eye Center**  
**Address:** 307 West Broadway, Steeleville, IL 62288  
**Phone:** 618.965.2020  
**Website:** [http://www.marioneye.com/](http://www.marioneye.com/)

**Southern Illinois Eye Care PC**  
**Address:** 520 E Broadway St., Ste.100, Sparta, IL 62286  
**Phone:** 618.443.5252  
**Website:** [http://southernillinoiseyecare.com/](http://southernillinoiseyecare.com/)
Marion Eye Center & Optical
Address: 216 N Market St., Sparta, IL 62286
Phone: 618.443.2020
Website: http://www.marioneye.com/

Walmart Vision Center
Bowman Jeffrey DOD
Address: 1410 N Market St., Sparta, IL 62286
Phone: 618.443.4373

Saline County

Eubanks and Daugherty, LLC
Dr. Benna Daugherty, OD; Dr. Krystina Eubanks, OD
Address: 960 South Commercial St., Harrisburg, IL 62946
Phone: 618.253.7057
Email: eubanddau@clearwave.com
Hours: M, W, F 8am-5pm, T & Th 8am-6pm, Closed Sat & Sun
Website: www.eubanksanddaugherty.com
Accepts private pay insurance, Medicaid, and Medicare

Marion Eye Center
Address: 1204 US 45 North, Eldorado, IL 62930
Phone: 618.0.273.6220
Website: www.marioneye.com/locations
Hours: M-F 8am-5pm, Closed Sat & Sun
Private pay, insurance, Medicaid, & Medicare

Marion Eye Center
Address: 5 Eye Center Dr., Harrisburg, IL 62946
Phone: 618.252.5377
Website: www.marioneye.com/locations
Hours: M-F 8am-5pm; T 8am-6pm; 1 Sat/month-Open 8am-12pm
Private pay, insurance, Medicaid, & Medicare

Union County

Marion Eye Center of Anna
Address: 165 Plaza Dr.
Anna, IL 62906
Phone: 618.833.8359

Moreland Eye Care
Address: 100 Ridge Rd
Anna IL 62906
Phone: 618.833.9208
Website: www.morelandeyecare.com/

White County

Carmi Eye Care
Dr. Lars A. Gentry, OD
Address: 1207 W. Main St.
Carmi, IL 62821
  Phone: 618.384.3411
  Email: carmiyecare@frontier.com
  Hours: T-F 8am-5pm, Sat 8am-12pm
  Customized eye frames, treatment of eye diseases, special pricing on children’s frames

Marion Eye Center
  Address: 1201 W Main St.
  Carmi, IL 62821
  Phone: 618.384.5112
  Website: www.marioneye.com/locations
  Hours: M-F 7:30am-5pm, Closed Sat & Sun
  Children's $39, Senior’s 50 + Diabetics Veterans Up To $100 Off Glasses,
  Guaranteed Lowest Price $1.33 Per Day

Williamson County

Marion Eye Centers & Retina Institute
  Address: 1200 W. DeYoung St.
  Marion, IL 62959
  Phone: 800.344.7058
  Website: www.marioneye.com

Surrounding Area

Marion Eye Centers-Cape Girardeau Office
  Address: 297 S. Silver Springs Rd
  Cape Girardeau, MO 63703
  Phone: 573.651.5200
  Website: www.marioneye.com

Hearing Services

Hearing loss can also be a common complication from diabetes.

Below is a list of various hearing services in southern Illinois. You may also want to check your local yellow pages.

Saline County

All American Hearing
  Address: 20 Veterans Drive
  Harrisburg, IL 62946
  Phone: 618.297.4216
  Hours: M-Th 8:30-4:30pm, F 8:30-12pm, closed 12-1pm daily
  Website: www.harrisburghearingcenter.com

Midwest Beltone
  John Bonenberger, HCP, BC-HIS
  Address: 303 S. Commercial St., Ste. 7
  Harrisburg, IL 62946
  Phone: 618.252.3500
Hours: M-F 9-5pm  Website: www.midwestbeltone.com

Medi-Clear Hearing Aid Center
Address: 2108 Illinois Ave.
Eldorado, IL 62930
Phone: 618.253.6512

Rhodes Centers for Better Hearing
Address: 504 N. Commercial St., Ste. 110
Harrisburg, IL 62946
Phone: 618.998.8471
Website: www.better-hearing.com

Sonus Hearing Care Professionals
Nicholas Oldham, AuD.
Address: 1120 E. Sloan St.
Harrisburg, IL 62946
Phone: 618.253.3277
Hours: T-Th 8-4pm
Website: www.sonusofharrisburg.com

White County

All American Hearing
Sheina Ivey, HIS
Address: 1624 W. Main St.
Carmi, IL 62821
Phone: 618.382.3123
Hours: T-F 8-4:30pm
Website: www.allamericanhearing.com

Midwest Beltone
Address: 1207 W. Main St. (Inside Carmi Eye Center)
Carmi, IL 62821
Phone: 618.663.4900
Hours: M-Th 9-5pm
Website: www.midwestbeltone.com

Financial Assistance
HEALTH INSURANCE PROGRAMS

**Affordable Care Act** – The Affordable Care Act is important federal legislation that sets out to make coverage for health care available and affordable to almost everyone. With the implementation of the Affordable Care Act as of January 1, 2014, health insurance companies are no longer allowed to turn people down for individual health insurance coverage based on a pre-existing condition like diabetes. There is an open enrollment period each year and special enrollment periods occur when you experience certain life events like birth of a child, adoption, marriage, divorce, loss of coverage due to job loss or employer decision, etc. Illinois has also expanded the **Illinois Medicaid Program** to include adults ages 19-64 and raises income levels to 138% of federal poverty level. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to offer free assistance with enrollment in an insurance program offered by the Affordable Care Act or in Illinois Medicaid. Website: www.getcoveredillinois.gov.

**Illinois Department of Insurance, Office of Consumer Health Insurance** – Phone: 877.527.9431. If you are having a problem with your state-regulated health plan and you are unable to resolve it with the plan directly, file a complaint with the Department of Insurance. They may be able to provide you with assistance in reaching a conclusion. Also visit http://insurance.illinois.gov/OCHI/office_consumer_health_ins.asp

**Illinois Medicaid** - Phone: 800.843.6154. You can apply on-line at www.getcoveredillinois.gov or www.abe.illinois.gov. You can also visit www.hfs.illinois.gov or www.dhs.state.il.us for more information.

**All Kids** – All Kids is the name of the Children’s Health Insurance Program (CHIP) in Illinois – Phone: 866.255.5437. All Kids is designed to provide health coverage to children and teens from birth to age 19. Visit the website to find out if your child meets the income guidelines. Visit www.allkidscovered.com or www.allkids.com.

**Medicare** - Individuals eligible for this program include aged and disabled persons regardless of income. Phone: 1.800.Medicare. Visit www.medicare.gov for more information.

**Illinois Department on Aging – Benefits and Prescription Drug Assistance** – Call the Senior Help Line for assistance with many programs available to seniors through the Illinois Department on Aging, Phone: 1.800.252.8966 or visit www.state.il.us/aging/1rx/rx-main.htm: has information about the Medicare Prescription Drug Program (Medicare Part D), Illinois Cares Rx, Illinois Rx Buying Club, and I-Save Rx. Help is also available at www.illinoisbenefits.org. Information and assistance is available at Aging and Disability Resource Centers at Shawnee Alliance, Phone: 1.800.642.7773 or at The Place in University Mall in Carbondale, Phone: 618.457.5200, ext. 67832.
Gallatin County

County Financial
Martin Duffy, Financial Representative
Address: 216 South Murphy St., Ridgway, IL 62979
Phone: 618.272.3244
Hours: By appointment
Email: martin.duffy@countryfinancial.com
Website: www.countryfinancial.com/martin.duffy
NO CHARGE-assists with multiple plan options off the Marketplace

Randolph County

DHS Family Community Resource Center in Randolph County
Family Community Resource Center
Address: 870 Lehmen Dr., Chester, IL 62233
Phone: 618.826.4559
Fax: 618.826.3496
TTY: 866.876.7176
Hours: M-F 830am-5pm (except state holidays)
Receives applications for Cash, SNAP, and Medical Assistance by fax, mail or in person.

Andrea Burnett, Certified Navigator - Patient Innovation Center
Mobile: 312.909.4901 or 618-534-7923
Email: andrea@piccares.org
Hours: By appointment
Website: www.patientinnovationcenter.org
Free help applying for health insurance on healthcare.gov. Serving southern Illinois.

Saline County

County Financial
Ron Brachear, Financial Representative
Address: 7211 US Highway 45, Suite D, Carrier Mills, IL 62917
Phone: 618.994.2389
Hours: By appointment
Email: ronbrachear@countryfinancial.com
Website: www.countryfinancial.com/ron.brachear
NO CHARGE-assists with multiple plan options off the Marketplace

Eldorado Health Care Center (CRHPC)
Charlotte Brown, Patient Care Coordinator
Address: 1401 US Hwy 45 N, Eldorado, IL 62930
Phone: 618.273.2951
Hours: M-F 8am-5pm
Email: cbrown@crhpc.org
Website: www.crhpc.org
NO CHARGE
Golden Circle
Darlene Goolsby
Address: 15 Veterans Dr., Harrisburg, IL 62946
Phone: 618.252.7940
NO CHARGE-Assistance w/Medicare and supplements

Graves Insurance & Financial
Joel Graves, Independent Broker
Address: 617 E Church St., Suite 1, Harrisburg, IL 62946
Phone: 618.252.9215
Hours: M-F 9am-5pm, after hours & weekends by appointment only
Email: joel@gravesfinancialservices.net
Can assist w/plans on the Marketplace and off the Marketplace, and also Medicare Supplement Plans

Illinois Department of Vocational Rehabilitation Services
Address: 323 South Maple St., Harrisburg, IL 62946
Phone: 618.253.7681
Hours: M-F 830am-5pm
Websites: www.dhs.state.il, click “for Customers,” “Services by Division,” “Rehabilitation Services” Must meet certain guidelines to qualify

Saline County FCRC (Public Aid Office)
Address: 320 E Raymond St., Harrisburg, IL 62946
Phone: 618.253.7161
Hours: M-Friday 830am-5pm (except state holidays)
NO CHARGE-Can assist w/application for Medicaid, cash, and SNAP benefits

Social Security Administration
Brian Eairheart
Address: 18 Veterans Dr., Harrisburg, IL 62946
Phone: 800.772.1213
Hours: M-F 9am-4pm; W 9am-12pm
Website: www.ssa.gov
NO CHARGE-Assistance w/Medicare Enrollment & Disability

Strategic Financial Services
Jonathan Gericke, Registered Representative
Address: 713 E Church St., Harrisburg, IL 62946
Phone: 618.294.8442
Hours: M-Th 9am-4pm or by appointment
Email: jonathan.gericke@hdvest.net
Can assist w/plans on the Marketplace and off the Marketplace, and also Medicare Supplement Plans
White County

Carmi Health Center (CRHPC)
Jane Morber, Patient Care Coordinator
Address: 103 Commerce St., Carmi, IL 62821
Phone: 618.724.6683
Hours: M-F 8am-5pm, Sat 9am-12pm
Email: jmorber@crhpc.org
Website: www.crhpc.org
NO CHARGE

County Financial
Rick Satterfield, Financial Representative
Address: 110 E Main St., Norris City, IL 62869
Phone: 618.378.3193
Hours: By appointment
Email: rick.satterfield@countryfinancial.com
Website: www.countryfinancial.com/rick.satterfield
NO CHARGE-assists with multiple plan options off the Marketplace

Opportunities for Access
Address: 1725 College Ave, Carmi, IL 62821
Phone: 618.382.7300
NO CHARGE-assist individuals apply for Disability
Health Care Resources & Centers
HEALTH CARE AT DISCOUNTED RATES BASED ON INCOME (sliding fees)

Community Health Centers – There are several community health center organizations in southern Illinois that receive grant funding from the federal government to provide sliding fee discounts to eligible patients. Eligibility is determined by family size and income. Discounts can be used by individuals and families who are uninsured or who have deductibles and co-pays with their insurance coverage. Community Health Centers provide primary medical care, general dental care and behavioral health services. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to offer free assistance with enrollment in an insurance program, Illinois Medicaid or Medicare. Local Community Health Center organizations have sites in many Southern Illinois communities and can be contacted for more information:

- Shawnee Health Service, 618.985.8221, www.shsdc.org
- Christopher Rural Health Planning Corporation, 618.724.2436, www.crhpc.org
- Comprehensive Health and Emergency Services, Inc. (CHESI), 618.457.0450, www.chesi.org

All persons should have a primary care physician. People with diabetes may also need a physician who specializes in Endocrinology or a primary care physician with an interest and experience in managing diabetes. There are many fine physicians in the area and they can be found in on-line listings or in the yellow pages of local phone directories under ‘Physician and Surgeons’.

