I was devastated to learn I had diabetes. But with Ginny and Nancy’s patient guidance, along with the great support group, I’ve gotten it under control and made some friends along the way.

~ Marcea Ewald
The Mt. Ascutney Hospital and Health Center Diabetes and Nutrition Education Program’s Certified Diabetes Educators (CDE’s) have over 50 years of combined experience working in hospital and clinic settings.

Diabetes Education Coordinator Nancy McCullough, RN, CDE developed the first diabetes education program in Vermont recognized by the American Diabetes Association.

Dietitian Virginia Quinn, RD, CDE has extensive experience as a nutrition consultant with a focus on diabetes and weight management.

MEET WITH A CERTIFIED DIABETES EDUCATOR TO

- Learn about balancing your eating and exercise patterns to help control blood sugar
- Get tips to make traveling with diabetes safer and easier
- Learn how to prevent and treat high and low blood sugar
- Make plans for managing your diabetes when you’re ill
- Simplify communication between you and your healthcare team
- Stay informed about new medications and blood sugar monitoring tools

THE TEAM

Schedule a clinic visit with one of our CDE’s to learn more about:
- Healthy Eating
- Staying Active
- Monitoring
- Medication Safety
- Risk Reduction
- Problem Solving
- Healthy Coping

OTHER RESOURCES

Diabetes Support Group
This popular support group meets the third Wednesday of each month in the boardroom at MAHHC. We review a new topic each month and feature experts in diabetes and related fields.

Nutrition Clinic
Our dietitian Virginia Quinn is available to give nutrition advice tailored to individual needs and provide guidance to help you reach your health and weight goals.