

2008-09



ALASKA DIABETES PREVENTION AND CONTROL PROGRAM



**Alaska
Diabetes
Resource
Guide**



DIABETES IN ALASKA

This Alaska resource guide provides a listing of resources for individuals with diabetes and for professionals providing services and support to them.

Prepared by
State of Alaska
Department of Health and Social Services
Division of Public Health

Alaska Diabetes Prevention and Control Program
Section of Chronic Disease Prevention and Health Promotion

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RESOURCE FOR DIABETES HEALTH CARE

Statewide Organizations

Alaska Diabetes Prevention and Control Program

A primary mission of this statewide program is to provide Alaskans with information about diabetes. The Alaska Diabetes Prevention and Control Program (AKDPCP) program has been funded by the Centers for Disease Control since 1986. Activities supported by the AKDPCP include surveillance, coordination, technical assistance, and public awareness.

AKDPCP Section of Chronic Disease Prevention and Health Promotion

Division of Public Health
3601 C Street, Suite 722
Anchorage, AK 99503

phone: (907) 269-8035

web: www.hss.state.ak.us/dph/chronic/diabetes

American Diabetes Association, Alaska Area

The mission of this organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, and provides information and other services to people with diabetes, their families, health care professionals, and the public.

801 W. Fireweed Lane, Suite 103
Anchorage AK, 99503
phone: (907) 272-1424

Alaska toll free: 1 (888) DIABETES

National toll free: 1 (800) DIABETES

web: www.diabetes.org

Recognized Diabetes Education Programs and Educators

Educators with the designations of Certified Diabetes Educator (CDE) are certified by the National Certification Board of Diabetes Educators. Educators with the designations AADE and AKADE are current members of the American Association of Diabetes Educators or the Alaska Association of Diabetes Educators, professional organizations committed to successful self-management of diabetes. Programs listed with a Program ID# are those recognized by the American Diabetes Association (ADA) and meet the national standards for excellence in diabetes education.

ANCHORAGE

Alaska Diabetes Prevention and Control Program, State of Alaska

Stillwater, Barbara, RN, PhD
3601 C St., Suite 722
Anchorage, AK 99503

phone: (907) 269-8035

email: barbara.stillwater@alaska.gov

Alaska Native Medical Center

Thompson, Judy, PharmD, BCPS
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-2164

fax: (907) 729-2119

email: jbthompson@anmc.org

Alaska Regional Hospital

Health Management Center
Ursin, Mary L., RN, CDE
Fisher, Young, RD, LD, CDE
2801 DeBarr Rd.
Anchorage, AK 99508

phone: (907) 264-1383
fax: (907) 264-1379

American Diabetes Association

Cassano, Michelle
891 W. Fireweed Ln., #103
Anchorage, AK 99503

phone: (907) 272-1424
fax: (907) 272-1428
email: mcassano@diabetes.org

Anchorage Neighborhood Health Clinic

Diabetes Control Program
Plotnik, Julia, RN, CDE
1217 E. 10th Ave.
Anchorage, AK 99501

phone: (907) 257-4600

Diabetes and Lipid Clinic of Alaska

Moberly, DJ, MPH, RD, LD, CDE
2841 DeBarr Rd., Bldg. A, Suite 43
Anchorage, AK 99508

phone: (907) 274-7847
fax: (907) 274-7845
email: dj@diabetesalaska.com

Providence Alaska Medical Center

Diabetes and Nutrition Center, ADA Program ID#: 002415
Tomazevic, Mindy, BSN, RN, CDE
Long, Barbara, RN, CDE
Urbanus, Amy, RD, CDE
3760 Piper St., Suite 2040,
Anchorage, AK 99508

Director
Education
phone: (907) 212-6580
fax: (907) 212-7981
email: firstname.lastname@providence.org

Southcentral Foundation

Lentz, Patricia L., RD, LD, CDE
4501 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-2689
email: pllentz@scf.cc

Salmon, Cindy, AADE
fax: (907) 452-6488

phone: (907) 457-6688
email: cindysalmon@gci.net

BARROW

Samuel Simmonds Memorial Hospital

Valdez, Angela, AADE, CDE
P.O. Box 827
Barrow, AK 99723

phone: (907) 852-4611
fax: (907) 852-2163
email: angela.valdez@arcticslope.org

BETHEL

Yukon-Kusokwim Health Corporation

Coyle, Annette (Phyllis), DE
Eischen, Kathleen, RN
P.O. Box 528
Bethel, AK 99559

phone: (907) 543-6000
fax: (907) 543-6143
email: annette_coyle@ykhc.org
email: kathleen_eischen@ykhc.org

DILLINGHAM

Bristol Bay Area Health Corporation

Lois K. Schumacher, APRN, CDE, BC-ADM
Diabetes Self- Management Education Program, ADA Program ID#: 003242
6000 Kakanak Rd., Box 103
Dillingham, AK 99576

phone: (907) 842-9293

FAIRBANKS

Fairbanks Memorial Hospital

Fairbanks Diabetes Center, ADA Program ID# 005116
1919 Lathrop St., Suite 122
Fairbanks, AK 99701

phone: (907) 458-6400

UAF Interior Aleutians Campus

Tribal Management Nutrition Faculty
Patterson–O’Dell, Madeline, AADE
4280 Geist Rd.
Fairbanks, Alaska 99709

phone: (907) 474-1562

HOMER

Seaman, Bette, AADE, CDE

phone: (907) 235-2158
fax: (907) 226-3472
email: bette_seaman@gi.net

JUNEAU

Bartlett Regional Hospital

Diabetes Education Program, ADA Program ID#: 005488
Nickerson, Cynthia G., RN, CMC, CDE, AADE, AKADE
3260 Hospital Dr.
Juneau, AK 99801

phone: (907) 796-8649

fax: (907) 796-8673

email: cnickerson@bartletthospital.org

SouthEast Alaska Regional Health Consortium (SEARHC)

Juneau Medical Center
Christian, Peter, RN, CDE
3245 Hospital Dr.
Juneau, AK 99801

phone: (907) 463-4082

KETCHIKAN

Ketchikan General Hospital

Diabetes Education Services, Program ID#: 004511

Hanna, Janet, CDE, AADE, AKADE

3100 Tongass Ave.

Ketchikan, AK 99901

phone: (907) 228-7685

fax: (907) 442-7245

Ketchikan Health Center

McClory, Emily, AKADE

3054 Fifth Ave.

Ketchikan, AK 99901

phone: (907) 225-4350

fax: (907) 247-0978

email: emily_mcclory@alaska.gov

KODIAK

Diabetes and Lipid Clinic of Alaska-Kodiak

Michalski, Tracy, MSN, FNP-BC, ANP

814 E. Rezanof Dr.

Kodiak, AK 99615

phone: (907) 486-8899

fax: (907) 486-4787

email: tracy@diabeteskodiak.com

Kodiak Island Health Care Foundation

Solesbee, Gayle, RN, AADE

Diabetes Education & Case Management

1911 E. Rezanof Dr.

Kodiak, AK 99615

phone: (907) 481-2481

fax: (907) 481-3476

email: rnwellness@gmail.com

Providence Kodiak Island Medical Center

Fisher, Michele L., BSN, RN, AADE

Hayhurst, Rhonda, MS, RD, LD,

Nutrition Counseling Manager

Preece, Heather, MHSc, RD, CSP, LD,

Nutrition Services

1915 E. Rezanof Dr.

Kodiak, AK 99615

email: Michele.fisher@provak.org

email: rhonda.hayhurst@provak.org

email: heather.preece@provak.org

phone: (907) 481-2477

fax: (907) 481-2466

KOTZEBUE

Maniilaq Association

Blood, Kimberley, AADE

Lord, Darlene, AADE

Warwick, Bruce, AADE, CDE

P.O. Box 43

Kotzebue, AK 99752

email: Kimberley.blood@maniilaq.org

email: Darlene.thomas@maniilaq.org

email: bwarwick@maniilaq.org

phone: (800) 478-3312

PALMER-WASILLA

Mat-Su Regional Medical Center

Diabetes Basics Program, Program ID#: 003220

2500 S. Woodworth Loop

Palmer, AK, 99645

phone: (907) 861-6624

web: www.valley-hosp.com

Adonai Diabetes & Endocrinology Center

Abbate, Samuel L., MD, CDE

950 E. Bogard Rd., Suite 207

Wasilla, AK 99654

phone: (907) 357-2332

fax: (907) 357-2344

SOLDOTNA

Central Peninsula Hospital

Diabetes Care Center, Program ID#: 004631

250 Hospital Place

Soldotna, AK 99669

phone: (907) 714-4726

Physicians and Advanced Practitioners

ANCHORAGE

Bonnar, Jeanne R., MD, Endocrinology/Internal Medicine

Alaska Kidney and Diabetes Associates

3260 Providence Dr., Suite 523

Anchorage, AK 99508

phone: (907) 569-1049

fax: (907) 563-4564

Gitomer, Jeremy J., MD, Nephrology

Kidney & Hypertension Clinic of Alaska

3300 Providence Dr., Suite 2

Anchorage, AK 99508

phone: (907) 375-5200

fax: (907) 325-5201

Koval, Janice MD, Adult Endocrinology

2841 De Barr Rd., Suite 50

Anchorage, AK 99508

phone: (907) 276-2811

fax: (907) 258-7217

Lau, Linda G., BSN, MSN, RN, ANP, CDE

Children's Hospital of Providence

Pediatric Sub Specialty Clinic

3200 Providence Dr.

Anchorage, AK 99508

phone: (907) 261-4824

fax: (907) 261-4831

email: llau@provak.org

Mayer, AnnMarie, NP, MPH

Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-1127
email: amayer@anmc.org

Raymer, Terry, MD

Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-1126
email: twraymer@anmc.org

Schraer, Cynthia D., MD, Family Practice

Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-1124
fax: (907) 729-1129
email: cdschraer@anmc.org

Southworth, Molly B., MD, MPH, Internal Medicine/Endocrinology

Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-3928
fax: (907) 729-1129
email: mbsouthworth@anmc.org

Tanner, J. Ross, DO, Diabetology/Lipidology

Fenger, Jesse, MS, PA-C
Diabetes and Lipid Clinic of Alaska
2841 DeBarr Rd., Bldg. A., Suite 43
Anchorage, AK 99508

phone: (907) 274-7847
fax: (907) 274-7845
email: drt@diabetesalaska.com

Thompson, Judy, PharmD, BCPS

Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-2164
email: jthompson@anmc.org

Tomera, Kevin M., MD, Urology

1200 Airport Heights Rd., Suite 210
Anchorage, AK 99508

phone: (907) 276-8529
fax: (907) 274-8529

Treat, Carol, MS, RD, CDE

Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508

phone: (907) 729-1128
email: ctreat@anmc.org

EAGLE RIVER

Skala, Robert D., DO
Skala, Patricia, DO

True North Medicine, LLC
11431 Business Blvd #601
Carrs Shopping Center
Eagle River, AK 99577

phone: (907) 696-8783
fax: (907) 696-8738

email: info@truenorthmedicine.com

FAIRBANKS

Steiner, Charles, MD, Family Practice

101 Noble St.
Fairbanks AK, 99701

phone: (907) 459-3511

fax: (907) 459-3553

email: chsteiner@tvcclinic.com

KODIAK

Kodiak Island Medical Associates

Perry, Sam, RN
1818 E. Rezanof Dr.
Kodiak, AK 99615

phone: (907) 486-6065

fax: (907) 486-2248

Other Health Care Team Members

Other important health care services include podiatry, optometry and ophthalmology, and dental.

