

# Diabetes Management is All About Education and Teamwork



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The world, and healthcare, looked quite different 30 years ago when a Jefferson man, Freddie German, was diagnosed with Type 2 diabetes. Now, after decades of advancements, this retired electrician continues to rely on the one constant and vital link in controlling his disease—the Diabetes Management team at Greene County Medical Center.

After his initial diagnosis, Freddie was immediately enrolled in diabetes education to help him learn about his treatment options and to teach him and his wife, Jolene, about insulin, blood sugar levels and how to react. "That was scary when it first started," he said.

The expertise of the Greene County Medical Center staff is how Freddie began to manage his day-to-day life. "Diabetes is a horrible, horrible disease, I mean it actually controls your life," said Freddie. "You just have to learn how to control it. Manage it."

Over the past three decades, mammoth strides have been made in science and technology. Freddie cites his advancement to the use of a continuous glucose monitor and a tandem pump as an example of how the team helped define and implement a personal solution.

There is a lot more to diabetes management than machines, he added. It takes the human connection; the support of class participants and collaboration with a one-of-a-kind medical team who has the information you need to know.

Until scientists find a cure, Freddie said he will continue to work with his Diabetes Management team and rely on the consistently exceptional care they provide at his home for healthcare, Greene County Medical Center.

For more information on diabetes education and management, contact your healthcare provider or call Diabetes Management at 515-386-0469.