Find a Doctor (SIH)
Southern Illinois Healthcare (SIH) operates a ‘Find a Doctor’ service. You can talk with an informed individual and be matched to a physician that fits your needs. Call the SIH Call Center toll free at 1.866.744.2468 or go to the SIH web site at www.sih.net and click on ‘Find a Doctor’.
Rural Health Clinics (RHCs)
The Rural Health Clinic (RHC) program is intended to increase access to primary care services for Medicaid and Medicare patients in rural communities. RHCs can be public, nonprofit, or for-profit healthcare facilities, however, they must be located in rural, underserved areas. They are required to use a team approach of physicians working with non-physician practitioners such as nurse practitioners (NP), physician assistants (PA), and certified nurse midwives (CNM) to provide services. The clinic must be staffed at least 50% of the time with a NP, PA, or CNM. RHCs are required to provide outpatient primary care services and basic laboratory services.

Primary Medical Care (Physicians, Physician Assistants and Nurse Practitioners in Family Medicine, Obstetrics, Pediatrics, Internal Medicine)

Center for Medical Arts, Carbondale Find a Provider- www.sihmedicalgroup.net
Logan Primary Care, Herrin
SIU Student Health Center, Carbondale (Serves SIU students only)
Southern Illinois Family Medicine, Carbondale Main Phone: 618.536.6621
Appointments Only: 618.453.3777
Veteran’s Administration Medical Center, Marion (Serves area veterans)

Community Health Centers (also known as FQHCs—Federally Qualified Health Centers)
These Centers are operated by local private non-profit organizations that receive federal grant funds. They accept Medicaid, Medicare, private insurance and operate sliding fee or discount programs for low-income residents. They offer a wide array of services including care coordination. Some offer specialized diabetes care.

Alexander County

Community Health & Emergency Services (CHESI)-Cairo Mega Clinic
Address: 13245 Kessler Rd
Cairo, IL 62914
Phone: 618.734.4400
Hours: M 9am-6pm, T-F 9am-5pm
Website: www.chesi.org
Maureen Klemme APN, is the primary contact for diabetes related care at this facility and is available on Wednesday and Friday during normal business hours.

Community Health & Emergency Services (CHESI) - Tamms Community Health Center
Address: 290 Railroad St., Tamms, IL 62988
Phone: 618.747.2391
Hours: M 830am-6pm (Last appointment at 515pm), T & W 830am-5pm
(Last appointment at 415pm)
Website: www.chesi.org
Franklin County

Christopher REA Clinic
Address: 4241 Highway 14 West, P.O. Box 155
Christopher, IL 62822
Phone: 618.724.2401
Hours: M, T, Th, F 8am-5pm; W 8am-8pm  Website: www.crhpc.org

Franklin Hospital
Address: 201 Bailey Ln
Benton, IL 62812
Phone: 618.439.3161

Sesser Community Health Center
Address: 6294 State Highway 154
Sesser, IL 62884
Phone: 618.625.6979
Hours: M-F 8am-5pm  Website: www.crhpc.org

Gallatin County

Christopher Rural Health Planning Corporation (CRHPC)
Address: 9525 Gold Hill Rd
Shawneetown, IL 62984
Phone: 618.269.3815
Hours: M, W 7am-5pm; T, Th, F 8am-5pm  Website: www.crhpc.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Equality Family Practice
Address: 183 West Lane St.
Equality, IL 62934
Phone: 618.276.5196
Hours: M-W, F 8am -5pm; Th 8am-7pm  Website: www.harrisburgmedicalcenter.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee

Egyptian Public & Mental Health Department
Address: 9525 Gold Hill Rd
Shawneetown, IL 62984
Phone: 618.269.3454
Hours: M-F 8am-4pm  Website: www.egyptian.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Gallatin County School Wellness Center
Address: 5175 Hwy 13
Junction, IL 62954
Phone: 618.272.7132
Hours: M-Th 730am-3pm, F 8-11am
Email: nfinnie@egyptian.org  Website: www.egyptian.org
**Hardin County**

Community Health & Emergency Services (CHESI) - Hardin County Medical  
**Address:** IL Route 146, Building 2  
Elizabethtown, IL 62931  
**Phone:** 618.285.6191  
**Hours:** T, Th 8:30am-5pm (Last appointment at 4pm).  
**Website:** www.chesi.org

Hardin County Hospital Clinic  
**Address:** 6 Ferrell Rd  
Rosiclare, IL 62982  
**Phone:** 618.285.6634

**Jackson County**

Adolescent Health Services  
**Address:** 400 S. Lewis Lane  
Carbondale, IL 62901  
**Phone:** 618.529.2621  
**Hours:** M-Th 8-5:30pm, F 8-5pm  
**Website:** www.shawneehealth.com

Community Health & Emergency Services (CHESI) – Cedar Court Clinic/Cedar Court Specialty Clinic  
**Address:** 1340 Cedar Court  
Carbondale, IL. 62901  
**Phone:** 618.457.7821  
**Hours:** M-F 8:30am-5pm  
**Website:** www.chesi.org

Shawnee Health Care-Murphysboro  
**Address:** 7 S. Hospital Dr.  
Murphysboro, IL 62966  
**Phone:** 618.519.9200  
**Hours:** M-Th 8am-7pm; F 8am-5pm  
**Website:** www.shawneehealth.com

Shawnee Health Care Behavioral Health  
**Address:** 404 S. Lewis Lane  
Carbondale, IL 62901  
**Phone:** 618.519.9200  
**Hours:** M-F 8am-5pm  
**Website:** www.shawneehealth.com

Shawnee Health Care OB/GYN  
**Address:** 101 S. Wall St.  
Carbondale, IL 62901  
**Phone:** 618.519.9200  
**Hours:** M-F 8am-5pm  
**Website:** www.shawneehealth.com
Shawnee Health Care Same Day (Convenient Walk-In Care)
Address: 404 S. Lewis Lane
Carbondale, IL 62901
Phone: 618.519.9200
Hours: M-Sat 930am-7pm, Sun 11am-5pm
Website: www.shawneedhealth.com

Shawnee Health Care Carbondale
Address: 400 South Lewis Lane, Carbondale, IL 62901
Phone: 618.519.9200
Hours: M, W-Th 8-530pm, T 8-7pm, and F 8-5pm
Website: www.shawneehealth.com

Terrier Care School-Based Health Center
Carbondale Community High School
Address: 1301 E. Walnut St.
Carbondale, IL 62902
Hours: M-F 8am-430pm
Phone Medical: 618.519.9200
Phone School Nurse: 618.457.3371, ext. 252
Website: www.shawneehealth.com

Johnson County - Check other counties listed.

Massac County

Comprehensive Health Center
Address: 1238 Commercial Park Rd
Metropolis IL 62960
Phone: 618-524-2284

Family Physicians Center
Dr. Randy Oliver and Dr. Tom Staton
Address: 1203 West 10th St.
Metropolis IL 62960
Phone: 618.524.3795

Massac Memorial Medical Center
Address: 1204 W. 10th St.
Metropolis, IL 62960
Phone: 618.524.3572

Perry County

Craig W. Furry MD, Family Medicine
Address: 20 N Washington St., Ste. 2
Du Quoin, IL 62832
Phone: 618.542.2129

Family Medical Center
Address: 5383 State Route 154
Pinckneyville, IL 62274
Phone: 618.357.2131
Marshall Browning Medical Clinic
  Address: 900 N Washington St.
  Du Quoin, IL 62832
  Phone: 618.542.1050
  Hours: M-F 8am-430pm
  Website: www.marshallbrowninghospital.com/

Medical Arts
  Address: 13 N Walnut St.
  Pinckneyville, IL 62274
  Phone: 618.357.2147
  Hours: M-F 8am-5pm

Rea Clinic
  Address: 119 Gas Plant Rd
  Du Quoin, IL 62832
  Phone: 618.542.8702
  Hours: M-F 8am-5pm
  Website: www.crhp.org

Pope County

Community Health & Emergency Services (CHESI) – Pope County Clinic
  Address: 217 S. Adams
  Golconda, IL 62938
  Phone: 618.683.3781
  Hours: M-F 8am-5pm (Last appointment at 4pm).
  Website: www.chesi.org

Pulaski County

Community Health & Emergency Services (CHESI) – Pulaski Clinic
  Address: 100 Market St.
  Pulaski, IL 62976
  Phone: 618.342.6767
  At the time of this publication, this location was not serving patients and will be referring patients to the CHESI location in Tamms, or the mega-clinic in Cairo, IL.
  Website: www.chesi.org

Randolph County

Chester Clinic
  Address: 2319 Old Plank Rd
  Chester, IL 62233
  Phone: 618.826.2388
  Hours: M-F 8am-430pm
  Website: www.chesterclinicpc.com/
Coulterville Medical Clinic
Address: 203 E Grant St.
Coulterville, IL 62237
Phone: 618.758.2331
Hours: M 830am-5pm, T-F 8am-5pm
Website: www.spartahospital.com/locations/nearby-clinics/item/coulterville-medical-clinic

Family Health Center
Address: 207 South Burns Ave
Sparta, IL 62286
Phone: 618.443.3084
Hours: M-Th 730am-530pm, F 830am-530pm
Website: www.spartahospital.com/locations/sparta-il/item/family-health-centre

Red Bud Health Center
Address: 824 Locust St.
Red Bud, IL 62278
Phone: 618.282.6656

Sparta Medical Office
Address: 215 South Burns Avenue, PO Box 378
Sparta, IL 62286
Phone: 618.443.2297
Hours: M 830am-7pm, T-F 830am-5pm
Website: www.spartahospital.com/locations/sparta-il/item/sparta-medical-office

Steeleville Family Practice
Address: 602 West Shawneetown Trail
Steeleville, IL 62288
Phone: 618.826.2388
Hours: M-F 8am-430pm
Website: www.chesterclinicpc.com/

Steeleville Clinic
Address: #9 Westwood Dr.
Steeleville, IL 62288
Phone: 618.965.3466
Hours: M & Th 830am-7pm, T, W & F 830am-5pm
Website: www.spartahospital.com/locations/nearby-clinics/item/steeleville-clinic

Saline County
Christopher Rural Health Planning Corporation (CRHPC), Eldorado Health Care Center
Address: 1401 US Hwy 45 N
Eldorado, IL 62930
Phone: 618.273.2951
Hours: M & W 7am-5pm; T, Th, & F 8am-5pm
Email: cmorris@crhpc.org
Website: www.crhpc.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.
Community Health & Emergency Services (CHESI), Harrisburg Community Center
  Address: 205 North Main St., Harrisburg, IL 62946
  Phone: 618.253.8450
  Hours: M-Sun 830am-5pm
  Email: mklemme@chesi.org
  Website: www.chesi.org
  Accepts Medicaid for adults and children, most insurances, offers sliding fee discount.