Podiatrists

ANCHORAGE

Alaska Podiatry Associates–Alliance Foot and Ankle

2741 DeBarr Rd., Bldg. C, Suite 315
Anchorage, AK 99508
Medicare, Medicaid Accepted

phone: (907) 562-4958

fax: (907) 562-5195

web: www.alaskapodiatry.com

The Traveling Foot Doctor, P.C.

Donna Klecka, DPM

Travels to your home to treat long thick and/or ingrown toenails, skin conditions, callouses, corns, heel pain, etc., especially for those with diabetes or are on blood thinners. Can make custom orthotics, and treat other ailments of the foot and ankle.

P.O. Box 772394
Eagle River, AK 99577
Reasonable charges

phone: (907) 223-3900

fax: (907) 694-7942

Alaska VA Health Care System (Statewide)

2925 DeBarr Rd, Anchorage, AK 995

phone: (907) 257-4854

Elmendorf Air Force Base 3rd Medical Group

5955 Zeamer Avenue, Elmendorf AFB, AK 99506 **phone:** (907) 580-2778

Matt A. Heilala, DPM, FACFAS
Jennifer R. Jansma, DPM
Patrick K. Briggs, DPM, FACFAS

Alaska Foot and Ankle Specialists
4100 Lake Otis Pkwy Ste 312
Anchorage, Alaska 99508

phone: (907) 569-3668
fax: (907) 569-3669

950 E. Bogard Rd Ste 238
Wasilla 99654

phone: 907.373.3338
web: www.drheilala.com

SOLDOTNA

Harry Cotler, DPM

Affiliated Foot & Ankle Care
35670 Kenai Spur Hwy Ste 102
Soldotna, Alaska 99669

phone: (907) 260-3668
web: www.hcotler.com

JUNEAU

Ankle Center

7691 Glacier Hwy
Juneau, Alaska 99801

phone: (907) 789-5518

web: www.healthcare.com/profile/southeast-foot-and-ankle-center/

Optometrists/Ophthalmologists

STATEWIDE

Eye Care of America—see *Eye Care* under “Diabetes Medications And Supplies”

Lions Club Eye Plan Program — see *Eye Care* under “Diabetes Medications And Supplies”

ANCHORAGE

Adventures in Eye Care

Russian Jack Plaza
6311 Debarr Rd., Suite D
Anchorage, AK 99504

phone: (907) 333-6040
web: www.adventuresineyecare.com
Medicaid Accepted

Alaska Eye Care Centers

1345 W 9th Ave.
Anchorage, AK 99501
Medicare, Medicaid, Denali Kid Care Accepted

phone: (907) 272-2557

Alaska Retinal Consultants

3500 LaTouche, Suite 250
Anchorage, AK 99508
Medicare, Medicaid, Payment Plan Options Accepted

phone: (907) 561-1530

Anchorage Eye Associates

4007 Old Seward Hwy., Suite 1100
Anchorage, AK 99503

phone: (907) 563-1918

Denali Vision Clinic

3401 Denali St., Suite 204
Anchorage, AK 99503

phone: (907) 561-8120
web: www.denalivision.com

National Vision

2000 W. Dimond Blvd
Anchorage, AK 99515

phone: (907) 333-6960

Northern Lights Eye Care and Wear

401 E. Northern Lights, Suite 102
Anchorage, AK 99503
Medicare, Medicaid, Denali Kid Care, Tricare, Veteran's Administration Accepted

phone: (907) 276-3937

Southside Eyecare and Optical

9350 Independence Dr.
Anchorage, AK 99502
Medicare, Medicaid Accepted

phone: (907) 561-1167
web: www.nyboer.com

ADAK

Adak Medical Center
PO Box 2105, Adak, AK 99546
(907) 592-8383 • **Fax:** (907) 592-4287
www.easternaleutiantribes.com

AKUTAN

Anesia Kudrin Memorial Clinic
PO Box 113, Akutan, AK 99553
(907) 698-2208 • **Fax:** (907) 698-2280
www.easternaleutiantribes.com

ALAKANUK

Alakanuk Clinic
PO Box 167, Alakanuk, AK 99554
(907) 238-3210 • **Fax:** (907) 238-3210
www.ykhc.org

ALATNA

Alatna Clinic
PO Box 49, Alatna, AK 99720
(907) 968-2314 • **Fax:** (907) 968-2305
www.tananachiefs.org

ALLAKAKET CITY

Allakaket Clinic
PO Box 10, Allakaket City, AK 99720
(907) 968-2248 • **Fax:** (907) 968-2214
www.tananachiefs.org

AMBLER

Ambler Health Clinic
PO Box 110, Ambler, AK 99786
(907) 445-2129 • **Fax:** (907) 445-4022
www.maniilaq.org

ANCHORAGE

Anchorage Neighborhood Health Center
1217 East 10th Avenue
Anchorage, AK 99501
(907) 257-4600 • **Fax:** (907) 277-7844
www.anhc.org

ANGOON

Angoon Health Center
PO Box 27, Angoon, AK 99820
(907) 788-3633 • **Fax:** (907) 788-3180
www.searhc.org

ANIAK

FINDING AFFORDABLE CARE

COMMUNITY HEALTH CENTERS

Community Health Centers provide excellent health care and case management services for persons with diabetes. In addition, CHCs offer payment fee schedules based on your income and ability to pay. Many Alaska Native health organization clinics have joined the federal CHC program and now also serve non-Native patients. Some clinics offer dental and optical care.

Alaska Primary Care Association

Good source for updated Community Health Center (CHC) information.

phone: (907) 929-2722

web: www.alaskapca.org

Clara Morgan Sub Regional Clinic
PO Box 269, Aniak, AK 99557
(907) 675-4556 • **Fax:** (907) 675-4560
www.ykhc.org

Brevig Mission Clinic
PO Box 85058, Brevig Mission, AK, 99785
(907) 642-4311 • (907) 642-2216
www.nortonsoundhealth.org

ANVIK

Anvik Health Clinic
PO Box 89, Anvik, AK 99558
(907) 663-6334 • **Fax:** (907) 663-6326
www.ykhc.org

BUCKLAND

Buckland Clinic
PO Box 9, Buckland, AK, 99727
(907) 494-2122 • **Fax:** (907) 442-7072
www.maniilaq.org

ARCTIC VILLAGE

Arctic Village Clinic
PO Box 30, Arctic Village, AK 99722
(907) 587-5229 • **Fax:** (907) 587-5239
www.catg.org

CHALKYITSIK

Chalkyitsik Clinic
PO Box 42, Chalkyitsik, AK 99788
(907) 848-8215 • (907) 848-8696
www.catg.org

ATMAUTLUAK

Atmautluak Clinic
PO Box 6588, Atmautluak, AK 99559
(907) 553-5114 • **Fax:** (907) 553-5412
www.ykhc.org

CHEFORNAK

Chefornak Clinic
PO Box 49, Chefornak, AK 99561
(907) 867-8919 • (907) 867-8717
www.ykhc.org

BEAVER

Beaver Clinic
PO Box 24030, Beaver, AK 99724
(907) 628-6228 • **Fax:** (907) 628-6228
www.catg.org

CHEVAK

Chevak Clinic
PO Box 212, Chevak, AK 99563
(907) 858-7029 • (907) 858-7027
www.ykhc.org

BETHEL

Bethel Family Health Center
PO Box 1908, Bethel, AK 99559
(907) 543-3773 • **Fax:** (907) 543-3545
www.healthreachchc.org/Bethel

CHIGNIK

Chignik Bay Sub Regional Clinic
PO Box 90, Chignik, AK 99576
(907) 749-2282 • (907) 749-2411
www.bbahc.org

BREVIG MISSION

CHUATHBALUK

Chuathbaluk Clinic
PO Box CHU, Chuathbaluk, AK 99557
(907) 467-4114 • **Fax:** (907) 467-4317
www.ykhc.org

CIRCLE

Circle Clinic
PO Box 109, Circle, AK 99733
(907) 773-7425 • (907) 773-7425
www.catg.org

COLD BAY

Anna Livingston Medical Clinic
PO Box 65, Cold Bay, AK 99571
(907) 532-2000 • **Fax:** (907) 532-2001
www.easternaleutiantribes.com

CORDOVA

Ilanka Health Center
PO Box 2285, Cordova, AK 99574
(907) 424-3622 • **Fax:** (907) 424-3681
www.nativevillageofeyak.org

CROOKED CREEK

Crooked Creek Clinic
PO Box 49, Crooked Creek, AK 99575
(907) 432-2222 • **Fax:** (907) 432-2221
www.ykhc.org

DEERING

Deering Health Clinic
PO Box 23, Deering, AK 99736
(907) 363-2137 • **Fax:** (907) 442-7062
www.maniilaq.org

ELIM

Elim Clinic
PO Box 69, Elim, AK, 99739
(907) 890-3311 • **Fax:** (907) 890-2280
www.nortonsoundhealth.org

EMMONAK

Emmonak Clinic
PO Box 125, Emmonak AK, 99581
(907) 949-1428 • **Fax:** (907) 949-1511
www.ykhc.org

