



Diabetes in the United States

Are you or is someone you love among the millions of Americans living with diabetes? According to the Center for Disease Control and Prevention there are 26.9 million people who have been diagnosed as having diabetes and another 7.3 million that are unaware of the diagnosis¹.

Diabetes is the seventh leading cause of death in the United States². It is also a major cause of heart disease, stroke, kidney failure, non-traumatic lower limb amputations, and new cases of blindness.

Dealing with this disease can be overwhelming for an individual and his or her family. With proper education and disease management, those with diabetes can live long and fulfilling lives.

1&2. Centers for Disease Control

And now, just like many of the medical services you enjoy having in one location, a Diabetes Self-Management Training (DSMT) Program, recognized by the American Diabetes Association, is available to you at Medical Clinic of Houston, L.L.P.

Diabetes Education at MCH

Individualized education, training, and support

Coordination with your MCH physician at each step of the process

Easy access to classes right here on the MCH campus

Learn strategies to eat better, feel better, and live longer

Involve your family, friends, or other members of your support network

Set your health goals and reach them

Improve your diabetes for life!

* Participation in the program requires a doctor's order and may be covered by insurance plans.

What will I learn in the DSMT Program?

Participants can receive training and education in the following content areas:

- Healthy Eating
- Physical Activity
- Diabetes Disease Overview
- Taking Medications
- Monitoring & Problem Solving
- Reducing Risks
- Support & Coping with Diabetes



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

What does the DSMT Program look like?

In coordination with your MCH Physician, you can receive:

- A one-hour Individual Initial Assessment with a Certified Diabetes Educator
- Personalized education and behavioral goal setting
- A tailored on-going support plan between you, the Diabetes Educator, and your MCH physician
- Individual follow up with Diabetes Educator
- A series of group and/or individual sessions that cover the nationally-recommended education topics

For additional information regarding the DSMT Program, contact:

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Other Services Available Onsite at MCH

Using some of the most advanced imaging technology available, Medical Clinic of Houston offers a wide variety of digital radiology / diagnostic imaging services including 3D Mammography, MRI, CT, Ultrasound, Bone Density, Nuclear Medicine, Cardiac PET, and general X-Ray.

We also offer a state-of-the-art, full service Laboratory conducting over 1 million tests per year using leading-edge equipment and highly trained technologists. Your doctor has online access to test results and will contact you with unexpected abnormal results.



Pre-travel Evaluations

To meet the health needs of the global traveler, we provide pre-travel evaluations in order to identify health risks and evaluate a patient's fitness for travel – thus minimizing the risk of health problems abroad in an unfamiliar healthcare delivery system. We also offer vaccinations required for entry by most foreign nations.



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Please visit us at our website, www.mchllp.com,
for more information about Medical Clinic of Houston!



Diabetes Education* Program



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