Egyptian Public & Mental Health Department
  Address: 1412 US Hwy 45 N, Eldorado, IL 62930
  Phone: 618.273.3326
  Hours: M, W, F 8am-5pm, T & Th 8am-8pm
  Website: www.egyptian.org

Egyptian Public & Mental Health Department
  Address: 715 E. Church St., Harrisburg, IL 62946
  Phone: 618.294.8322
  Fax: 618.294.8354
  Hours: M-F 8am-4pm
  Website: www.egyptian.org
  Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Eldorado Primary Care
  Address: 1007 US Hwy 45 N, Eldorado, IL 62930
  Phone: (618) 273-7723
  Hours: M-W 8am-8pm, Th 8am-6pm, F 8am-5pm
  Website: www.harrisburgmc.com
  Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee

Ferrell Hospital
  Address: 1201 Pine St., Eldorado, IL 62930
  Phone: 618.273.3361
  Hours: M-F 7am-7pm; Sat walk-ins 9am-415pm; Sun walk-ins 1pm-415pm
  Website: www.ferrellhosp.org
  Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee

Ferrell Hospital Family Medicine
  Address: 1407 Locust St., Eldorado, IL 62930
  Phone: 618.297.9660
  Hours: M-F 8am-5pm
  Website: www.ferrellhosp.org
  Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee

Ferrell Hospital Family Practice
  Address: 1306 Maple St., Eldorado, IL 62930
  Phone: 618.297.9665
  Hours: M-F 7am-7pm; Sat walk-ins 8am-2pm; Sun walk-ins 1pm-5pm
  Website: www.ferrellhosp.org
  Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee
Galatia Primary Care
Address: 124 East Main St., Galatia, IL 62935
Phone: 618.268.4083
Hours: M-F 8am-5pm
Website: www.harrisburgmedicalcenter.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee

Harrisburg Medical Center
Address: 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946
Phone: 618.253.7671
Hours: Open 24 hrs. /day
Website: www.harrisburgmc.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee

HMC Clinic at Harrisburg
Address: 901 South Commercial St.
Harrisburg, IL 62946
Phone: 618.252.0411
Hours: M-F 8am-4:30pm
Website: www.harrisburgmedicalcenter.com
Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee; 25% discount if payment at day of visit

Integrated Health
Address: 303 S Commercial St., Ste.10
Harrisburg, IL 62946
Phone: 618.252.5555
Hours: M & W 8am-5:30pm, T 7am-7pm, Th 8am-7pm, F 7am-5:30pm
Website: www.integratedhealthofsi.com

Primary Care Group
Address: 117 East Clark St.
Harrisburg, IL 62946
Phone: 618.252.8625
Hours: M-Th 8am-8pm, F 8am-5pm
Website: www.primarycaregroup.com
Private pay, insurance, Medicaid, & Medicare

Union County

Rural Health, Inc.
Address: 513 North Main St., Anna, IL 62906
Phone: 618.833.4471
Hours: M, W, & F 8am-5pm (Last appointment at 415pm), T & Th 8am-8pm (Last appointment at 715pm)
Website: www.ruralhealthinc.org
White County

Button Chiropractic Natural Health Center
Dr. Rhonda Button, DC, DABCI
Address: 4 Smith St.
Carmi, IL 62821
Phone: 618.382.3337
Hours: M, T, Th, F 10am-6pm
Email: buttonchiro@gmail.com
Website: www.drbutton.com
Natural treatments for internal disorders, back, neck, & extremity joint pain; clinical nutrition, wellness and prevention, acupuncture.

Community Health & Emergency Services (CHESI), Carmi Community Center
Address: 1400 West Main St.
Carmi, IL 62821
Phone: 618.382.4181
Hours: M-F 830am-5pm
Website: www.chesi.org
Accepts Medicaid for adults and children, including most insurances, and offers a sliding fee discount.

Egyptian Public & Mental Health Department
Address: 1705 College Ave
Carmi, IL 62821
Phone: 618.382.7311
Hours: M, W, F 8am-5pm; T & Th 8am-8pm
Website: www.egyptian.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Wabash Christian Therapy & Medical Clinic
Address: 1112 Oak St.
Carmi, IL 62821
Phone: 618.382.2927
Hours: Outpatient Therapy M-F 7am-5pm;
Physician Services Lab & Imaging M-Th 8am-6pm; F 8am-5pm;
Orthopedics W 8am-5pm
Website: www.christianhomes.org/facilities/wabash-christian-therapy.com

Williamson County

Johnston City Community Health Center
Address: 14410 Route 37
Johnston City, IL 62951
Phone: 618.983.6911
Hours: M-F 8am-5pm
Website: www.crhpc.org
Marion Wellness Center
Marion High School
Address: 1700 Wildcat Road
Marion, IL 62959
Phone: 618.519.9200
Hours: M-Th 730am-5pm Closed from 12–1230pm; F 730am-12pm Closed school holidays, June-July
Website: www.shawneehealth.com

Marion Veterans Administration Medical Center—for veterans only
Address: 2401 W. Main St.
Marion, IL, 62959
Phone: 618.997.5311
Eligibility: Veterans only
Hours: M-F 830am-5pm
Website: www.marion.va.gov

REA Clinic-Herrin OB/GYN Clinic
Address: 3303 Logan Dr.
Herrin, IL 62948
Phone: 618.993.5767
Hours: M-F 8am-5pm
Website: www.sih.net

Shawnee Health Care Cartherville
Address: 1006 South Division St.
Cartherville, IL, 62918
Phone: 618.519-9200
Hours: M, T, Th, & F 8am-5pm, W 8am-7pm
Website: www.shawneehealth.com

Shawnee Health Care Marion
Address: 1506 N. Sioux Dr.
Marion, IL 62959
Phone: 618.519.9200
Hours: M, T, W, F 8am-5pm, Th 8am-6pm
Website: www.shawneehealth.com
Veterans Affairs Medical Centers – *For Veterans Only*

VA Medical Center- Marion  
**Address:** 2401 West Main St., Room D100  
Marion, IL 62959  
**Phone:** 618.997.5311 ext. 54659

Monthly Diabetes Support Group classes are held at the Marion VA and Evansville VA sites. Individual visits with a certified Diabetes Educator are available at the following VA locations: Marion, Evansville, Owensboro, Hanson, and Effingham.

A Shared Medical Appointment Group is available at the Marion VA for veterans with a HbA1c over 9.0. A referral from provider is needed to join the SMA group.

VA Medical Center-Evansville  
**Address:** 6211 E Waterford Blvd  
Evansville, IN 47715  
**Phone:** 812.465.5600

The following CDEs are available for consultation at the following Marion VA locations:

**Natalie Adams, RD, LDN, CDE**  
Location: Marion VA and Carbondale VA CBOC clinics

**Kimberly Blair, RD, LD, CDE**  
Location: Evansville VA CBOC clinic

**Jacqueline Chisholm, RD, LD, CDE**  
Location: Owensboro and Hanson CBOC clinics

**Kerri Hayden, MS, RD, LDN, CDE**  
Location: Mayfield VA HBPC program

**Melaina Lane, MS, RD, LDN, CDE**  
Location: Marion VA HBPC program

**Megan Martin-Leitzen, PharmD, CDE**  
Location: Marion VA Annex CBOC clinic

**Chris Seaman, PharmD, CDE**  
Location: Carbondale VA CBOC clinic

**Amanda Settle, RD, LDN, CDE**  
Location: Effingham CBOC clinic
Pharmacies
Many pharmacists offer free consultation and referrals for people living with diabetes. They can also answer questions regarding choosing a meter and blood sugar testing. Your meter may also have a support line.

Illinois Department on Aging - Pharmaceutical Assistance Program –
Phone: 1.800.252.8966

Individuals eligible for this assistance program include aged and disabled persons regardless of income. There is an enrollment fee to join. Several prescription assistance programs are available, including the Medicare Prescription Drug Program, I-SaveRx, and Illinois Rx Buying Club.

Alexander County

MedCare Pharmacy
Address: 1915 Washington Ave.
Cairo, IL 62914
Phone: 618.734.0399

Franklin County

CVS Pharmacy
Address: 705 W. Main St.
Benton, IL 62812
Phone: 618.439.6356

Franklin Hospital
Address: 201 Bailey Lane
Benton, IL 62812
Phone: 618.439.3161

Fred’s Pharmacy
Address: 215 Bailey Lane
Benton, IL 62812
Phone: 618.435.4894

J & S Professional Pharmacy
Address: 309 W. St Louis St.
West Frankfort, IL 62896
Phone: 618.937.2416

Kimmel-Chaplain Pharmacy
Address: 205 Bailey Lane
Benton, IL 62812
Phone: 618.438.2822

Kirk’s Pharmacy
Address: 114 Market St.
Christopher, IL 62822
Phone: 618.724.2741

Medicine Shoppe
Address: 301 E. Main St.
West Frankfort, IL 62896
Phone: 618.937.6434

Medi-Center Pharmacy – Sesser
Address: 6294 IL-154
Sesser, IL 62884
Phone: 618.625.8400

Melissa D. Mastri, RPH
Address: 215 Bailey Ln
Benton, IL 62812
Phone: 618.435.4894

Wal-Mart Pharmacy
Address: 919 Giacone Dr.
Benton, IL 62812
Phone: 618.435.2119
Gallatin County

**Medicine Shoppe**
- **Address:** 101 E. Main St.
- **Ridgway, IL 62979**
- **Phone:** 618.272.3811

Jackson County

**Center for Medical Arts Pharmacy**
- **Address:** 2601 W. Main St.
- **Carbondale, IL 62901**
- **Phone:** 618.529.5361

**CVS Pharmacy**
- **Address:** 2431 W. Main St.
- **Carbondale, IL 62901**
- **Phone:** 618.457.0491

**Kroger Pharmacy**
- **Address:** 501 N. Giant City Rd
- **Carbondale, IL 62902**
- **Phone:** 618.549.9743

**Schnuck’s Pharmacy**
- **Address:** 915 W. Main St.
- **Carbondale, IL 62901**
- **Phone:** 618.351.0710

**Shawnee Health Care Pharmacy**
- **Address:** 7 S. Hospital Drive
- **Murphysboro, IL 62966**
- **Phone:** 618.519.9200

Johnson County

**Bode Drug**
- **Address:** 803 N. 1st St.
- **Vienna, IL 62995**
- **Phone:** 618.658.3784

Hardin County

**Hardin Discount Pharmacy**
- **Address:** 7 Ferrell Road
- **Rosiclare, IL 62982**
- **Phone:** 618.285.6618

**Walgreen Drug Stores**
- **Address:** 206 S. Wall St.
- **Carbondale, IL 62901**
- **Phone:** 618.457.4104

**Walgreen Drug Stores**
- **Address:** 1600 W. Main St.
- **Carbondale, IL 62901**
- **Phone:** 618.457.8397

**Walgreen Drug Stores**
- **Address:** 503 Walnut St.
- **Murphysboro, IL 62966**
- **Phone:** 618.565.2329

**Wal-Mart Pharmacy**
- **Address:** 1450 E. Main St.
- **Carbondale, IL 62901**
- **Phone:** 618.549.0709

**Wal-Mart Pharmacy**
- **Address:** 6495 Country Club Rd.
- **Murphysboro, IL 62901**
- **Phone:** 618.687.3478

**Goreville Professional Pharmacy**
- **Address:** 901 S. Broadway St.
- **Goreville, IL 62939**
- **Phone:** 618.995.1555
Massac County

Metropolis Drugs
Address: 1001 E. 5th St.
Metropolis, IL 62960
Phone: 618.524.8316

Metropolis Drugs II
Address: 1201 W. 10th St.
Metropolis, IL 62960
Phone: 618.524.8400

Walgreens Drug Stores
Address: 110 W. 10th St.
Metropolis, IL 62960
Phone: 618.524.4819

Perry County

Medicap Pharmacy
Address: 630 S. Washington St.
Du Quoin, IL 62832
Phone: 618.542.2333

Medicine Shoppe
Address: 207 E. Main St.
Du Quoin, IL 62832
Phone: 618.542.2575

Stotlar Drug Store
Address: 1 N. Walnut St.
Pinckneyville, IL 62274
Phone: 618.357.8781

Walmart Pharmacy
Address: 215 E. Grantway St.
Du Quoin, IL 62832
Phone: 618.542.2488

Pope County

Bode Drug
Address: 225 E. Main St.
Golconda, IL 62938
Phone: 618.683.3311

Pulaski County

Bode Pharmacy
Address: 211 Main St.
Mound City, IL 62963
Phone: 618.748.9253

Rogan’s County Pharmacy
Address: 201 E. Commercial St.
Pulaski, IL 62976
Phone: 618.342.6737