FAIRBANKS

Interior Community Health Center
1606 23rd Ave., Fairbanks, AK 99701
(907) 455-4567 • **Fax:** (907) 458-1580
www.myhealthclinic.org

FALSE PASS

False Pass Clinic
PO BOX 49, False Pass AK 99583
(907) 548-2241 • **Fax:** (907) 548-2247
www.easternaleutiantribes.com

FORT YUKON

Yukon Flats Health Center
PO Box 309, Fort Yukon, AK 99740
(907) 662-2460 • **Fax:** (907) 662-2709
www.catg.org

FORT YUKON

Birch Creek Health Clinic
PO Box KBC, Fort Yukon, AK 99740
(907) 221-2537
www.catg.org

GALENA

Edgar Nollner Health Center
PO Box 77, Galena, AK 99741
(907) 656-1366 • **Fax:** (907) 656-152

GAMBELL

Bessie Kaningok/Gambell Clinic
PO Box 190, Gambell, AK 99742
(907) 985-5012 • **Fax:** (907) 985-5085
www.nortonsoundhealth.org

GLENNALLEN

Cross Road Medical Center
PO Box 5, Glennallen, AK 99588
(907) 822-3203 • **Fax:** (907) 822-5805
www.crossroadmc.org

GOLOVIN

Golovin Clinic
PO BOX 62039, Golovin, AK 99762
(907) 779-3311 • **Fax:** (907) 779-2239
www.nortonsoundhealth.org

GOODNEWS BAY

Goodnews Bay Clinic
General Delivery,
Goodnews Bay, AK 99589
(907) 967-8128 • **Fax:** (907) 967-8928
www.bbahc.org

GRAYLING

Grayling Clinic
General Delivery, Grayling, AK 99590
(907) 453-5120 • **Fax:** (907) 453-5119
www.ykhc.org

HAINES

Lynn Canal Medical Center
PO Box 1549, Haines, AK 99827
(907) 766-2521 • **Fax:** (907) 766-2675
www.searhc.org

HEALY

Interior Community Health Center, Healy
PO Box 246, Healy, AK 99743
(907) 683-2211 • **Fax:** (907) 683-2112
www.myhealthclinic.org

HOLY CROSS

Theresa Demientieff Health Clinic
PO Box 95, Holy Cross, AK 99602
(907) 476-7174 • **Fax:** (907) 476-7193
www.ykhc.org

HOMER

Seldovia Village Tribe Health Center
880 East Road, Homer, AK 99603
(907) 226-2228
www.svt.org

HOOPER BAY

Hooper Bay Clinic
PO Box 49, Hooper Bay, AK 99604
(907) 758-4711 • **Fax:** (907) 758-4065
www.ykhc.org

HUGHES

Hughes Clinic
PO Box 45049, Hughes, AK 99745
(907) 889-2211 • **Fax:** (907) 889-2231
www.tananachiefs.org

HUSLIA

Edgar Nollner Huslia Clinic
City of Galena
PO Box 90, Huslia, AK 99746
(907) 829-2204 • **Fax:** (907) 829-2203

HYDABURG

Hydaburg Clinic
PO Box 333, Hydaburg, AK 99922
(907) 285-3462 • **Fax:** (907) 285-3464
www.searhc.org

IGIUGIG

Igiugig Health Clinic
PO Box 4030, Igiugig, AK 99613
(907) 533-3207 • **Fax:** (907) 533-3225
www.bbahc.org

ILIAMNA

Nilavena Subregional Clinic
101 Airport Way, Iliamna, AK 99606
(907) 571-1383 • **Fax:** (907) 571-1560
www.scf.cc

JUNEAU

Front Street Clinic
3245 Hospital Dr., Juneau, AK 99801
(907) 463-4201 • **Fax:** (907) 463-6617
www.searhc.org

KAKE

Take Health Center
PO Box 605, Kake, AK 99830
(907) 785-3333 • **Fax:** (907) 785-3136
www.searhc.org

KALTAG

Edgar Nollner Kaltag Clinic
PO Box 148, Kaltag, AK 99748
(907) 534-2209 • **Fax:** (907) 534-2216

KENAI

Aspen Dental Center
395 Main Street Loop, Kenai, AK 99611
(907) 283-7759 • **Fax:** (907) 283-4883
www.cphchealth.org

KIANA

Kiana Health Clinic
PO Box 130, Kiana, AK 99749
(907) 475-2199 • **Fax:** (907) 442-7052
www.maniilaq.org

KING COVE

King Cove Medical Clinic
PO Box 9, King Cove, AK 99612
(907) 497-2311 • **Fax:** (907) 497-2310
www.easternaleutiantribes.com

KIVALINA

Kivalina Clinic
PO Box 8, Kivalina, AK 99750
(907) 645-2141 • **Fax:** (907) 645-2181
www.maniilaq.org

KLAWOCK

Alicia Roberts Medical Clinic
PO Box 69, Klawock, AK 99925
(907) 755-4800 • **Fax:** (907) 755-4806
www.searhc.org

KLUKWAN

Klukwan Clinic
PO Box 690, Klukwan, AK 99827
(907) 767-5592 • **Fax:** (907) 767-5599
www.searhc.org

KOBUK

Kobuk Clinic
PO Box 3, Kobuk, AK 99751
(907) 948-2218 • **Fax:** (907) 442-7012
www.maniilaq.org

KODIAK

Kodiak Community Health Center
PO Box 8712, Kodiak, AK 99615
(907) 481-2484 • **Fax:** (907) 481-2476

KOTLIK

Kotlik Clinic
PO Box 20035, Kotlik, AK 99620
(907) 899-4511 • **Fax:** (907) 899-4414
www.ykhc.org

KOYUK

Koyuk Village Clinic
PO Box 53070, Koyuk, AK 99753
(907) 963-3311 • **Fax:** (907) 963-3610
www.nortonsoundhealth.org

KOYUKUK

Edgar Nollner Koyukuk Clinic
PO Box 30, Koyukuk, AK 99754
(907) 927-2221 • **Fax:** (907) 927-2221

LIME VILLAGE

Lime Village Clinic
PO Box LVD, Lime Village, AK 99627
(907) 526-5113 • **Fax:** (907) 526-5235
www.ykhc.org

LITTLE DIOMEDE

Little Diomedes Clinic
PO Box 7059, Little Diomedes, AK 99762
(907) 686-3311 • **Fax:** (907) 686-2181
www.nortonsoundhealth.org

MANOKOTAK

Manokotak Health Clinic
PO Box 129, Manokotak, AK 99628
(907) 289-1077 • **Fax:** (907) 289-2015
www.bbahc.org

MARSHALL

Theresa Elia Memorial Clinic
PO Box 10, Marshall, AK 99559
(907) 679-6226 • **Fax:** (907) 679-6659
www.ykhc.org

MCGRATH

McGrath Health Center
PO Box 10, McGrath, AK 99627
(907) 524-3299 • **Fax:** (907) 524-3805
www.scf.cc

MEKORYUK

Mekoryuk Clinic
PO Box 7, Mekoryuk, AK 99630
(907) 827-8145 • **Fax:** (907) 827-8351
www.ykhc.org

MOUNTAIN VILLAGE

Mountain Village Clinic
PO Box 3207, Mountain Village, AK 99632
(907) 591-2255 • **Fax:** (907) 591-2576
www.ykhc.org

NAKNEK

Camai Community Health Center, Inc.
PO Box 189, Naknek, AK 99633
(907) 246-6155 • **Fax:** (907) 246-6158
www.theborough.com

NELSON LAGOON

Nelson Lagoon Clinic
PO Box 40, Nelson Lagoon, AK 99571
(907) 989-2202 • **Fax:** (907) 989-2245
www.easternaleutiantribes.com

NENANA

Nenana Clinic
PO Box 160, Nenana, AK 99760
(907) 832-5247 • **Fax:** (907) 832-5585
www.tananachiefs.org

NIGHTMUTE

Nightmute Clinic
PO Box 90011, Nightmute, AK 99690
(907) 647-6312 • **Fax:** (907) 647-6945
www.ykhc.org

NOATAK

Noatak Health Clinic
PO Box 90, Noatak, AK 99761
(907) 485-2162 • **Fax:** (907) 485-2241
www.maniilaq.org

NOORVIK

Noorvik Health Clinic
PO Box 189, Noorvik, AK 99763
(907) 636-2103 • **Fax:** (907) 442-7002
www.maniilaq.org

NULATO

Edgar Nollner Nulato Clinic
PO Box 65010, Nulato, AK 99765
(907) 898-2209 • **Fax:** (907) 898-2304

PELICAN

Pelican Health Center
PO Box 101, Pelican, AK 99832
(907) 735-2250 • **Fax:** (907) 735-2550
www.searhc.org

PILOT STATION

Pilot Station Clinic
PO Box 5089, Pilot Station, AK 99660
(907) 549-3127 • **Fax:** (907) 549-3738
www.ykhc.org

PITKAS POINT

Pitka's Point Clinic
PO Box 229, Pitkas Point, AK 99658
(907) 438-2546 • **Fax:** (907) 438-2317
www.ykhc.org

PLATINUM

Platinum Village Clinic
General Delivery, Platinum, AK 99651
(907) 979-8100 • **Fax:** (907) 979-8101
www.bbahc.org

POINT HOPE

Point Hope Clinic
PO Box 49, Point Hope, AK 99766
(907) 368-2234 • **Fax:** (907) 368-2569
www.maniilaq.org

RAMPART

Rampart Clinic
PO Box 67049, Rampart, AK 99767
(907) 358-3129 • **Fax:** (907) 358-3139
www.catg.org

RUBY

Edgar Nollner Ruby Clinic
PO Box 74, Ruby, AK 99768
(907) 468-4433 • **Fax:** (907) 468-4411

SAND POINT

Sand Point Medical Clinic
PO Box 172, Sand Point, AK 99661
(907) 383-3151 • **Fax:** (907) 383-5688
www.easternaleutiantribes.com

SAVOONGA

Savoonga Clinic
PO Box 151, Savoonga, AK 99769
(907) 984-6513 • **Fax:** (907) 984-6068
www.nortonsoundhealth.org

SCAMMON BAY

Scammon Bay Clinic
PO Box 150, Scammon Bay, AK 99662
(907) 558-5511 • **Fax:** (907) 558-5705
www.ykhc.org

