

Why should you consider attending Diabetes Self-Management Training?

If you have diabetes (Type 1, Type 2, Gestational Diabetes or Autoimmune Diabetes), you will be faced with making multiple daily decisions about self-care. These decisions will ultimately impact your overall health status and your risk for developing complications associated with diabetes.

According to the American Association of Diabetes Educators (AADE), self-management education is key to your success in making decisions that will best serve you. Effective Self-Management includes not only having the right knowledge, attitude, and skills to manage your health, but also having the ability to change your behavior.

The dietitians at Anne Till Consulting are available to provide knowledge, support, personalized meal plans, problem solving and behavior change strategies, and many other solutions to help you master the management of diabetes.



Practice Hours

Day	Hours
Monday	8:00am - 6:00pm
Tuesday	8:00am - 6:00pm
Wednesday	8:00am - 6:00pm
Thursday	8:00am - 6:00pm
Friday	8:00am - 6:00pm
Saturday	Closed
Sunday	Closed

THRIVING WITH DIABETES



Insurance Benefits

Our services are covered by most health insurance companies. Call us to find out about your coverage.
919.990.1130



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Diabetes Self-Management
Program
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Lifestyle Solutions for Diabetes

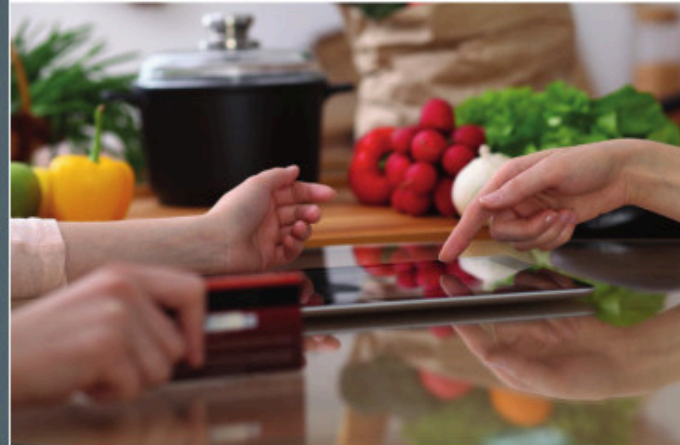
Diabetes is a disease caused by the body's inability to properly regulate blood sugar levels and 1.5 million Americans are diagnosed with diabetes every year. More than 100 million American adults are now living with diabetes or pre-diabetes. Pre-diabetes increases your risk for developing Type 2 diabetes, heart disease, and stroke. The progression to Type 2 diabetes is preventable. The World Health Organization estimates that approximately 90% of Type 2 diabetes cases could be prevented with appropriate lifestyle changes.

Diabetes Self-Management education is recommended to reduce the impact of diabetes and limit other problems like heart disease, stroke, nerve and kidney disease, and vision loss.

The dietitians at Anne Till Consulting are highly experienced in using targeted medical nutrition therapy (MNT) and lifestyle changes to help you manage diabetes, or lower your risk of developing diabetes if you have pre-diabetes. We provide a Diabetes Self-Management curriculum accredited by the American Association of Diabetes Educators (AADE). Nutrition and lifestyle counseling with a dietitian is shown to significantly lower blood sugar levels, improve A1c levels and lower the risk for complications.



Our one-on-one counseling and education provide practical tools to help you maximize your nutrient intake, manage your blood sugar levels, and still enjoy every bite you eat!



Individualized Approach

Our counseling sessions take your food preferences, health concerns, current medications, and lifestyle factors into consideration. We provide a personalized approach, individualized meal plans, continuing education, monitoring, and support to ensure you are successful.



What to Expect from Diabetes Self-Management Training

Our goal is for you to learn about your diagnosis and to implement the habits and behaviors necessary to manage your health condition(s).

Working with our dietitians will also provide you with the opportunity to identify barriers and facilitators for sustainable lifestyle change.

Our program covers 7 Self-Care Behaviors:

- > Healthy Eating
- > Being Active
- > Medication Management
- > Monitoring Blood Sugar Control & Your Overall Health
- > Problem Solving Skills
- > Healthy Coping
- > Reducing Risks for Complications

We provide One-On-One counseling sessions or Group Classes for people with diabetes who want to attend our Diabetes Self-Management Program.

Call us to find out what solutions will best suit your needs.



Our Dietitians & Nutritionists are Experts in
Medical Nutrition Therapy (MNT)
& Diabetes Self-Management Training (DSMT)
919.990.1130