Randolph County

Country Market Pharmacy
Address: 43 E Highway 8
Steeleville, IL 62288
Phone: 573.729.4091

Deterding Drugs
Address: 1506 S. Main St.
Red Bud, IL 62278
Phone: 618.282.6231
<table>
<thead>
<tr>
<th>Pharmacy Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Keil Pharmacy Inc.</td>
<td>1375 S. Main St. Red Bud, IL 62278</td>
<td>618.282.2870</td>
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<tr>
<td>Moody Pharmacy</td>
<td>109 E. Broadway St. Sparta, IL 62286</td>
<td>618.443.2715</td>
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<tr>
<td>Tony's MediCenter Pharmacy</td>
<td>324 W. Broadway St. Steeleville, IL 62288</td>
<td>618.965.3511</td>
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<td>Victors MediCenter Pharmacy</td>
<td>2323 Old Plank Rd Chester, IL 62233</td>
<td>618.826.2511</td>
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<td>Walmart Pharmacy</td>
<td>1410 N. Market St. Sparta, IL 62286</td>
<td>618.443.2436</td>
</tr>
<tr>
<td>Walmart Pharmacy - Chester</td>
<td>2206 IL-150 Chester, IL 62233</td>
<td>618.826.4898</td>
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<td>Saline County</td>
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<td>Beck's Drugs</td>
<td>1409 Locust St. Eldorado, IL 62930</td>
<td>618.273.8111</td>
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<tr>
<td>CVS Pharmacy</td>
<td>1 S. Commercial St. Harrisburg, IL 62946</td>
<td>618.253.8182</td>
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<td>Kroger Pharmacy</td>
<td>US Hwy 51 N Harrisburg, IL 62946</td>
<td>618.252.8691</td>
</tr>
<tr>
<td>Medicap Pharmacy</td>
<td>1101 US Hwy 45 N Eldorado, IL 62930</td>
<td>618.273.4941</td>
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<tr>
<td>Medicine Shoppe</td>
<td>304 S. Commercial St. Harrisburg, IL 62946</td>
<td>618.252.5349</td>
</tr>
<tr>
<td>Walgreens Drug Stores</td>
<td>4 S. Commercial St. Harrisburg, IL 62946</td>
<td>618.252.0134</td>
</tr>
<tr>
<td>Wal-Mart Pharmacy</td>
<td>710 S. Commercial St. Harrisburg, IL 62946</td>
<td>618.252.1610</td>
</tr>
<tr>
<td>Union County</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kroger Pharmacy</td>
<td>45 Plaza Dr. Anna, IL 62906</td>
<td>618.833.4521</td>
</tr>
<tr>
<td>Medicap Pharmacy</td>
<td>1785 E Vienna St. Anna, IL 62906</td>
<td>618.833.9858</td>
</tr>
<tr>
<td>Pharmacy Name</td>
<td>Address</td>
<td>Phone</td>
</tr>
<tr>
<td>-----------------------------------</td>
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</tr>
<tr>
<td>Walgreens Drug Stores</td>
<td>745 E. Vienna St. Anna, IL 62906</td>
<td>618.833.7236</td>
</tr>
<tr>
<td>Wal-Mart Pharmacy #233</td>
<td>300 Leigh Ave Anna, IL 62906</td>
<td>618.833.8580</td>
</tr>
<tr>
<td>Williamson County</td>
<td></td>
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</tr>
<tr>
<td>Carterville Family Drugs</td>
<td>1205 S. Division St. Carterville, IL 62918</td>
<td>618.985.2441</td>
</tr>
<tr>
<td>Fred’s Pharmacy 2484</td>
<td>905 W. Main St. Marion, IL 62959</td>
<td>618.998.1269</td>
</tr>
<tr>
<td>Herrin Drug</td>
<td>116 N. Park Ave. Herrin, IL 62948</td>
<td>618.942.5315</td>
</tr>
<tr>
<td>Kroger Pharmacy</td>
<td>1704 W. DeYoung St Marion, IL 62959-1054</td>
<td>618.993.6518</td>
</tr>
<tr>
<td>Logan Primary Pharmacy</td>
<td>401 Rushing Dr. Herrin, IL 62948</td>
<td>618.997.9997</td>
</tr>
<tr>
<td>Logan Professional Pharmacy</td>
<td>303 Rushing Dr. Herrin, IL 62948</td>
<td>618.993.5555</td>
</tr>
<tr>
<td>Medicine Shoppe Pharmacy</td>
<td>1315 W. Main St. Marion, IL 62959</td>
<td>618.997.1393</td>
</tr>
<tr>
<td>White County</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CVS Pharmacy</td>
<td>1101 W. Main St. Carmi, IL 62821</td>
<td>618.382.5643</td>
</tr>
<tr>
<td>Plum Street Pharmacy</td>
<td>311 Plum St. Carmi, IL 62821</td>
<td>618.382.8400</td>
</tr>
<tr>
<td>Natural Med Apothecary</td>
<td>212 N. Park Ave. Herrin, IL 62948</td>
<td>618.942.6900</td>
</tr>
<tr>
<td>Phil’s Prescription Drugs</td>
<td>639 N. Pershing St. Energy, IL 62933</td>
<td>618.942.4631</td>
</tr>
<tr>
<td>Tri-C Medical Pharmacy</td>
<td>100 S. Division St. Carterville, IL 62918</td>
<td>618.985.4100</td>
</tr>
<tr>
<td>Walgreen Drug Stores</td>
<td>1710 W. DeYoung St Marion, IL 62959</td>
<td>618.998.1603</td>
</tr>
<tr>
<td>Walgreen Drug Stores</td>
<td>1606 S. Park Ave. Herrin, IL 62948</td>
<td>618.942.5291</td>
</tr>
<tr>
<td>Walmart Pharmacy # 216</td>
<td>2802 Outer Road Dr. Marion, IL 62959</td>
<td>618.997.2021</td>
</tr>
</tbody>
</table>
Walmart Pharmacy  
**Address:** 1344 II Hwy 1  
Carmi, IL 62821  
**Phone:** 618.382.5838

**Surrounding Area/County**

**Missouri**

Medicap Pharmacy  
**Address:** 1020 N. Kingshighway  
Cape Girardeau, MO 63701  
**Phone:** 573.335.1002

Schnuck’s Pharmacy  
**Address:** 19 S. Kingshighway  
Cape Girardeau, MO 63703  
**Phone:** 573.334.9125

Medicine Shoppe  
**Address:** 864 N. Kingshighway  
Cape Girardeau, MO 63701  
**Phone:** 573.334.4761

**Kentucky**

CVS Pharmacy  
**Address:** 3275 Irvin Cobb Drive  
Paducah, KY 42003  
**Phone:** 270.443.4885

Sam’s Club  
**Address:** 3550 James Sanders Blvd  
Paducah, KY 42001  
**Phone:** 270.444.6992

CVS Pharmacy  
**Address:** 538 Lone Oak Road  
Paducah, KY  
**Phone:** 270.443.8855

Walgreens Drug Stores  
**Address:** 521 Lone Oak Road  
Paducah, KY 42003  
**Phone:** 270.442.6659

CVS Pharmacy  
**Address:** 3001 Lone Oak Road  
Paducah, KY 42003  
**Phone:** 270.554.0480

Walgreens Drug Store  
**Address:** 3360 Irvin Cobb Drive  
Paducah, KY 42003  
**Phone:** 270.444.8011

Kmart Pharmacy  
**Address:** 2440 Lone Oak Road  
Paducah, KY 42003  
**Phone:** 270.554.9600

Walmart Pharmacy  
**Address:** 5130 Hinkleville Road  
Paducah, KY 42001  
**Phone:** 270.444.0046

Kroger Pharmacy  
**Address:** 3141 Park Avenue  
Paducah, KY 42001  
**Phone:** 270.443.9459

Walmart Pharmacy  
**Address:** 3220 Irvin Cobb Drive  
Paducah, KY 42003  
**Phone:** 270.442.6404
Physical Activity Programs

Getting physical activity can help you control your diabetes. It is recommended you get 30 minutes of exercise daily. Walking is a great form of exercise and there are many START! Walking Paths in the region (see page 37 for more information.) For additional exercise opportunities, contact the following:

**Alexander County**
Check nearby counties

**Franklin County**

American Fitness LLC
**Address:** 310 E. Washington St.
Christopher, IL 62822
**Phone:** 618.724.4000

Curves-For Women
**Address:** 201 Public Square,
Benton, IL 62812
**Phone:** 618.438.0222

**Element Fitness Systems**
**Address:** 1912 E. Oak St.
West Frankfort, IL 62896
**Phone:** 618.218.3039

Stark Total Body Fitness and Tan
**Address:** 1 Rend Lake Plaza
Benton, IL 62812
**Phone:** 618.435.3124

**West Frankfort Aquatics Center**
**Address:** 1100 E. Cleveland St.
West Frankfort, IL 62896
**Phone:** 618.937.1665

**Curves for Women**
**Address:** 103 S. 13th St., Ste. 102
Murphysboro, IL 62966
**Phone:** 618.565.1600
**Website:** [www.curves.com](http://www.curves.com)

**Gold’s Gym**
**Address:** 2421 W. Main St.
Carbondale, IL 62901
**Phone:** 618.457.0318
**Website:** [www.golds gym.com](http://www.golds gym.com)

**Murphysboro Park District**
**Address:** 710 S. 24th St.
Murphysboro, IL 62966
**Phone:** 618.684.3333

**SIU: Intramural-Recreational Sports**
**Address:** 300 E. Grand Ave
Carbondale, IL 62901
**Phone:** 618.536.2391
**Website:** [www.reccenter.siu.edu/](http://www.reccenter.siu.edu/)

**Johnson County**
Check nearby counties

**Massac County**

Curves for Women
**Address:** 727 E. 12th St., Ste. B
Metropolis, IL 62960
**Phone:** 618.524.2797
**Website:** [www.curves.com](http://www.curves.com)

River 2 River Fitness
**Address:** 214 W. 7th St.
Metropolis, IL 62960
**Phone:** 270.841.2952
**Website:** [www.mygymisdifferent.com](http://www.mygymisdifferent.com)
Thor’s Gym
Address: 723 Market St.
Metropolis, IL 62960
Phone: 618.645.1275
Website: www.facebook.com/ThorsGymMetro

YMCA
Address: 130 S. Oak St.
Red Bud, IL 62278
Phone: 618.282.9622
Website: www.gwrymca.org/locations/randolph-county-ymca

Perry County

Doc Z’s Fitness Center
Address: 10 S. Oak St.
Du Quoin, IL 62832
Phone: 618.542.2165

Saline County

Egyptian Fitness Center
Address: 101 N. Main St.
Harrisburg, IL 62946
Phone: 618.294.8475

Du Quoin Health Center
Address: 31 S. Mulberry St.
Du Quoin, IL 62832
Phone: 618.542.6680

Flip Flops & Fitness
Address: 601 W. Poplar St.
Harrisburg, IL 62946
Phone: 618.252.8537

Pinckneyville Health Care Center LLC
Address: 708 Virginia Court
Pinckneyville, IL 62274
Phone: 618.357.2493

Shawnee Fitness Center
Address: 311 W. Small St.
Harrisburg, IL 62946
Phone: 618.252.1878

Southern Illinois Rehabilitation & Fitness Center
Address: 101 N. Walnut St.
Pinckneyville, IL 62274
Phone: 618.357.9389

VZ Fitness
Address: 1512 Locust St.
Eldorado, IL 62930
Phone: 618.273.5395

Pope County
Golden Circle – Linda 618.683.7741

Union County

Fitness Forum Gym & Fitness Center
Address: 131 W. Chestnut St.
Anna, IL 62906
Phone: 618.833.3234
Website: http://fitnessforumgym.com/

Pulaski County

Shawnee Com. College Fitness Center
Building L-Rm 2010, Ullin campus
Grand Chain, IL 62941
Phone: 800.481.2242 ext. 3230
Website: www.shawneecc.edu/about/fitness_center.asp