SELAWIK

Selawik Clinic
PO Box 180, Selawik, AK 99770
(907) 484-2199 • **Fax:** (907) 442-7082
www.maniilaq.org

SHAGELUK

Shageluk Clinic
PO Box 54, Shageluk, AK 99665
(907) 473-8231 • **Fax:** (907) 473-8213
www.ykhc.org

SHAKTOOLIK

Shaktoolik Clinic
PO Box 9, Shaktoolik, AK 99771
(907) 955-3311 • **Fax:** (907) 955-2342
www.nortonsoundhealth.org

SHELDON POINT

Sheldon Point Clinic (Nunam Iqua)
PO Box 29, Sheldon Point, AK 99666
(907) 498-4228 • **Fax:** (907) 498-4844
www.ykhc.org

SHISHMAREF

Katherine Miksrmaq Olanna Health Clinic
PO Box 133, Shishmaref, AK 99772
(907) 649-3311 • **Fax:** (907) 649-2083
www.nortonsoundhealth.org

SHUNGNAK

Shungnak Clinic
PO Box 80, Shungnak, AK 99773
(907) 437-2138 • **Fax:** (907) 442-7032
www.maniilaq.org

SKAGWAY

Dahl Memorial Clinic
PO Box 415, Skagway, AK 99840
(907) 983-2297
www.skagway.org

SLEETMUTE

Sleetmute Clinic
PO Box 43, Sleetmute, AK 99668
(907) 449-4222 • **Fax:** (907) 449-4219
www.ykhc.org

SOLDOTNA

Cottonwood Health Center
230 E. Marydale, Soldotna, AK 99669
(907) 260-7300 • **Fax:** (907) 262-9290
www.cphchealth.org

ST. GEORGE ISLAND

St. George Health Clinic
PO Box 934, St George Island, AK 99591
(907) 859-2254 • **Fax:** (907) 859-2252
www.easternaleutiantribes.com

ST. MARYS

John Afcan Memorial Clinic
PO Box 310, St Marys, AK 99658
(907) 438-2105 • **Fax:** (907) 438-2049
www.ykhc.org

ST. MICHAEL

St. Michael Clinic
PO Box 59094, St Michael, AK 99659
(907) 923-3311 • **Fax:** (907) 923-2287
www.nortonsoundhealth.org

ST. PAUL ISLAND

St Paul Health Clinic
PO Box 148, St Paul Island, AK 99660
(907) 546-2310 • **Fax:** (907) 546-2268
www.apiai.com

STEBBINS

Stebbins Clinic
PO Box 50, Stebbins, AK 99671
(907) 934-3311 • **Fax:** (907) 934-3312
www.nortonsoundhealth.org

STEVENS VILLAGE

Stevens Village Clinic
PO Box 74030, Stevens Village, AK 99774
(907) 478-7215 • **Fax:** (907) 478-7216
www.catg.org

STONY RIVER

Stony River Clinic
PO Box SRV, Stony River, AK 99557
(907) 537-3228 • **Fax:** (907) 537-3227
www.ykhc.org

TALKEETNA

Sunshine Community Health Center
PO Box 787, Talkeetna, AK 99676
(907) 733-2273 • **Fax:** (907) 733-1735
www.sunshineclinic.org

TELLER

Teller Clinic
PO Box 545, Teller, AK99778
(907) 642-3311 • **Fax:** (907) 642-2046
www.nortonsoundhealth.org

TENAKEE SPRINGS

Tenakee Springs Health Clinic
PO Box 52, Tenakee Springs, AK 99841
(907) 736-2347
www.searhc.org

THORNE BAY

Thorne Bay Health Clinic
120 Freeman Street, Thorne Bay, AK 99919
(907) 828-8848 • **Fax:** (907) 828-3409
www.searhc.org

TOGIAK

Togiak Sub Regional Health Clinic
PO Box 128, Togiak, AK 99678
(907) 493-5511 • **Fax:** (907) 493-5311
www.bbahc.org

TOKSOOK BAY

Toksook Bay Clinic
PO Box 37028, Toksook Bay, AK 99637
(907) 427-7810 • **Fax:** (907) 427-7380
www.ykhc.org

TWIN HILLS

Twin Hills Health Clinic
PO Box TWA, Twin Hills, AK 99678
(907) 525-4326 • **Fax:** (907) 525-4325
www.bbahc.org

UNALAKLEET

Euksavik Clinic
PO Box 189, Unalakleet, AK 99684
(907) 624-3535 • **Fax:** (907) 624-3692
www.nortonsoundhealth.org

UNALASKA

Iliuliuk Family & Health Services, Inc
PO Box 144, Unalaska, AK 99685
(907) 581-1202 • **Fax:** (907) 581-3331

UPPER KALSKAG

Catherine Alexie Clinic
PO Box 9, Upper Kalskag, AK 99607
(907) 471-2276 • **Fax:** (907) 471-2283
www.ykhc.org

VENETIE

Myra Roberts Clinic
PO Box 81060, Venetie, AK 99781
(907) 849-8712 • **Fax:** (907) 849-8915
www.catg.org

WALES

Wales Clinic
PO Box 530, Wales, AK 99783
(907) 664-3311 • **Fax:** (907) 664-2135
www.nortonsoundhealth.org

WASILLA

Mat-Su health Services, Inc.
1363 W. Spruce Avenue, Wasilla, AK 99654
(907) 376-2411 • **Fax:** (907) 352-3363
www.matsuhealthservices.org

WHITE MOUNTAIN

White Mountain Clinic
PO Box 84029, White Mountain, AK 99784
(907) 638-3311 • **Fax:** (907) 638-2007
www.nortonsoundhealth.org

WHITTIER

Whittier Health Clinic
PO Box 727, Whittier, AK, 99693
(907) 472-2303 • **Fax:** (907) 472-2339
www.easternaleutiantribes.com

WILLOW

Willow Clinic
Sunshine Community Health Center
11203 N. Nancy Lane, Willow, AK 99688
(907) 733-2273 • **Fax:** (907) 733-1735
www.sunshineclinic.org

WRANGELL

Alaska Island Community Services
PO Box 1615, Wrangell, AK 99929
(907) 874-2373 • **Fax:** (907) 874-2576
www.wrangellservices.org

YAKUTAT

Yakutat Community Health Center
PO Box 418, Yakutat, AK 99689
(907) 784-3932 • **Fax:** (907) 784-3595

Health Insurance

Alaska Division of Insurance

In Alaska, state law allows health insurance companies to turn people down for individual health insurance coverage based on the status of their health. In most cases, diabetes is considered an “uninsurable” condition. Even though you can be turned down for an individual policy in Alaska, you can not be declined health insurance that is offered through an employer. 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 Division of Insurance. They may be able to provide you with assistance in reaching a conclusion.

Anchorage (907) 269-7900

Juneau (907) 465-2515

Alaska Medicaid & Chronic Acute Medical Assistance

This program is available to anyone who meets income and eligibility criteria. Besides meeting the income criteria, you must also fall into one of the eligibility categories in order to qualify. Contact your state Medicaid program for more information.

Toll free: 1(800) 780-9975

Anchorage (907) 339-1932

web: www.hss.alaska.gov

Denali Kid Care

Denali Kid Care is the children’s health insurance program designed to provide health insurance to children, teens up to age 18, and some pregnant women.

Toll free: 1(888) 318-8890

Anchorage (907) 269-6529

web: www.hss.state.ak.us/dhcs/DenaliKidCare

Alaska Comprehensive Health Insurance Association

The Alaska Comprehensive Health Insurance Association (ACHIA) allows individual health insurance policies to be sold to people who might otherwise be considered “uninsurable” because of a chronic illness. Premiums may be high, and a pre-existing condition period may apply.

Toll free: 1(888) 290-0616

web: www.achia.com

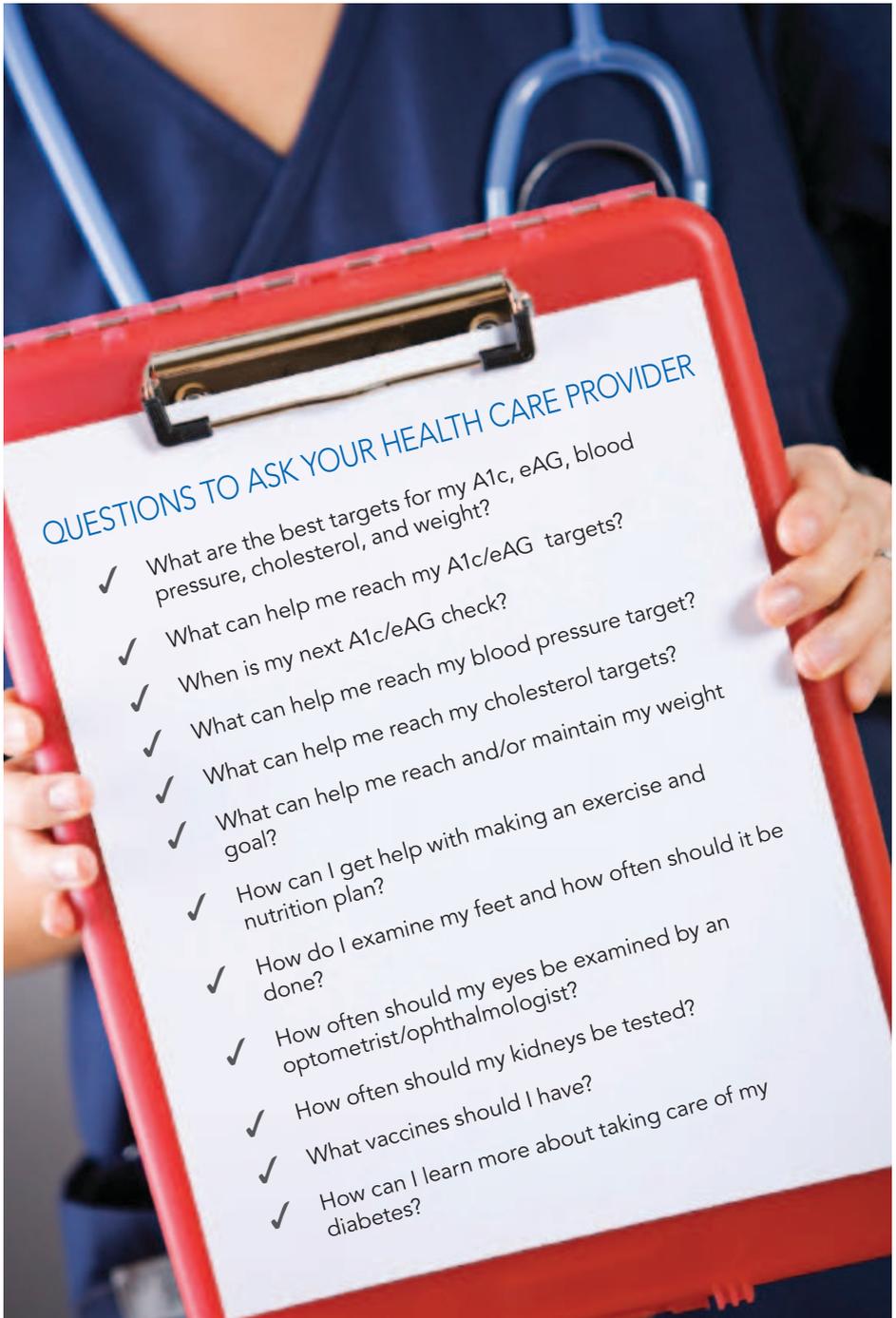
Social Security Disability Insurance (SSDI)

If you have diabetes and are unable to work due to a diabetes-related disability, you may be entitled to SSDI benefits. To receive these benefits, you must have worked at least five of the 10 years immediately before the disability and paid FICA taxes. The disability or impairments must be expected to last for at least 12 months.

Toll free: 1 (800) 772-1213

TTY 1 (800) 325-0778

web: www.ssa.gov



Smoking Cessation Programs

STATEWIDE

Alaska Tobacco Quit Line: 888-842-7848

Funded by the Alaska Division of Public Health, the Quit Line provides free one-on-one telephone counseling and information on how to quit tobacco and live tobacco-free. A trained Quit Coach answers the telephone and provides individual assistance to each caller that includes:

- ✓ An assessment of readiness to quit
- ✓ A customized quit plan
- ✓ Motivation and problem solving advice
- ✓ Up-to-date information on cessation aids and referral services
- ✓ A free Tobacco Quit Guide with helpful “how to” guides and resources
- ✓ Skill building and problem-solving
- ✓ Relapse prevention

Smoking Cessation Medication

Pfizer, Inc., a major pharmaceutical company, offers the smoking cessation medication Chantix (and cessation program) at low or no cost.

Toll free: 1 (866) 706-2400

web: www.pfizerhelpfulanswers.com

BETHEL

Yukon Kuskokwim Health Corporation

700 Chief Eddie Hoffman Hwy
Bethel, AK 99559

Toll free: 1-800-478-3321

phone: (907)543-6312

web: www.ykhc.org

DILLINGHAM

Bristol Bay Area Health Corp

6000 Kakanak Rd./Box 130
Dillingham, AK 99576

Toll free: (800) 478-5201 ext. 6292

phone: (907) 842- 9292

web: www.bbahc.org

FAIRBANKS

Tanana Chiefs Conference

122 First Avenue, Ste. 600
Fairbanks, AK 99701
phone: (907) 452-8251

Toll free in Alaska: 1(800) 478-6822

Toll free out of Alaska: 1(800) 770-8251

phone: (907) 452-8251

web: www.tananachiefs.org

JUNEAU

Bartlett Regional Hospital

3260 Hospital Dr.
Juneau, AK 99801

phone: (907) 796-8422

SouthEast Alaska Regional Health Consortium (SEARHC), Juneau Medical Center

3245 Hospital Dr.
Juneau, AK 99801

phone: (907) 364-4440

web: www.searhc.org

KODIAK

Kodiak Area Native Association

3449 East Rezanof Drive
Kodiak, AK 99615
Fax: 907.486.9898

Toll free: 1.800.478.5721

phone: 907.486.9800

web: www.kanaweb.org

KOTZEBUE

Maniilaq Health Center

P.O. Box 43, #436 5th Avenue
Kotzebue, AK 99752

Toll-free: 1 (800) 431-3321

web: www.maniilaq.org

Kikiktagruk Inupiat Corporation

373A Second Ave
Kotzebue, AK 99752
fax: (907) 442-2165

phone: (907) 442-3165

web: www.kicorp.org

NOME

Norton Sound Health Corporation

PO Box 966
Nome, AK 99762

phone: (907) 443-3311

fax: (907) 443-313

web: <http://nortonsoundhealth.org>

Other Alaska programs

Other programs may be listed at Alaska 2-1-1 (www.alaska211.org) or by phone by dialing 211 or 1-800-478-2221.

Low-Cost Exercise and Weight Loss Programs

Club Ped

Track your daily steps online at the American Diabetes Association website! Everyone agrees walking can be the best way to maintain or achieve a healthy mind and body—no matter your age, fitness level, or physical condition.

web: www.diabetes.org

Weight Loss Matters

Weight Loss Matters is an American Diabetes Association program that will help you lose weight and take care of your diabetes. After talking with your health care provider about losing weight, Weight Loss Matters will help you get started.

web: www.diabetes.org

Obesity Education Initiative (OEI)

The overall purpose of OEI is to provide information to reduce overweight, obesity, and physical inactivity in order to lower the risk, and overall morbidity and mortality from coronary heart disease as well as Type 2 diabetes. Information about the OEI's programs as well as health information for professionals and patients is available online.

phone: (301) 592-8573

web: www.nhlbi.nih.gov/about/oei

President's Council on Physical Fitness and Sports

The President's Council on Physical Fitness and Sports serves as a catalyst to encourage and motivate Americans of all ages to become physically active and participate in sports. The President's Council initiates and administers programs, often in partnership with other groups, that reach individuals in schools, homes, workplaces and communities. Fact sheets, reports and resources are available.

phone: (202) 690-9000

web: www.fitness.gov

web: www.presidentschallenge.com

Weight-Control Information Network (WIN)

WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide health professionals and consumers with science-based information on obesity, weight control, and nutrition. A variety of materials and publications are available.

Toll-free: 1 (877) 946-4627

web: <http://win.niddk.nih.gov>

phone: (202) 828-1025

Low-Cost Nutrition Programs and Food Bank Pantries

Alaska Food Stamp Program

Food stamps are available through the Alaska Division of Public Assistance. Call toll-free 1-800-221-5689 to find the nearest office and to determine eligibility.

Food Bank of Alaska

The Food Bank of Alaska believes that no one deserves to be hungry. Since 1979, they have been securing donated food for nonprofit agencies to distribute to hungry Alaskans. The agency's website lists the many statewide partners and food distribution sites. Information is also available by phone.

2121 Spar Avenue
Anchorage, AK 99501

phone: (907) 272-3663
web: www.foodbankofalaska.org

Family Nutrition Services, State of Alaska/DHSS/OCS

Women, Infants and Children Program (WIC) and Farmer's Market Nutrition Program (FMNP)

phone: (907) 465-3100

Commodity Supplemental Food Program (CSFP)

In Anchorage, Mat-Su, and Kenai, call Food Bank of Alaska (907) 272-3663. In the Fairbanks area, call Fairbanks Community Food Bank (907) 456-2337.

Anchorage Neighborhood Health Clinic

Nutrition and cooking classes are available. Call 907-257-4611 for more information.

Other Resources

Contact your local hospital, community health center or Alaska Native health organization for nutrition and/or cooking class information.

Low-Cost Diabetes Medications and Supplies

ANCHORAGE

Salvation Army Family Emergency Services

Provides assistance with prescription medications in Anchorage.

1712 A Street
Anchorage, AK 99501

phone: (907) 277-2593
web: www.salvationarmy.org/alaska

Lutheran Social Services

Provides assistance with prescription medications in Anchorage.

1303 West 33rd Street
Anchorage, AK 99503

phone: (907) 272-0643

web: www.lssalaska.org

STATEWIDE

Fred Meyer/Postal Prescription Services (PPS)

Fred Meyer offers \$4 30-day supply and \$10 90-day supply of certain generic prescriptions (typical dosage only.) PPS is the Fred Meyer mail order pharmacy and has been serving Alaska since 1997. PPS accepts most insurance plans and offers very competitive cash pricing, including free and low-cost shipping rates.

web: www.ppsrx.com

Directory of Prescription Drug Patient Assistance Programs

The Pharmaceutical Research and Manufacturers of America (PhRMA) member companies created this directory of programs that are provided for patients in need. This site assists with aiding patients who are qualified to get the medicine they need if they do not have prescription coverage. This directory provides lists of company programs that provide drugs to physicians whose patients could not otherwise afford them. Only PhRMA member companies are listed in this directory.

Toll-free: 1 (888) 477-2669

web: www.helpingpatients.org

Medicare and You

This PDF file can be found online and is printable from the web address below. Diabetes care issues are on pages 10, 12, 13, 15, 24, and 34. This document includes information on Medicare Part D.

web: www.medicare.gov/Publications/Pubs/pdf/10050.pdf

Medicare Coverage of Diabetes Supplies and Services

This PDF file can be found online and is printable from the web address below.

web: www.medicare.gov/Publications/Pubs/pdf/11022.pdf

Medicare Preventive Services

Diabetes Screening, Supplies, and Self Management Training

web: www.medicare.gov/Health/Diabetes.asp

NeedyMeds.com

This site provides information for patients as well as physicians who can purchase a manual from the site if desired. A list is provided on this site of patient assistance programs for prescription drugs. The information is directly from the drug manufacturers and is updated frequently.

phone: (215) 625- 9609

web: www.needymeds.com

NonprofitWarehouse.com

Nonprofit Warehouse.com is an online service that provides products for nonprofit organizations. Their goal is to bring nonprofit manufacturers and selected low-cost suppliers together with nonprofit organizations in a common place for the mutual benefit of the people they serve. Included among a variety of products and programs is the free Prescription Drug Discount Card that provides a 50% discount on generic drugs and a 15% discount on branded drugs at more than 65,000 pharmacies nationwide. The card must be printed from the website.

phone: (770) 541-7777

web: www.nonprofitwarehouse.com

Partnership for Prescription Assistance

PPA helps low-income, uninsured Alaska residents get free or discounted brand-name medicines. The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. Through its website, the Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 180 programs offered by pharmaceutical companies.