Shawnee Community College-
Anna Campus-Fitness Center
Address: 1150 E. Vienna St.
Anna, IL 62992
Phone: 618.833.3399
Website: www.shawneecc.edu/about/anna_fitness.asp

Randolph County

Vasquez’s Fitness Center
Address: 2513 State St.
Chester, IL 62233
Phone: 618.826.5449

Xtreme Physique Health Club
Address: 305 N. Main St.
Jonesboro, IL 62952
Phone: 618.614.4924
White County

Carmi Fitness Center
Address: 318 1st St.
Carmi, IL 62821
Phone: 618.382.3339

Williamson County

Gold’s Gym
Address: 2500 Williamson Co. Pkwy.
Marion, IL 62959
Phone: 877.465.3703
Website: www.goldsgym.com

The Hub-Marion
Address: 917 W. Main St.
Marion, IL 62959
Phone: 618.997.2482
Website: www.thehubmarion.com

John A Logan College – Community Health Complex
Address: 700 Logan College Dr.
Carterville, IL 62918
Phone: 618.985.3741
Website: www.jalc.edu/chech/

Vigiano’s Fitness Center
Address: 1207 Weaver Road
Herrin, IL 62948
Phone: 618.988.8878

Surrounding Area KY & MO

Anytime Fitness
Address: 1131 N. Kingshighway St.
Prairie du Chien, WI 53821
Phone: 608.363.7000
Website: www.anytimefitness.com

Curves
Address: 3420 Park Avenue, Ste. 3
Paducah KY 42001
Phone: 270.575.3800

Energy Fitness
Address: 2343 New Holt Road
Paducah, KY 42001
Phone: 270.554.7222
Website: http://energyfitnesspaducah.com

Osage Centre
Address: 1625 N. Kingshighway
Cape Girardeau, MO 63701
Phone: 573.339.6342
Website: www.cityofcapegirardeau.org

Paducah Athletic Club
Address: 115 Lebanon Church Rd
Paducah KY 42003
Phone: 270.554.2582

Planet Fitness
Address: 3430 James Sanders Blvd
Paducah KY 42001
Phone: 270.908.4500

River 2 River Fitness
Address: 156 Stuart Nelson Park Rd
Paducah, KY 42001
Phone: 270.841.2952
Website: www.mygymisdifferent.com

River to River Fitness – West Paducah
Address: 3660 James Sanders Blvd.
Paducah, KY 42001
Phone: 270.841.2952
Website: www.mygymisdifferent.com

Snap Fitness 24-7
Address: 3215 Irvin Cobb Drive
Paducah, KY 42003
Phone: 270.443.0900

Stay Fit 24
Address: 414 Lone Oak Road
Paducah, KY 42001
Phone: 270.442.2472

Shawnee Park Center
Address: 835 S. West End Blvd.
Cape Girardeau, MO 63703
Phone: 573.339.6346
Website: www.cityofcapegirardeau.org/Parks/Shawnee-Park-Center.aspx
Walking Paths and Parks

There are also several Walking Paths available on the Southern Illinois University campus, as well as around the region. For more information visit the website: http://www.startwalkingnow.org/.

Franklin-Williamson County

Arrowhead Lake Nature Trail
Address: 1600 Peterson St.
Johnston City, IL 629512
2.8 miles/Moderate

Cambria Park
Address: Maple St.
Cambria, IL 62915
0.5 mile/Easy

Cannon Park
Address: 120 N. Greenbriar Road
Carterville, IL 62918
0.6 miles/Easy

Carterville’s Got Heart!
Address: 101 S. Division
Carterville, IL 62918
1 mile/Easy

Energy ‘Bruce’ Park
Address: 100 Front St.
Energy, IL 62933
0.5 mile/Easy

Franklin Hospital
Address: 201 Bailey Lane
Benton, IL 62812
0.5 mile/Moderate

Herrin City Park
Address: 1010 North 5th St.
Herrin, IL 62948
0.8 miles/Easy

Herrin Downtown
Address: 3 South Park Ave.
Herrin, IL 62948
1.66 miles/Moderate

Herrin Hospital
Address: 201 S. 14th St.
Herrin, IL 62948
0.4 mile/Moderate

Serenity Trail-Rotary Club of Williamson County Heartland
Address: 3333 W. DeYoung St.
Marion, IL 62959
0.6 mile/Moderate

Slim Lane
Address: Downtown Zeigler
Zeigler, IL 62999
0.25 mile/Moderate

Super Kohl Park
Address: Downtown Zeigler
Zeigler, IL 62999
1/5 mile/Moderate

West Frankfort Aquatic Center/Community Park
Address: 1100 E. Cleveland St.
West Frankfort, IL 62896
1.5 miles/Easy

Williamson County Regional Airport
Address: 10400 Terminal Dr.
Marion, IL 62959
0.5 mile/Easy

Hardin County

Hickory Ridge Trail
Address: Cave-in-Rock State Park
75-mile/Moderate loop
**Jackson County**

**Attucks Park**  
*Address:* 400-800 N. Wall St.  
Carbondale, IL 62901

**Bike Way**  
*Address:* located across from  
Eastgate Shopping Ctr, on Wall St.  
Carbondale, IL 62901

**Boys and Girls Club of Carbondale**  
*Address:* 250 N Springer St.  
Carbondale, IL 62901

**Carbondale Super Block**  
*Address:* 298 Lewis Lane  
Carbondale, IL 62901

**The David Kenney Trail**  
*Address:* Chautauqua Bottoms Nature Preserve  
Carbondale, IL 62901

**Evergreen Park**  
*Address:* 1205 W. Pleasant Hill Rd  
Carbondale, IL 62901

**Green Earth/Oakland Nature Preserve**  
[www.greenearthinc.org/naturepreserves.htm](http://www.greenearthinc.org/naturepreserves.htm)

**Herbie Beyler Trail**  
*Address:* Brush Hill Nature Preserve  
Carbondale, IL 62901  
*Open Dawn to Dusk*

**Marberry Arboretum**  
*Address:* S. Wall St. / Pleasant Hill Rd  
Carbondale, IL 62901

**The Maurice Webb Trail**  
*Address:* Chautauqua Bottoms Nature Preserve  
Carbondale, IL 62901  
*Open Dawn to Dusk*

**Memorial Hospital of Carbondale**  
*Address:* 405 W. Jackson St.  
Carbondale, IL 62901

**Riverside Park**  
*Address:* 2610 W. Riverside Park Rd  
Murphysboro, IL 62966

**SIU Campus Lake**  
*Address:* South side of SIUC campus  
Carbondale, IL 62901  
*2.2 miles/Moderate*

**SIU Student Center**  
*Address:* 1255 Lincoln Dr.  
Carbondale, IL 62901  
*0.33 mile/Easy*

**St. Joseph Memorial Hospital**  
*Address:* 2 South Hospital Dr.  
Murphysboro, IL 62966

**The Stan Harris Trail**  
*Address:* Oakland Nature Preserve  
Carbondale, IL 62901

**Trinity Christian School**  
*Address:* 1218 West Freeman  
Carbondale, IL 62901

**University of Illinois Extension**  
*Address:* 402 Ava Rd  
Murphysboro, IL 62966

**The Woodland Spur Trail**  
*Address:* Chautauqua Bottoms Nature Preserve  
Carbondale, IL 62901

**The Woodland Trail**  
*Address:* Oakland Nature Preserve  
Carbondale, IL 62901  
*Open Dawn to Dusk*
**Gallatin, Saline Counties**

**Ohio River Visitors Center**
*Address:* (Equality) to Eagle Creek Rd. and Shawnee Forest Rd. (Saline County State Fish & Wildlife Area)
*5.6 miles/Greenway/Non-RT*

**Perry County Fairgrounds**
*Address:* Fairground Rd.
Pinckneyville, IL 62274

**Pinckneyville City Park**
*Address:* 920 County Road
Pinckneyville, Il 62274
*0.62 mile/Easy*

**Johnson County**

**Barkhausen Wetlands Center**
*Address:* SR 37 (Barkhausen Wetlands Center, Cypress) to High School Athletic Fields (Eldorado)
*55.6 miles/Rail-Trail*
*Phone:* 618.657.2064

**Ferne Clyffe**
*Address:* 90 Office Dr.
Goreville, IL 62939
*Phone:* 618.995.2411
*Website:* [http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM](http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM)

**Tunnel Hill State Trail**

**Pulaski County**

**Shawnee Community College**
*Address:* 8364 Shawnee College Road, Ullin, IL 62992
*Phone:* 618.634.3200
*1mile/Easy*

**Randolph County**

**Cohen Complex**
*Address:* Chester, IL 62233
*.72 mile/Easy/Paved*

**Piney Creek Ravine Nature Reserve**
*Address:* South of Chester, IL
*3.1 miles/Moderate*

**Randolph Co. State Recreation Area**
*Address:* 4301 S. Lake Dr.
South of Chester, IL
*Phone:* 618.826.2706
Various trails

**Massac County**

**Hickory Nut Ridge Trail**
*Address:* Fort Massac State Park
Metropolis, IL 62960
*2.5 miles/Moderate*

**George Rogers Clark Discovery Trail**
*Address:* E. 5th St. /US 45 at entrance to Fort Massac State Park
Metropolis, IL 62960
*8.7 miles/Moderate*

**Saline County**

**Du Quoin State Fairgrounds**
*Address:* US Rte. 51
Du Quoin, IL 62832
*Phone:* 618.542.1515
Union County

Anna City Park
Address: Wright Dr.
Anna IL 62906

Anna Jonesboro Community High School Track
Address: 608 S. Main St.
Anna, IL 62906

Choate’s History Trail
Address: 1000 N. Main St.
Anna IL 62906

Cobden City Park
Address: 217 Locust St.
Cobden, IL 62920

Jonesboro Grade School Track
Address: 309 Cook Ave
Jonesboro, IL 62952

Lincoln Memorial Trail
Address: N. Main St.
Jonesboro, IL 62952
Phone: 618.833.8576
.47 mile/Easy

Surrounding Area
Cape Girardeau, MO

Capaha Park
Address: 1400 Broadway St.
Cape Girardeau, MO 62957
.9 mile/Easy

City Hall Mile Walk
Address: 401 Independence St.
Cape Girardeau, MO 62957
1.07 miles/Moderate

Central Junior High School
Address: 205 Caruthers Ave
Cape Girardeau, MO 62957
.81 mile/Moderate

Surrounding Area—Paducah KY

Greenway Trail
Website: www.paducahky.gov/walks-trails

Tour the Floodwall Murals
Website: www.paducahky.gov/walks-trails

Take a Cellphone Walking Tour of Downtown
Website: www.paducahky.gov/walks-trails

Arena Park
Address: Start 1 mile walk at AC Brase Arena on Kiwanis Drive.
Cape Girardeau, MO 62957
1.06 miles/Moderate

Cape LaCroix Recreation Trail
Cape Girardeau, MO
Trail End Points: Shawnee Park to Walden Blvd.
4.4 miles/Moderate
Website: www.traillink.com/trail/cape-lacroix-recreation-trail.aspx
Physicians-Diabetes Specialists (Endocrinology)

Endocrinology deals with hormone-secreting glands (eg: thyroid, pituitary, adrenal, ovaries, pancreas, testes, etc.) and also deals with diabetes. Endocrinologists are listed below:

Alexander, Franklin, Hardin, Jackson, Johnson, Massac, Pulaski, Union Counties - Check “Surrounding Area” section or other counties listed.

Gallatin County

Gallatin County School Wellness Center
Natalie Finnie, FNP-C
Address: 5175 Hwy 13, Junction, IL 62954
Phone: 618.272.7132 Hours: M-Th 730-3pm, F 8-11am
Email: nfinnie@egyptian.org Website: www.egyptian.org

Hardin, Jackson, Johnson, Massac, Pope, Pulaski, Union Counties - Check “Surrounding Area” section or other counties listed.

Saline County

Christopher Rural Health Planning Corporation (CRHPC), Eldorado Health Care Center
Curt Morris, PA-C
Address: 1401 US Hwy 45 N, Eldorado, IL 62930
Phone: 618.273.2951 Hours: M-F 7:30-4:30pm
Email: cmorris@crhpc.org Website: www.crhpc.org
Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.