Toll-free 1 (888) 477-2669

web: www.pparx.com

RxAssist

RxAssist provides physicians and other health care providers with the information they need to access patient assistance programs offered through pharmaceutical manufacturers. Providers can search programs by company, brand name, generic name, and drug class. Downloadable information is also available for patients describing options for prescription assistance. The site also links to state programs and drug discount card programs.

phone: (401) 729-3284

web: www.rxassist.org

Abbott Diabetes Care

Toll-free 1 (866) 246-2683

web: www.abottdiabetescare.com

Liberty Medical

Toll-free 1 (800) 503-6623

web: www.Diabetic-Testing-Supplies.com

Bayer Diabetes Care

Toll-free 1 (800) 348-8100

web: www.bayerdiabetes.com

Lilly Cares

Toll-free 1 (800) 545-6962

web: www.lillycares.com

Novo Nordisk

Toll-free 1 (866) 310-7549

web: www.novonordisk-us.com

Takeda Patient Assistance

Toll-free 1 (800) 830-9159

web: www.tpna.com

Sanofi-Aventis

Toll-free 1 (800) 221-4025

web: en.sanofi-aventis.com

Xubex Pharmaceuticals

Toll-free 1 (866) 699-8239

web: www.xubex.com

Express Scripts

Toll-free 1 (800) 769-3880

web: www.express-scripts.com

RxHope

RxHope is the largest independent web-based patient assistance resource site in the U.S. Their professional team functions as an advocate for patients dedicated to making the patient assistance process as easy as possible for the patient, the healthcare provider and the pharmaceutical company. This site provides information about programs offered by State and Federal governments and by pharmaceutical companies.

P.O. Box 5836
Somerset, NJ 08875

phone: (732) 507-7400
fax: (732) 507-7600
web: www.rxhope.com

The Medicine Program.com

This program offers a unique free discount prescription drug program. There are no criteria to qualify — everyone is eligible. The plan is absolutely free of charge and is available to anyone that is looking to lower the cost of their prescriptions.

web: www.themedicineprogram.com

Wal-Mart Prescriptions Program

Wal-Mart offers a 30-day supply (\$4) and a 90-day supply (\$10) on many generic medications and over-the-counter drugs. A full listing of included medications can be found on the website. Wal-Mart offers ReliOn Diabetes Management products, including meters and test strips. A1C tests are also offered at the low cost of 9.

web: www.walmart.com

BLOOD TESTS

ALASKA

Alaska Health Fairs

Low cost blood testing is available at Alaska Health Fairs across the state. Schedule and locations available on website or by phone.

phone: (907) 278-0234

web: www.alaskahealthfair.org

FOOT CARE

NATIONAL

Low cost shoe inserts and shoes are available at Foot Solutions.

Toll-free: 1-888-348-3668

web: www.footsolutions.com

EYE CARE

ALASKA

Alaska Center for the Blind & Visually Impaired

This program helps Alaskans participate as fully as possible in personal, family and community activities even with vision loss. It provides resources for non-optical aids, help with home organization and safety, support groups, and offers a low vision clinic (covered by Medicare & Medicaid) that helps individuals make the most of their vision. The Center partners with Lions Club programs (see below).

Toll-free: 1-800-770-7517

phone: (907) 248-7770

web: www.alaskabvi.org

fax: 907-248-7517

Lions Club Eye Plan Program (Joint Sight Alaska)

To find Alaska club locations:

web: www.lionsclubs.org

In Anchorage:

web: www.anchoragelions.org

For self-referral vision needs, call 566-1597 to schedule an interview.

NATIONAL

Diabetes-Sight.org

Diabetes-Sight.org, sponsored by Prevent Blindness America, is designed to help both patients and health care professionals find the information and resources they need for the prevention of vision loss from diabetes. Prevent Blindness America is the nation's leading volunteer eye health and safety organization with the sole mission of preventing blindness and preserving sight.

Toll-free: 1 (800) 331-2020

web: www.preventblindness.org

web: www.diabetes-sight.org

Eye Care America's Diabetes Eye Care Program (DEP)

Eye Care America provides the Diabetes Eye Care Program (DEP) service which enhances awareness about diabetic eye disease. (Annually, the DEP promotes for individuals with diabetes dilated eye exams and free educational material concerning diabetic eye disease, and facilitates access to eye care.) Those eligible to receive care through the program may get medical eye exams and up to one year of treatment.

Diabetes Help Line:

Toll-free: 1 (800) 391-3937

web: www.eyecareamerica.org

DENTAL CARE

Donated Dental Services

Also known as the DDS program, this program provides dental care to Alaska's developmentally disabled, chronically mentally ill and elderly. Preference is provided to the developmentally disabled. The program is administered by the National Foundation of Dentistry for the Handicapped. Contact them by phone or email for participating dentists in Alaska communities.

National Foundation of Dentistry for the Handicapped
1800 15th Street, Suite 100 **phone:** (303) 534-5360
Denver, CO 80202 **web:** www.nfdh.org

LEGAL ASSISTANCE

Disability Law Center of Alaska

The mission of the Disability Law Center of Alaska is to promote and protect the legal and human rights of individuals with physical and or mental disabilities.

ANCHORAGE

3330 Arctic Blvd., Suite 103
Anchorage, AK 99503

Toll-free: 1-800-478-1234
phone/TTY: (907) 565-1002
web: www.dlcak.org

BETHEL

PO Box 2303
Bethel, AK 99559

Toll-free: 1-888-557-3357
phone: (907) 543-3357

FAIRBANKS

1949 Gillam Way, Suite H
Fairbanks, AK 99701

phone: (907) 456-1070

JUNEAU

230 South Franklin St., Suite 206
Juneau, AK 99801

phone: (907) 586-1627

PREVENTION AND EDUCATION PROGRAMS

— ALASKA —

Alaska Diabetes Prevention and Control Program

As noted previously under the “Resources” section, a program mission is to provide Alaska with information about diabetes. Activities supported by the AKDPCP include surveillance, coordination, technical assistance, and public awareness.

AKDPCP Section of Chronic Disease Prevention and Health Promotion

Division of Public Health

3601 C St., Suite 722

Anchorage, AK 99503

phone: (907) 269-8035

web: www.hss.state.ak.us/dph/chronic/diabetes

American Diabetes Association, Alaska Area

The mission of this organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, and provides information and other services to people with diabetes, their families, health care professionals, and the public.

801 W. Fireweed Lane #103

Anchorage AK, 99503

fax: (907) 272-1428

web: www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp

Alaska Toll-free: 1-888-DIABETES

National Toll-free: 1-800-DIABETES

phone: (907) 272-1424

Alaska Kidney Patients Association

The AKPA provides education, support, and advocacy on behalf of all kidney patients.

325 East Third Ave., Suite 201

Anchorage, AK 99501

phone: (907) 333-2257

American Diabetes Association Recognized Support Groups

ANCHORAGE

This support group for persons with diabetes and their families meets the second Thursday of the month from 7:00 to 8:30 PM at the Anchorage Senior Center, 1300 East 19th Ave. Guest speakers present information on a different topic each month. The meetings are free and open to the public. For more information contact Stephanie Felix at (907) 272-1424.

FAIRBANKS

For more information on Fairbanks support groups for persons with diabetes, contact Courtney Bedoya at (907) 457-1557.

JUNEAU

“Learning to Live Healthy with Diabetes” meets on the second Tuesday of the month from 7:00 to 9:00 PM in the SEARHC Juneau Medical Clinic, 3245 Hospital Dr. For more information call (907) 364-4457.

The “Senior Support Group” meets on the second Monday of the month from 1:00 to 2:00 PM at the Juneau Senior Center. Guest speakers present on a regular basis. For more information call (907) 796-8649.

HOMER

For more information on support groups for persons with diabetes in the Homer area, contact Marilyn Shroyer, RN, at Bartlett Hospital, (907) 235-0306.

KETCHIKAN

The Public Health Center provides a diabetes support group on the 2nd Thursday of the month from 6:30 to 8:00 PM at Holy Name Catholic Church Parish Hall, Jackson St. Contact Janet Hanna, RN, CDE at (907) 228-7685 for more information.

PETERSBURG

The educational diabetes support group meets in the conference room of the Petersburg Medical Center. Contact Millie Tuccillo, RN at (907) 772-4291, extension 500, for information about upcoming meetings for the group.

SITKA

This diabetes support group meets the fourth Tuesday of the month from 6:30 to 7:30 PM in the Community Room of the Monastery Street Apartments, 414 Hollywood Way. For more information contact Irene Larson, RD, CDE at (907) 966-8836.

— NATIONAL —

FOR INDIVIDUALS WITH DIABETES

American Diabetes Association (See Alaska Area above)

In addition to other resources, ADA publishes an annual Resource Guide in the January issue of its Diabetes Forecast magazine. It provides a comprehensive listing of diabetes products and services including: continuous blood glucose monitors, insulin pumps, testing kits, the newest type 2 drugs, treatments for low blood glucose and more.

National Office **Toll-free:** (800) 342-2383

phone: (907) 272-1424

Alaska Office **Toll-free:** (888) 342-2383

web: www.diabetes.org

La Diabetes y Los Latinos — Asociación Americana de Diabetes

American Diabetes Association's website for Spanish speakers

web: www.diabetes.org/espanol

Everyday Choices for a Healthier LIFE

This website, sponsored by the American Cancer Society, American Diabetes Association and American Heart Association, encourages people to improve their health through everyday choices.

web: www.everydaychoices.org

Feet Can Last a Lifetime: Foot Care Kit for Diabetes

This kit is a foot care campaign from the National Diabetes Education Program. Materials available include a kit for healthcare professionals and one for patients. Exam room flyers, tip sheets, and other materials are also available.

web: ndep.nih.gov/resources/feet

National Diabetes Education Program

The National Diabetes Education Program provides a wide variety of materials for both providers and patients many of which are available for non-English speaking persons. Special campaigns sponsored through this site include: *Control Your Diabetes For Life*, *Small Steps*, *Big Rewards*, *Prevent Type 2 Diabetes*, *Be Smart About Your Heart* — *Control the ABCs of Diabetes* and the new publication *4 Steps to Control Your Diabetes For Life*.

Toll-free: 1 (800) 438-5383

web: www.ndep.nih.gov

New 4 Steps publications

English version — http://ndep.nih.gov/diabetes/pubs/4_steps.pdf

Tagalog version — http://ndep.nih.gov/diabetes/pubs/4_step_tagalog.pdf

Samoan version — http://ndep.nih.gov/diabetes/pubs/4_steps_samoan.pdf

Control Your Diabetes For Life campaign is available in Chinese, Cambodian, Korean, Samoan, Thai, Tongan, Tagalog and Vietnamese:

<http://ndep.nih.gov/diabetes/pubs/catalog.htm#NDEP-67>

http://ndep.nih.gov/campaigns/ControForLife/ControlForLife_index.htm

These downloadable booklets are also written in Lao, Indonesian, Japanese, Gujarati, and Hindi.

National Alliance for Hispanic Health

The National Alliance for Hispanic Health focuses on improving the health and well-being of Hispanics. Su Familia, a National Alliance for Hispanic Health Program, offers Hispanic consumers free reliable and confidential health information in Spanish and English and helps navigate callers through the health system. Staffed by bilingual health information specialists, the helpline provides basic information on a wide range of health topics.

Su Familia Helpline (bilingual)

Toll-free: 1-866-783-2645

web: www.hispanichealth.org

National Fruit and Vegetable Program

The National Fruit and Vegetable Program is a nutrition campaign to encourage Americans to eat more fruits and vegetables for better health. A variety of public education materials and research information is available.

phone: (770) 488-6026

web: www.fruitsandveggiesmatter.gov

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

The NIDDK is part of the National Institutes of Health. They conduct and support biomedical research, and disseminate research findings to the public. A variety of consumer information resources are available in easy-to-read English and Spanish formats (available on line).

Toll-free: 1-800-860-8747

web: www.niddk.nih.gov

Nutrition Education for New Americans Project

Although the Nutrition Education for New Americans Project has lost its funding from the USDA, nutrition and diabetes handouts in 30 different languages are still available from its website*. Written with the refugee and immigrant community in mind, all of the materials are copyright free and can be downloaded and distributed freely. The Diabetes Handouts contain the following educational information:

1. What is Diabetes?
2. How can I Eat Healthy?
3. How to eat from all the food groups.
4. Grains, Beans and Starchy Vegetables
5. Vegetables
6. Fruits
7. Milk and Yogurt Foods
8. Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
9. Fats, Oils and Sweets

*The website is still available but the phone number is no longer valid.

web: <http://monarch.gsu.edu/multiculturalhealth>

Proctor and Gamble Dental Care

This website offers a wide range of patient education materials, including information sheets on diabetes and periodontal disease, plaque, tartar control, and brushing/flossing instructions. Materials are available in multiple languages.

web: www.dentalcare.com

SeniorHealth.gov

SeniorHealth.gov makes aging-related health information easily accessible for family members and friends seeking reliable, easy-to-understand online health information. This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). SeniorHealth.gov features authoritative and up-to-date health information from Institutes and Centers at NIH. In addition, the American Geriatrics Society provides expert and independent review of some of the material found on this website. Each health topic includes general background information, open-captioned videos, quizzes, and frequently asked questions (FAQs). New topics are added to the site on a regular basis.

web: <http://nihseniorhealth.gov>

INFORMATION FOR HEALTH CARE PROVIDERS

American Association of Diabetes Educators (AADE)

The AADE is dedicated to assisting patients with diabetes and related conditions in reaching their goals of successful self-management. The association is made up of qualified health care professionals across the country and includes several members in Alaska.

Toll-free: 1-800-338-3633

web: www.diabeteseducator.org

Alaska Association of Diabetes Educators (AKADE)

The AKADE is the Alaska chapter of the American Association of Diabetes Educators (AADE). Diabetes educators that are current members of AKADE will hold the designation within their title.

Nickerson, Cynthia G., RN, CMC, CDE, AADE
President Elect

Hanna, Janet, CDE, AADE
Treasurer

phone: (907) 796-8649

phone: (907) 523-9727

P.O. Box 5155

Ketchikan, AK 99901

American Dietetic Association

The American Dietetic Association is an organization for registered dietitians and other professionals providing nutrition care and education services. The association publishes the monthly Journal of the American Dietetic Association. The Diabetes Care and Education (DCE) Practice Group develop guidelines for the nutritional management of diabetes and maintain a network of practicing dietitians available for consultation. The DCE Practice Group publishes two newsletters, *Newsflash* and *On the Cutting Edge*. Other materials are available for professionals and patients.

Toll-free: 1-800-877-1600

web: www.eatrightalaska.org

American Dietetic Association's Diversity Resource List

This resource list is designed to assist in the location of nutrition education resources for various population groups, as well as to help increase awareness and understanding of diversity.

web: www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE_3207_ENU_HTML.htm

Community Guide to Preventative Services

This guide provides evidence-based recommendations for programs and policies to promote population health. A variety of topics are covered including diabetes, nutrition, and oral health. The Community Guide is sponsored by the Centers for Disease Control and Prevention's National Center for Health Marketing and the Community Guide partners.

web: <http://thecommunityguide.org>

Diabetes Prevention Program

The DPP was the first nationwide research study designed to determine whether type 2 diabetes can be better prevented through diet and physical activity, or medication. The DPP study, sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases (part of the National Institutes of Health), was administered at 27 medical centers across the country. In addition to information on the study and the results, diabetes information fact sheets for specific populations and statistical summaries are available from the website.

web: <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram>

Feet Can Last a Lifetime: Foot Care Kit for Diabetes

This kit is a foot care campaign from the National Diabetes Education Program. Materials available include a kit for healthcare professionals and one for patients. (See previous section.)

web: www.ndep.nih.gov/resources/feet/

Making System Changes for Better Diabetes Care

This website, from the National Diabetes Education Program, provides information, models, links, resources, and tools to help health care professionals assess needs for systems change, develop strategic plans, implement tools for action, and evaluate the systems change process.

web: www.betterdiabetescare.nih.gov

National Certification Board for Diabetes Educators (NCBDE)

The purpose of the NCBDE certification program is to conduct certification activities in a manner that upholds standards for competent practice in diabetes self-management education. The Certified Diabetes Educator (CDE) credential demonstrates that the certified health care professional possesses distinct and specialized knowledge, thereby promoting quality care for persons with diabetes.

phone: (847) 228-9795

web: www.ncbde.org

National Cholesterol Education Program (NCEP)

NCEP offers publications aimed at raising awareness and understanding about high blood cholesterol as a risk for coronary heart disease and the benefits of lowering cholesterol levels. A wide variety of publications may be downloaded and/or printed materials may be ordered.

phone: (301) 592-8573

web: www.nhlbi.nih.gov/about/ncep

email: nhlbiinfo@nhlbi.nih.gov

National Diabetes Education Initiative

The NDEI is an online, multi-component educational program on type 2 diabetes designed for healthcare professionals. The NDEI develops programs that address the spectrum of type 2 diabetes and also provides healthcare professionals with updated diabetes data and research information through a variety of mediums.

Toll-free: 1-800-471-7745

web: www.ndei.org

email: feedback@ndei.org

National Diabetes Education Program (NDEP)

The NDEP is a federally funded program sponsored by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention and includes over 200 partners at the federal, state, and local levels, working together to reduce the morbidity and mortality associated with diabetes.

phone: (301) 496-3583

web: www.ndep.nih.gov

National Eye Health Education Program (NEHEP)

This program, developed by the National Eye Institute, promotes public and professional awareness of the importance of early diagnosis and treatment of diabetic eye disease.

phone: (301) 496-5248

web: www.nei.nih.gov/nehep

National High Blood Pressure Education Program (NHBPEP)

NHBPEP is administered and coordinated by the National Heart, Lung, and Blood Institute (NHLBI). The goal of the NHBPEP is to reduce death and disability related to high blood pressure through programs of professional, patient, and public education.

phone: (301) 592-8573

web: www.nhlbi.nih.gov/about/nhbpep

National Kidney Disease Education Program (NKDEP)

NKDEP is a program of the National Institutes of Health to reduce the deaths and disabilities from kidney disease and its complications. Kidney disease information is available for both patients and health professionals.

Toll-free: 1-866-454-3639

web: www.nkdep.nih.gov

email: nkdep@info.niddk.nih.gov

Multi-Cultural Resources

American Indian Health National Library of Medicine

This web resource on Native American health, sponsored by the National Library of Medicine, is designed to bring together health and medical resources pertinent to the Native American population including policies, consumer health information, and research. Links are provided to an assortment of documents, websites, databases, and other resources.

web: www.americanindianhealth.nlm.nih.gov

Association of Asian Pacific Community Health Organizations

This website is designed to serve as a vehicle to access the information related to the health needs of Asian Americans, Native Hawaiians and Pacific Islanders.

phone: (501) 272-9536 ext. 102

web: www.aapcho.org

Babel Fish Translation

Translate text or entire websites from English to another language with the Babel Fish translation tool.

web: <http://babelfish.altavista.com/translate.dyn>

California Project LEAN

California Project LEAN provides a variety of resources, evaluations, articles, and materials for promoting healthy eating and physical activity.

phone: (916) 522-9907

web: www.californiaprojectlean.org

Center for Cross-Cultural Health

The Center for Cross-Cultural Health is a Minnesota-based organization providing education and tools that ensure diverse populations receive culturally competent and sensitive education materials.

phone: (651) 209-8999

web: www.crosshealth.com

Free Translation Services

FreeTranslation.com is one of the most popular websites of its kind, with more than 2 million visitors per week. FreeTranslation.com allows users to obtain free translations of both text and web pages. The translation is generated by a computer and displayed instantly.

web: www.freetranslation.com

Health Information Translations

This site is a collaborative initiative to improve health education for limited English proficiency patients and is intended to serve as a valuable resource to help health care professionals teach health education to those patients with limited English skills. By leveraging the combined skills and experience of three of Central Ohio's largest health care organizations, this project produces some of the most valuable resources for health care education in diverse communities. This website currently translates health education materials into 13 different languages.

phone: (614) 293-3191

web: www.healthinfotranslations.com

Indian Health Services Division of Diabetes Treatment and Prevention (IHS)

An agency of the U.S. Public Health Service, Department of Health and Human Services, IHS develops, documents, and sustains a health effort to prevent and control diabetes in Alaska Natives and American Indian communities. Resources include information on nutrition and fitness, a diabetes resource catalog, and training/workshops on diabetes.