Community Health & Emergency Services (CHESI), Harrisburg Community Center
Maureen Klemme, APN (She is also listed for Alexander Co.)
Address: 205 North Main St, Harrisburg, IL 62946
Phone: 618.253.8450 Hours: M-Sun 830am-5pm OPEN WEEKENDS
Email: mklemme@chesi.org Website: www.chesi.org
Accepts Medicaid for adults and children, most insurances, & offers a sliding fee discount.

Williamson County

Issa Abedmahmoud, MD, (aka Dr. Abed)
Diabetes and Endocrine of Southern Illinois
Address: 3020 S. Park Ave, Herrin, IL 62948
Phone: 618.988.1877

Surrounding Area

Thomas Tse, MD
Diabetes Thyroid & Osteoporosis Clinic of Southern Illinois
Address: 311 W Lincoln St, Belleville, IL 62220
Phone: 618.277.5013
Podiatrists/ Foot Care
Diabetes can affect the blood circulation to your legs and feet. If you have diabetes, it is recommended that you get an annual foot exam by a podiatrist.

Alexander County

CHESI CDX-Community Health Emergency Services Inc.
Ronald S Slatick DPM
Address: 13245 Kessler Rd, Cairo, IL 62914
Phone: 618.734.4400
Available at this location on Thursdays from 1p-5p.

Franklin County

SIH Medical Group Podiatry at Logan Primary Care - West Frankfort
Jason Liang, DPM
Address: 502 W St. Louis St., Ste 4, West Frankfort, IL 62896
Phone: 618.565.1000     Fax: 618.565.1010
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Stephen L. Ponton, DPM
Address: 215 N Logan St, West Frankfort, IL 62896
Phone: 618.937.2200

Hardin County - Check “Surrounding Area” section or other counties listed.

Jackson County

SIH Medical Group Podiatry at Medical Arts Clinic
Kati Rush, DPM & Jason Liang, DPM
Address: 19 E Shawnee Dr., Suite 2, Murphysboro, IL 62966
Phone: 618.565.1000     Fax: 618.565.1010
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Southern Illinois Foot & Ankle Clinic
Christopher Moore, DPM & David Gunzel, DPM
Address: 1235 North Cedar Court, Carbondale, IL 62903
Phone: 618.457.0431
Toll-Free: 866.211.3668
Fax: 618.457.5199

Johnson County - Check “Surrounding Area” section or other counties listed.
Massac County

Dean Hinners, DPM  
Address: 412 W. 10th St., Metropolis IL 62960  
Phone: 618.524.8146  
Hours: M - F 9am-5pm

Pulaski County - Check “Surrounding Area” section or other counties listed.

Pope County

Community Health & Emergency Services (CHESI)-Pope County Clinic  
Address: 217 S. Adams St. Golconda, IL 62938  
Phone: 618.683.3781  
Hours: M - F 8am-5pm (Last appointment at 4pm).  
Podiatrist available every six weeks, call for details and dates.

Randolph County

Amanda Hart, DPM  
Memorial Hospital  
Address: 13245 Kessler Rd Cairo, IL 62914  
Phone: 618.277.5700

Saline County

HMC Specialty Clinic  
Dr. Mitchell Cook, DPM  
Address: 117 E Clark St Harrisburg, IL 62946  
Phone: 618.294.9300  
Fax: 618.252.1326  
Hours: M - F 8am-430pm; Sat-Sun Closed  
Website: https://public.sih.net/physicians.nsf/docs/Mitchell-Cook#.WpWYLajwYRF  
Call for hours and to schedule an appointment for foot and ankle needs

SIH Medical Group Podiatry  
Dr. Daniel Brown, DPM; Dr. David Dickinson, DPM  
Address: 250 Small St. Harrisburg, IL 62946  
Phone: 618.294.8466  
Hours: M - Th 8am-5pm; F 8am-12pm  
Website: www.sifootdoctor.com  
No Medicaid; waivers for hardship
Union County

SIH Medical Group Podiatry at Anna Primary Care
Kati Rush, DPM
Address: 98 Peach Ridge Rd Anna, IL 62906
Phone: 618.614.1400
Fax: 618.614.1401
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Union County Podiatry
Jeffery Deacon, DPM
Address: 515 North Main St., Ste. E Anna, IL 62906
Phone: 618.833.2872
Days available may vary, must call for an appointment.

Williamson County

Family Foot & Ankle Center of Southern Illinois
Melinda Moore, DPM
Address: 3022 S Park Ave. Herrin, IL 62948
Phone: 618.942.3334

SIH Medical Group Podiatry-Herrin
Amanda Brazis, FPM; Mitchell Cook, DPM; Jason Liang, DPM
Address: 3307 Logan Dr. Herrin, IL 62948
Phone: 618.993.0900
Fax: 618.993.9994
Website: http://www.sihmedicalgroup.net/services-podiatry.php
Call for hours and to schedule an appointment for foot and ankle needs

Southern Illinois Podiatry
David Dickinson, DPM & Daniel Brown, DPM
Address: 101 North 16th St. Herrin, IL 62948
Phone: 618.988.6034

William P. Hess, DPM
Address: 1506 W Main St. Marion IL 62959
Phone: 618.997.9369

Surrounding Area

Ronald S Slatick DPM
Address: 131 Nahm St., Ste 2 Paducah, KY 42001
Phone: 270.443.1170

Stivers & Stivers, DPM
Address: 2000 Kentucky Ave Paducah, KY 42001
Phone: 270.444.9011
Smoking Cessation

According to the CDC, persons with diabetes who also smoke are more likely to have serious health problems from diabetes. Evidence shows that smoking causes type 2 diabetes; smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers. Smokers who also have diabetes tend to experience higher risks for serious complications, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation (removal of a body part by surgery, such as toes or feet)
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves to the arms and legs that causes numbness, pain, weakness, and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away. Many free services are available to help, including:

**Egyptian Health Department**

Kimberly E. Scott-Pilkington  
**Address:** 1412 US Hwy 45 N, Eldorado, IL 62930  
**Phone:** 618.273.3326 Ext. 2143  
**Fax:** 618.273.2808  
**Hours:** M-F 8am-9pm; Sat & Sun 9am-5pm  
**Website:** [www.egyptian.org](http://www.egyptian.org)

**American Cancer Society – Quit For Life Program**

The Quit for Life Program, developed by the American Cancer Society and Alere, is a 24/7 phone-based coaching and web-based learning support service to help smokers quit. Participants are matched with a quit coach who helps develop a personalized quit plan, provides guidance in choosing medicines, and gives ongoing follow-up support. For more information, visit: [https://www.quitnow.net](https://www.quitnow.net)

**1-800-QUIT NOW**

1-800-Quit-Now is a national router number which accepts callers from throughout the nation, seamlessly directing them to the appropriate state quitline. For more information, call 1-800-784-8669 (1-800-QUIT-NOW) or visit CDC.gov/tips. Spanish-speakers can call 1-855-DÉJELO-YA (1-855-335-3569) or visit CDC.gov/consejos.

**Illinois Quitline**

1-866-QUIT-YES (1-866-784-8937) Call 7 am to 11 pm, seven days a week, or visit [http://www.quityes.org](http://www.quityes.org)/Receive individual counseling, advice, tips, and encouragement. Call as often as needed for FREE.
Smokefree.gov

Smokefree.gov, managed by the National Cancer Institute (NCI), provides information and professional assistance to support those who want to quit smoking. The website allows users to choose the help that best fits their needs. Available assistance includes:

- Online step-by-step cessation guide
- Local and State telephone quit lines
- NCI’s National telephone quit line
- NCI’s instant messaging service
- Publications (download, print, or order)

Courage to Quit (Respiratory Health Association)

Courage to Quit® is an evidence-based group or individual tobacco treatment program for adults available in multiple formats with flexible content that can be customized for delivery. It is the cessation component of RHA’s integrated tobacco intervention program. Courage to Quit®’s effectiveness has been documented in the American Journal for Public Health. Visit: www.couragetoquit.org for more detailed information.

Transportation

Below is a listing of transportation resources in our area. Many communities also have taxi services available. See the phone book for more information about taxi services in your area.

Care-A-Van (Herrin)

Phone: 618.942.5900
Serves 15-18 mile radius of Herrin Hospital. Takes patients to and from hospital and hospital-related doctor appointments. Curb-to-curb service with assistance from family is appreciated. Monday-Friday from 8 a.m. to 4:30 p.m. No cost, but donations are accepted.

Department of Human Services
(All requests handled by First Transit)

Phone: 877.725.0569
Hours: Depends on provider.
Cost: None

Rules:
1. Rider must be on the state medical program and need transportation.
2. Transportation must be pre-approved by First Transit.
3. Approved provider of transportation must be used.
4. Provider must apply with the Department of Human Services to become approved.

Monroe Randolph Transit District

Routes: Public transportation in Monroe and Randolph Counties. Services must be scheduled at least 24 hours in advance.
Hours: M-F 5:30am-4:30pm
Phone: 618.443.9087
Cost: $6.00 one way
Email: mrt.dispatch@gmail.com
MRT welcomes people of all ages, abilities, and incomes. Vehicles are ADA compliant, contain lifts, and offer transfer chairs for those with mobility issues. Drivers are trained and experienced. MRT is also a Medicaid transportation provider and will bill Medicaid for any pre-approved medical trips.
Jackson County Mass Transit District
Routes: Routes by appointment in Jackson County.
Hours: M–F 7am-6pm
Phone: 618.549.0304, 1.866.844.7433
Cost: $3.00 for the general public; $2.00 for seniors; $2.50 for students.

Rides Mass Transit District-Crawford County
Routes: Routes by appointment in Crawford, Jasper, & Effingham County
Phone: 618.544.8800
Toll Free: 866.389.7536
Email: rmtd@shawneelink.com
Website: www.ridesmtd.com

Rides Mass Transit District-Edgar County
Routes: Routes by appointment in Edgar, Clark, & Cumberland County
Phone: 217.466.6921
Toll Free: 866.384.0503
Email: rmtd@shawneelink.com
Website: www.ridesmtd.com

Rides Mass Transit District-Richland County
Routes: Routes by appointment in Richland & Lawrence County
Phone: 618.395.1272
Email: rmtd@shawneelink.com
Website: www.ridesmtd.com

Rides Mass Transit District-Saline County
Routes: Routes by appointment in Saline, Gallatin, Hardin, & Pope County
Address: 1310 Frank Leberman Rd
Harrisburg, IL 62946
Phone: 618.252.4662
Toll free: 877.667.6119
Cost: Senior passes available. For all others, a small fare may be charged.
Website: www.ridesmtd.com

Rides Mass Transit District-Wayne County
Routes: Routes by appointment in Wayne & Edwards County
Phone: 618.847.4077
Toll Free: 877.667.6117
Email: rmtd@shawneelink.com
Website: www.ridesmtd.com

Rides Mass Transit District-White County
Routes: Routes by appointment in White, Wabash, & Hamilton County
Phone: 618.375.7126
Toll Free: 877.667.6118
Email: rmtd@shawneelink.com
Website: www.ridesmtd.com
Rides Mass Transit District-Williamson County
Routes: Routes by appointment in Williamson County
Hours: M-F 8am-5pm
Phone: 618.993.1900
Website: www.ridesmtd.com

Rides Plus
Address: 404 S. Pershing St.
Energy, IL 62933
Phone: 844.220.1243 or 618.215.3761
Website: http://ridesmtd.com/medtrans/
MedTrans, Inc. is a not-for-profit company that coordinates non-emergency medical transportation in advance for area hospitals and healthcare providers.

Saluki Express
Phone: 618.453.5749
Hours: M-F 8am-430pm
Routes: Carbondale
Call for information. Routes and hours vary when SIUC is not in session. A small fare is charged to non-students.

Shawnee Mass Transit District
Phone: 1.866.577.6278
Areas: Anna, Vienna, Paducah, Metropolis, Jonesboro, and Brookport.
Website: www.shawneemtd.com/
Shawnee MTD assists with non-emergency medical transportation including hospital or ER discharges, or medical appointments. Call Dispatch at 1-866-577-6278.

Upscale Cab Service
Routes: Routes by appointment in Saline, Gallatin and White counties.
Phone: 618.450.0488
Hours: 24 hrs/day depending on availability
Cost: CASH only

Wound Care

Baptist Health Paducah Wound Care Center
Address: 2501 Kentucky Avenue—DOB 2, Ste. 103
Paducah, KY 42003
Phone: 270.575.2414

Bradbury Rural Health Clinic - Wound Care Center
Address: 211 South Burns Ave
Sparta, IL 62286
Phone: 618.443.1303
Hours: By appointment.
Healogics Wound Healing – St. Joseph Memorial Hospital
Address: 2 S. Hospital Dr.
Murphysboro, IL, 62966
Phone: 618.684.1035 (Hospital phone: 618.684.3156)
Hours: M-F 8am-430pm
Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.

Lourdes Hospital Wound Care Center
Address: 225 Medical Center Dr., Ste. 205
Paducah, KY 42003
Phone: 270.441.4462
Hours: M-Th 8-5pm, F 8-12pm

Older Adult Health Center
Address: 325 Spring St.
Red Bud, IL 62278
Phone: 618.282.7373
Fax: 618.282.7376
Hours: M-F 8-5pm

SIH Herrin Hospital Wound Care
Address: 315 S. 13th St.
Herrin, IL 62948
Phone: 618.988.6157
Hours: M-F 8am-430pm
Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.

SIH Center for Wound Healing – St. Joseph Memorial Hospital
Jason Liang, DPM and Kati Rush, DPM
Address: 2 South Hospital Dr.
Murphysboro, IL 62966
Phone: 618.684.1035
Fax: 618.684.1036
Hours: M-F 8-430pm

Union County Hospital Wound Care
Dr. Tamer Aiti, M.D.
Address: 515 North Main St., Ste. D
Anna, IL 62906
Phone: 618.833.2872
Fax: 618.833.2414
Hours: M-Th 8am-430pm, T 8am-7pm, & F 8am-12pm
Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.
Diabetic Self-Management Smartphone Apps

**Glooko**
*Available for FREE on iPhone*

You will need a Glooko subscription, which includes the MeterSync Blue, to download your glucose data to the Glooko app on your Android device. Glooko is available at select clinics and hospitals, and online at the Glooko web store. Ask your provider if you are eligible for a free or discounted Glooko subscription, or purchase it individually at shop.glooko.com for $59.95/year. Before purchasing a Glooko subscription, please go to glooko.com/compatibility to ensure that your meter and mobile device are compatible with the Glooko app.

**Glucose Buddy: Diabetes Tracker**
*Available for FREE on iPhone & Android*

Never forget to take your blood sugar again with this helpful app. Glucose Buddy will give you constant reminders via push notifications. Plus, it will track your blood sugar levels, carb intake, medicine, A1C levels, and more. All you have to do is enter your numbers and Glucose Buddy will link your logs straight to your computer. It also integrates with the CalorieTrack app for faster food and exercise logging. Find out how your food intake and activity levels affect your glucose number by tracking more than 100,000 foods and 200 different exercises.

**Fooducate: Healthy Weight Loss, Diet Tracker & Food Scanner**
*Available for FREE on iPhone and Android*

You might be a foodie, but you’re not a detective. So let this multiple award-winning app do the investigative work for you. It can tell you if hidden sugar, trans-fat, and corn syrup are lurking inside your groceries. But it does more than tell you what NOT to eat. It also provides suggestions for healthier alternatives. Just scan the product barcode or search by category, and Fooducate will automatically bring up a nutrition grade—A, B, C, or D. With more than 200,000 products in its database, Fooducate covers just about everything on your supermarket’s shelves. It even includes private labels.

**dbees.com- Diabetes under control!**
*Available for FREE on Android*

Diabetes isn’t a one-size-fits-all disease. You’re not exactly like anyone else with diabetes, which is why you need solutions targeted specifically to you. That’s where dbees.com Diabetes Management comes in. Simply enter your diagnosis and treatment information. The app will tailor activities and tests to you to help you keep your diagnosis under control. Dbees.com Diabetes Management supports Type I, Type II, LADA, and gestational diabetes. It covers treatments ranging from insulin to medications and diet. This handy app even lets you send information to your doctor via a secure connection.

**Diabetic Connect**
*Available for FREE on iPhone & Android*

With Diabetes Connect you have your diabetes under control at all times, regardless of where you are. Sign in and your documentation is a snap! By diabetics - for diabetics. You can record all your diabetes-related data fast and easy and create all your documentation with just a few clicks. Blood sugar, meals, insulin injections, medication and many more can be tracked with Diabetes Connect. Everything you don’t need can be turned off. Your values can be synced over multiple devices or on web portal for extraction.

**OnTrack Diabetes**
*Available for FREE on Android*

OnTrack is now part of Medivo! OnTrack allows you to quickly and easily keep track of everything you need to manage your diabetes. Features include: Quickly and easily track blood glucose, hemoglobin A1C, food, weight and many others. Ability to add/edit categories to suit your needs. Generate detailed graphs and reports to share with your physician. Supports both US and International units for glucose and hemoglobin A1C. Easily keep track of your daily, weekly and monthly average glucose levels. Set reminders to keep you on track.
Diabetes Insight
Available for FREE on Android & iPhone

Audio-Digest Foundation has joined forces with the American Diabetes Association (ADA) to produce DiabetesInsight - a monthly audio program that is an effective and convenient way for you to stay current on managing diabetes. Our unique format, which includes case studies, interviews, literature reviews, and expert commentaries, is designed to maximize your learning experience and help solve the problems you encounter every day in your clinical practice. With each issue of DiabetesInsight - you can earn 2 AMA PRA Category 1 Credits™ each month - that's up to 48 AMA PRA Category 1 Credits™ per year.

Agamatrix Diabetes Manager
Available for FREE on iPhone & Android

Do you want to track your blood glucose levels, carb intake, and insulin doses? The WaveSense Diabetes Manager can help. Enter you information and in seconds you can review the data with convenient charts and graphs and gain a new perspective on diabetes management. Watch videos to learn about healthy eating, lifestyle choices, and hear from others who are living with diabetes. Features of the software include a logbook, trend chart, email reports, color-coded results, video content, and fully customizable target ranges for hypo— and hyperglycemia limits and mealtime schedules. If you need a second opinion you can email your results to members of your healthcare team.

Diabetes Plus
Available for $3.99 on iPhone

Developed by diabetics for diabetics. DiabetesPlus lets you administer your readings on your device and saves time by enabling you to send the data directly to your doctor. Administer your blood glucose, your dosage of insulin, carbohydrates, sport activities, blood pressure, pulse, weight and notes simple and effective. DiabetesPlus is aware of insulin pump users and lets you administer your basal rates and insulin pump events. Also other medication is easily tracked. Generate pdf-files with all relevant data within seconds and email them to your doctor or directly put them into your dropbox.

Calorie Counter & Diet Tracker
By MyFitnessPal
Available for FREE on iPhone & Android

Research consistently shows that a weight loss of just 5-10% can improve blood sugar levels. MyFitnessPal members who diet with friends lose 3X more weight on average. With over 3,000,000 foods, MyFitnessPal features the largest food database of any iOS calorie counter. You can add friends and easily track and support each other’s progress. Other features include tracking for over 350 exercises, a barcode scanner, a recipe calculator, daily nutrition summary with all major nutrients, and a notes section where you can record your blood sugar levels.

Calorie Counter by FatSecret
Available for FREE on iPhone & Android

Calorie Counter by FatSecret combines both a diet and calorie counting log with a recipe community. Unlike many tracking apps, FatSecret looks at how many calories you burn just being awake or asleep. In addition to tracking food and exercise you can also check out recipes that FatSecret recommends. Additional features include nutritional information for your favorite foods, brands, and restaurants, a barcode scanner, a diet calendar, and a journal to record your progress.

BlueLoop
Available for FREE on Android

BlueLoop is the mobile companion to MyCareConnect.com (also FREE). BlueLoop provides Android users the ability to document, store and share diabetes information real-time: blood glucose, carbohydrates, medication (insulin, Lantus, Metformin, etc.), notes and more. Instant notifications are sent by email and/or text message as you enter data. These notifications vary based on how you set up each caregiver online in your MyCareConnect.com account. BlueLoop is safe, secure and simple to use; in a HIPAA-compliant environment. Get mobile diabetes tracking / BG logging / data entry and caregiver notifications with Blue Loop!
Diabetic Self-Management Smartphone Apps

**Diabetes Pilot**  
*Available for $14.99 on iPhone*

This is one of the pricier diabetes management tools, but it offers just about everything you need to get your condition under control. Diabetes Pilot records your blood sugar levels, medications, exercise, test results, weight, etc. It helps you make healthier food choices. Before you eat, look up fat, sugar, salt, and cholesterol contents of your food in the app’s extensive database. Diabetes Pilot helps you calculate the correct insulin dosage when it’s time to take your medicine. It charts your blood sugar levels over time and sends them to your doctor so you can see where you still need improvement.

**Diabetes App—Blood Sugar Control, Glucose Tracker & Carb Counter**  
*Available for $6.99 on iPhone*

The key to managing your diabetes is getting your blood sugar under control. It requires a complex understanding of all the different factors that affect blood sugar—like weight, exercise, diet, and medicine. Instead of crunching numbers yourself, let Diabetes App be your digital assistant. It tracks your daily carb intake, weight, blood sugar, activity level, medicine intake, and more. Plus, Diabetes app stays on top of your medications. Diabetes App also communicates directly with your health care team, which will aid your doctor in treatment recommendation. There is a free version available, Diabetes App Lite.

**LogFrog DB—A Leap in Diabetes Management**  
*Available for $2.99 on iPhone*

LogFrog DB is a diabetes tracking app with powerful, innovative features and a fun look and feel. It allows users to log the 4 most important factors for daily diabetes management: blood glucose values, medicine, carbs, and exercise. It keeps notes and store A1C values. Data can be easily exported via email in a variety of formats depending on patient and doctor preference. A graphing tool is included to allow visualization of blood sugar trends over time, and graphs can be filtered to help reveal patterns around particular times of day, specific meals, exercise, etc.

**Glucool Diabetes**  
*Available for FREE on Android*

Glucool Diabetes lets you customize your diabetes management. Input all key data: blood glucose, blood pressure, medicine and insulin doses, carb intake, exercise, and more. The app will create personalized charts and reports you can use to fine tune your treatment. Glucool Diabetes has several unique features: graphs that help you spot trends overtime, which you can send directly to your doctor. It can also help you quickly pinpoint out-of-range readings, and calculate your insulin dose. A premium version is available for $7.99.

**Calorie Counter PRO**  
*MyNetDiary*  
*Available for $3.99 on iPhone & FREE on Android*

Want to know how many carbs are in that salad you ate? Not sure if you should get the small frozen yogurt or the medium? Calorie Counter PRO by MyNetDiary takes the guesswork out of eating, with a database of more than 475,000 different foods. Look up virtually anything in your supermarket or on a restaurant menu. Type in a food name or use the bar code scanner. Calorie Counter acts as your personal nutritionist if you need to lose a few pounds. It tells you how many calories you should be eating, and how much exercise you need to reach your goal weight. You can even access MyNetDiary’s online community, which is staffed with a registered dietitian for support.

**MySugr**  
*Available for FREE on iPhone & Android*

Diabetes therapy can be quite complicated and troublesome. The mySugr Junior App was developed to make managing diabetes easier for kids. It also enables parents to keep control over the therapy. The app resembles a game in which the children get points for every entry. A little diabetes monster accompanies the kids through the app and gives feedback on their entries. The child can enter data such as blood glucose levels, food and insulin or take a picture of his meals, but they can also request help whenever the parents are not around. All entries can be sent to the parents’ phone. MySugr Junior enables children to be more engaged with their therapy.
Glossary of Terms

**A1C** (Also called hemoglobin A1C or glycosylated hemoglobin): A test that measures a person’s average blood glucose level over the past 2 to 3 months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. The test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood. Results are given as a percentage or as an average glucose value, called an estimated average glucose.

**Blood Glucose**: (bluhd) (GLOOkohss): the main sugar found in the blood and the body’s main source of energy. Also called blood sugar.

**Blood Glucose Meter**: (bluhd) (GLOO-kohss) (MEE-tur): a small, portable machine used by people with diabetes to check their blood glucose levels. After pricking the skin with a lancet, one places a drop of blood on a test strip in the machine. The meter then displays the blood glucose reading.

**Blood Pressure**: the force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as two numbers. For example, a blood pressure result of 120/80 is said as “120 over 80.” The first number is the systolic pressure or the pressure when the heart pushes blood into the arteries. The second number is the diastolic pressure or the pressure when the heart rests.

**Body Mass Index**: (BMI): a measure used to evaluate body weight relative to a person’s height. BMI is used to find out if a person is underweight, normal weight, overweight, or obese.

**Calorie**: a unit representing the energy provided by food. Carbohydrate, fat, protein, and alcohol provide calories in the diet. Carbohydrate and protein have 4 calories per gram, fat has 9 calories per gram, and alcohol has 7 calories per gram.

**Carbohydrate**: (KAR-boh-HYdrayt): one of the three main nutrients in food. Foods that provide carbohydrate are starches, vegetables, fruits, dairy products, and sugars.

**Carbohydrate Counting**: (KAR-bohHY-drayt) (KOUN-ting): a method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in food.

**Certified Diabetes Educator**: (CDE) (SER-tilh-fyd) (DY-uh-BEEteez) (EH-juh-KAY-tur): a health care professional with expertise in diabetes education who has met eligibility requirements and successfully completed a certification exam.

**Chronic Kidney Disease**: (CKD) (KRON-ik) (KID-nee) (dih-ZEEZ): any condition that causes reduced kidney function over a period of time. CKD is present when a patient’s kidney filtration rate remains below 60 milliliters per minute for more than 3 months. CKD may develop over many years and lead to end-stage renal disease.

**Circulation**: (SUR-kyoo-LAYshuhn): flow of blood through the body’s blood vessels and heart.

**Complications**: (KOM-plih-KAYshuhnz): harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure, and LDL cholesterol levels close to normal can help prevent or delay these problems.
**Diabetes**: (DY-uh-BEE-teez): condition characterized by hyperglycemia (high blood glucose) resulting from the body’s inability to use blood glucose for energy. In type 1 diabetes, the pancreas no longer makes insulin; therefore, blood glucose cannot enter the cells to be used for energy. In type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly. Also called Diabetes Mellitus.

**Diabetic Ketoacidosis**: (DKA) (DY-uh-BET-ik) (KEE-toh-ASSih-DOH-siss): emergency condition in which extremely high blood glucose levels, along with a severe lack of insulin, result in the breakdown of body fat for energy and an accumulation of ketones in the blood and urine. Signs of DKA are nausea and vomiting, stomach pain, fruity breath odor, and rapid breathing. Untreated DKA can lead to coma and death.

**Diabetic Retinopathy**: (DY-uh-BET-ik) (RET-ih-NOP-uh-thee): damage to the small blood vessels in the retina. Loss of vision may result. Also called Diabetic Eye Disease.

**Dietitian**: (DY-uh-TISH-uhn): health care professional who advises people about meal planning, weight control, and diabetes management. A registered dietitian (RD) has met certain educational and internship requirements.

**Endocrinologist**: (EN-doh-krihNOL-uh-jist): doctor who treats people who have endocrine gland problems such as diabetes.

**Fructose**: (FROOK-tohss): sugar that occurs naturally in fruits and honey. Fructose has 4 calories per gram.

**Gastroparesis**: (GASS-troh-puhREE-siss): form of neuropathy that affects the stomach. Digestion of food may be incomplete or delayed, resulting in nausea, vomiting, or bloating, making blood glucose control difficult.

**Glaucoma**: (glaw-KOH-muh): increase in fluid pressure inside the eye that may lead to vision loss.

**Glucagon**: (GLOO-kuh-gon): a hormone produced by the alpha cells in the pancreas. Glucagon raises blood glucose. An injectable form of glucagon, available by prescription, may be used to treat severe hypoglycemia.

**Glycemic Index**: (gly-SEE-mik) (IN-deks): ranking of a carbohydrate-containing food, based on the food’s effect on blood glucose compared with a standard reference food.

**Glycemic Load**: (gly-SEE-mik) (lohd): ranking of a carbohydrate-containing food, based on the food’s glycemic index and the amount of carbohydrate in a typical serving.

**Gram**: unit of weight in the metric system. An ounce equals 28 grams. In some meal plans for people with diabetes, the suggested amounts of food are given in grams.

**Hormone**: chemical produced in one part of the body and released into the blood to trigger or regulate particular functions of the body. For example, insulin is a hormone made in the pancreas that tells other cells when to use glucose for energy. Synthetic hormones, made for use as medicines, can be the same or different from those made in the body.
**Hyperglycemia**: (HY-pur-glySEE-mee-uh): higher than normal blood glucose. Fasting hyperglycemia is blood glucose above a desirable level after a person has fasted for at least 8 hours. Postprandial hyperglycemia is blood glucose above a desirable level 1 to 2 hours after a person has eaten.

**Hyperinsulinemia**: (HY-pur-IN-suhlin-EE-mee-uh): condition in which the level of insulin in the blood is higher than normal. It is caused by overproduction of insulin by the body, and is related to insulin resistance.

**Hypertension**: (HY-pur-TENshuhn): condition present when blood flows through the blood vessels with a force greater than normal. Also called High Blood Pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems, and death.

**Hypoglycemia**: (HY-poh-glySEE-mee-uh): also called low blood glucose, a condition that occurs when one’s blood glucose is lower than normal, usually below 70 mg/dL. Signs include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. If left untreated, hypoglycemia may lead to unconsciousness. Hypoglycemia is treated by consuming a carbohydrate-rich food such as glucose tablets or juice. Hypoglycemia may also be treated with an injection of glucagon if the person is unconscious or unable to swallow. Also called an Insulin Reaction.

**Impaired Fasting Glucose (IFG)** (im-PAIRD) (FASS-ting) (GLOO-kohhss): condition in which a fasting blood glucose test shows a level of glucose higher than normal but not high enough for a diagnosis of diabetes. IFG, also called pre-diabetes, is a level of 100 to 125 mg/dL. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease and stroke.

**Impaired Glucose Tolerance**: (IGT) (im-PAIRD) (GLOO-kohhss) (TOL-ur-uhhss): condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. IGT, also called pre-diabetes, is a level of 140 to 199 mg/dL 2 hours after the start of an oral glucose tolerance test. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for IGT that are no longer used are “borderline,” “subclinical,” “chemical,” or “latent” diabetes.

**Insulin**: (IN-suh-lin): hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, insulin must be taken by injection or other means.

**Insulin Resistance**: (IN-suh-lin) (ree-ZISS-tuhhss): the body’s inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood.

**Lancet**: (LAN-set): spring-loaded device used to prick the skin with a small needle to obtain a drop of blood for blood glucose monitoring.

**Lipid profile**: (LIP-id) (PROH-fyl): blood test that measures total cholesterol, triglycerides, and HDL cholesterol. LDL cholesterol is then calculated from the results. A lipid profile is one measure of a person’s risk of cardiovascular disease.
**Metabolic Syndrome:** (MET-uhBOL-ik) (SIN-drohm): grouping of health conditions associated with an increased risk for heart disease and type 2 diabetes. Conditions include hypertension, a large waist, high triglyceride levels, low HDL cholesterol levels, and above-normal blood glucose levels. Metabolic syndrome was previously called Syndrome X.

**Nephropathy:** (neh-FROP-uhthee): disease of the kidneys. Hyperglycemia and hypertension can damage the kidneys’ glomeruli. When damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove wastes and extra fluid from the bloodstream.

**Neuropathy:** (noo-ROP-uhthee): disease of the nervous system. Three major forms in people with diabetes are peripheral neuropathy, autonomic neuropathy, and mononeuropathy. The most common form is peripheral neuropathy, which affects the legs and feet.

**Obesity:** (oh-BEEsih-tee): condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more.

**Oral Glucose Tolerance Test:** (OGTT) (OR-uhl) (GLOO-kohss) (TOL-ur-uhnss) (test): test to diagnose pre-diabetes and diabetes. The test is given by a health care professional after an overnight fast. A blood sample is taken and then the patient drinks a high-glucose beverage. Blood samples are taken at hourly intervals for 2 to 3 hours. Test results are compared with a standard and show how the body uses glucose over time.

**Overweight:** above-normal body weight; having a body mass index of 25 to 29.

**Pancreas:** (PAN-kree-uhss): organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand.

**Pancreatitis:** (PAN-kree-uh-TYtiss): irritation of the pancreas that can cause it to stop working. Can be acute or chronic. Diabetes may develop when pancreatic tissue is destroyed from chronic pancreatitis and the insulin-producing cells of the pancreas, called beta cells, have been damaged. Pancreatitis can also occur as a side effect of the diabetes medication exenatide (Byetta).

**Peripheral Artery Disease:** (PAD) (puh-RIF-ur-uhl) (ar-TEEree-uhl) (dih-ZEEZ): also called peripheral vascular disease; a condition in which the large blood vessels of the legs are narrowed or blocked by fatty deposits, decreasing blood flow to the legs and feet. PAD increases the chances of amputation, heart attack, and stroke.

**Pre-diabetes:** (PREE-dy-BEEeteez): condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.

**Protein:** (PROH-teen): 1. One of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. 2. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.

**Saccharin:** (SAK-uh-rin): dietary sweetener with no calories and no nutritional value

**Saturated Fat:** type of dietary fat that can increase the risk of heart disease. It is found in meat, poultry skin, butter, lard, shortening, and all milk and dairy products except fat-free versions.
**Self-Management:** the ongoing process of managing diabetes including meal planning, planned physical activity, blood glucose monitoring, taking diabetes medicines, handling episodes of illness and of low blood glucose and high blood glucose, managing diabetes when traveling, and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, dietitians, pharmacists, and others.

**Sorbitol:** (SOR-ih-tol): 1. sugar alcohol—a sweetener—with 4 calories/gram. 2. substance produced by the body in people with diabetes that can cause damage to the eyes and nerves.

**Stroke:** condition in which the blood supply to the brain is suddenly cut off, caused by a blockage or the bursting of a blood vessel in the brain or neck. Then brain tissue can be damaged. A stroke can cause a person to lose the ability to speak or move parts of the body.

**Sucralose:** (SOO-kruh-LOHSS): dietary sweetener made from sugar but with no calories and no nutritional value.

**Sugar Alcohols:** sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about 2 calories per gram. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. Also known as polyols.

**Trans Fat:** type of dietary fat that increases the risk of heart disease. Trans fat is produced when liquid oils are turned into solids through a process called hydrogenation. Foods with trans-fat include those listing hydrogenated or partially hydrogenated fat on the label, such as crackers, snack foods, commercially produced baked goods, and some stick margarines.

**Triglyceride:** (try-GLISS-ur-eyed): the storage form of fat in the body. High triglyceride levels may occur when diabetes is out of control.

**Type 1 Diabetes:** (typ) (whuhn) (DY-uh-BEE-teez): condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body’s immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults.

**Type 2 Diabetes:** (typ) (too) (DY-uh-BEE-teez): condition characterized by high blood glucose levels caused by either a lack of insulin or the body’s inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in children, teens, and young people.

**Urinalysis:** (YOOR-ih-NAL-ih-siss): test of a urine sample that can reveal many problems of the urinary tract and other body systems. The sample may be observed for color, cloudiness, concentration; signs of drug use; chemical composition, including glucose; the presence of protein, blood cells, or germs; or other signs of disease.

**Xylitol:** (ZY-lih-tol): a carbohydrate-based sweetener found in plants and used as a substitute for sugar; provides calories. Found in some mints and chewing gum.
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For more information, to provide updates or to be listed in this resource guide
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