phone: (505) 248-4182

web: www.ihs.gov/medicalprograms/diabetes

Multicultural Diabetes Materials from Harborview Medical Center, Seattle

This website contains materials developed by Harborview Medical Center (Seattle, WA) for use in Multicultural Diabetes Classes for patients and family members. Class topics include basics of diabetes, nutrition, medicines, and glucose meters. The materials are available as easy-to-print PDFs and are translated into Amharic, Cambodian, Oromo, Somali, Spanish, Tigrayan, and Vietnamese; each includes both target language and English). Several of the patient education handouts include audio narrations that require software for listening.

web: http://ethnomed.org/patient_ed/diabetes/diabetes_index.html

National Cancer Institute

This website provides a variety of educational materials on healthy eating geared toward African-American, Latino American, and Native American audiences, as well as the general public.

web: <https://cissecure.nci.nih.gov/ncipubs/searchResults.asp?subject2=Nutrition>

National Center for Cultural Competence (NCCC)

The mission of the NCCC is to increase the capacity of health and mental health programs to design, implement, and evaluate culturally and linguistically competent service delivery systems.

web: www11.georgetown.edu/research/gucchd/nccc

National Council of La Raza (NCLR)

NCLR's health programs work to develop culturally-relevant bilingual health education and promotional materials for those in the Hispanic community not being reached by national, mainstream health education efforts, as well as to provide assistance in the form of model programs, consultation, and training.

phone: (202) 785-1670

web: www.nclr.org

National Hispanic/Latino Diabetes Initiative for Action (NLDI)

This program was developed to serve as a blueprint for the Centers for Disease Control and Prevention to frame interdisciplinary, culturally relevant approaches to control diabetes and its complications in the U.S. Hispanic/Latino community. The initiative is comprehensive in scope, serving as a long range “road map.”

Toll-free: 1-800-232-4636

web: www.cdc.gov/diabetes/projects/latino.htm

National Kidney Foundation, Inc.

The National Kidney Foundation offers their A to Z Health Guide publications in Spanish.

web: www.kidney.org/atoz/atozTopic_sp.Cfm

RESOURCES FOR FAMILIES OF CHILDREN WITH DIABETES

— ALASKA —

Family Resource Network- American Diabetes Association, Alaska Area

The American Diabetes Association's Family Resource Network (FRN) works to connect persons with other families dealing with diabetes. The FRN is run in communities by parent volunteers and provides information, services, programs, and special events for children of all ages with diabetes and their families. Family Resource Network serves persons with diabetes, their families, health care providers, schools, and communities.

Camp Kushtaka - American Diabetes Association, Alaska Area

The American Diabetes Association five-day residential camp on Kenai Lake is located in the community of Snug Harbor near Cooper Landing at the Camp Fire USA camp facility. The camp combines ongoing and informal diabetes management and education along with the fun of outdoor activities such as hiking, canoeing, crafts and swimming. There is an overnight campout for the older campers. Resident physicians, nurses and dietitians round out the regular Camp Fire staff.

Safe at School Program—American Diabetes Association, Alaska Area

Children with diabetes sometimes face additional challenges in schools and day care centers. Students with diabetes have a right to a "free, appropriate public education" without discrimination. These rights are guaranteed by federal civil rights and education laws. Children are protected by filing the appropriate plan with his or her school. For more information on Section 504, The Americans with Disabilities Act, and the Individuals with Disabilities Education Act (IDEA) please contact the Program Manager at the numbers below.

Children with diabetes sometimes face problems in obtaining the care they need in schools and day care centers. Students with disabilities have a right to a "free, appropriate public education" without discrimination. These rights are guaranteed by federal civil rights and education laws. You can protect your child by filing the appropriate plan with his or her school. For more information on Section 504, The Americans with Disabilities Act, and the Individuals with Disabilities Education Act (IDEA) please contact the Program Manager at the numbers below.

American Diabetes Association
ANCHORAGE

801 W. Fireweed Lane #103
Anchorage AK, 99503

Alaska toll free: 1-888-DIABETES
National Toll-free 1-800-DIABETES
phone: (907) 272 1424 **fax:** (907) 272-1428

FAIRBANKS

P.O. Box 80728
Fairbanks, AK 99708

phone: (907) 457-1557

web: www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp

Grandfamilies Network Project

More and more grandparents are finding themselves in the role of primary parent for their grandchildren, but many do so without adequate resources of money, energy, or support systems. Throughout Alaska there are many opportunities to meet and connect with other grandparents raising grandchildren. This allows grandparents to share their stories, joys, struggles, successes, ideas, and support one another through both the easy and the hard times.

phone: (907) 522-9866

web: www.voaak.org

Toll-free: 1 (822) 522-9866

— NATIONAL —

Children with Diabetes, Inc.

The mission of Children with Diabetes, Inc. is to promote understanding of the care and treatment of diabetes, especially in children, by increasing awareness of the need for unrestricted diabetes care for children at school and daycare supporting families living with diabetes; and promoting understanding of research into a cure. Being diagnosed with diabetes is a life-changing event, and raising a child is an ongoing challenge made even more demanding when managing a chronic illness. The website is for families dealing with diabetes, a resource for parents of children with Type 1 diabetes, and is dedicated to helping families find the information and support needed in caring for a child with diabetes.

5689 Chancery Place
Hamilton, OH 45011

web: www.childrenwithdiabetes.com

Diabetes Camp

Find a nearby camp or others around the country through the American Diabetes Association website.

web: www.diabetes.org (under What's Happening Locally)

Planet D

A website for children to explore more about diabetes and connect with new friends.

web: <http://tracker.diabetes.org/index.php> (Link from main ADA Web Page)

Print on Demand (POD)

Kids can get answers for questions on school, food and nutrition, and sports and exercise.

Toll-free: 1 (800) DIABETES

web: <http://diabetes.org/for-parents-and-kids/pods.jsp>

Juvenile Diabetes Research Foundation International (JDRF)

JDRF is a private, nonprofit, voluntary health agency with chapters and affiliates throughout the world. JDRF raises funds to support research on the cause, cure, treatment, and prevention of diabetes and its complications. The organization awards research grants for laboratory and clinical investigations and also provides training programs, workshops, and conferences for researchers.

Toll-free: (800) 533-2873

web: www.jdrf.org

OTHER RESOURCES

Self Care Information for Persons with Diabetes

FOOT CARE

Diabetes can harm the blood vessels and nerves in your feet. When it does, you may not feel a cut or blister on your foot. Untreated, such injuries can lead to infection and possible amputation.

- To keep your feet healthy, keep your blood sugar close to your goal.
- Don't use tobacco.
- Wash your feet every day. Dry them, especially between the toes.
- Cut your nails straight across and file edges.
- Check daily for cuts, blisters, redness, and swelling. If you cannot see the bottom of your feet, use a mirror or ask someone for help. If you see something you are not sure about, contact your health care provider.
- Check your feet for loss of feeling.
- Have your feet checked at least once a year by a podiatrist, more often if you have any foot problems.
- Never walk barefoot.
- Wear clean padded socks that fit well. Make sure the sock seams are in the right place.
- Wear shoes that fit well. If you have lost feeling in your feet, ask your health care provider for advice on proper shoes.
- Shake out your shoes before putting them on. A small pebble can lead to big problems.
- Break in new shoes slowly.

EYE CARE

Diabetes can lead to vision loss or even blindness. If you catch problems early, you can save your sight. However, you may not have any symptoms. That is why it is important to have an eye exam each year.

To take good care of your eyes:

- Keep your blood sugar close to your goal.
- Bring high blood pressure down.
- Get a dilated eye exam by an eye doctor every year. Your eye doctor will use drops to enlarge your pupils to look inside your eyes.

See your eye doctor if:

- Your vision is blurry.
- You see double. You see spots or floaters.
- One or both eyes hurt.
- You feel pressure in you eye.
- You can't see things at the sides like you used to.
- You have trouble reading.

HEART ATTACK AND STROKE RISKS

If you have diabetes, you are at high risk for a heart attack. Heart disease is more likely to strike you - and at an earlier age - than someone without diabetes. But you can fight back. Be smart about your heart. Take control of the ABC's of diabetes and live a long and healthy life

A is for A1C

The A1C (A-one-C) test-short for hemoglobin, A1C- measures your average blood glucose (sugar) over the last 3 months. Suggested targets: keep below 7 and get it checked at least twice a year.

A new way to help you make the connection between daily and long-term glycemic control is to monitor your estimated Average Glucose (eAG). eAG is directly related to A1C, but uses the same values and units that you observe when you check your blood glucose with a meter or receive a fasting glucosevalue on a lab report. For more information on eAG, please visit the American Diabetes Association website at www.diabetes.org.

B is for blood pressure

High blood pressure makes your heart work too hard. Suggested targets: keep below 130/80 and get it checked at every health care visit.

C is for cholesterol

Bad cholesterol, or LDL, clogs your arteries. Suggested LDL target: keep below 100 and get checked at least once a year.

To lower your risk for heart attack and stroke and other diabetes problems:

- Get at least 30 minutes of physical activity every day.
- Eat less fat and salt.
- Eat more fiber: choose whole grains, fruits, vegetables and beans.
- Stay at a healthy weight.
- Brush your teeth, floss daily, and see a dentist at least once a year.
- Stop smoking- ask your provider for help.
- Take medicines as prescribed.
- Ask your doctor about taking aspirin.
- Get professional help to help you self-manage your diabetes.

Participating in Research - Opportunities for Alaskans

The Rasmusson Foundation/Benaroya Research Institute

The Rasmusson Foundation and the Benaroya Research Institute at Virginia Mason have joined together to enhance medical research opportunities in Alaska. There are clinical research studies for patients and for family members, and you can participate in a variety of ways.

Toll-free: 1 (877) 248-4802

web: www.alaskaClinicalTrials.org

email: ClinicalTrials@BenaroyaResearch.org

ClinicalTrials.gov

The U.S. National Institutes of Health provide a registry of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial's purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals.

web: <http://www.clinicaltrials.gov/>

Additional Programs and Organizations of Interest

— ALASKA —

Living Well Alaska - Alaska's Chronic Disease Self-Management Program

Living Well Alaska is a series of workshops that help people with chronic illnesses learn ways to self manage their condition and take charge of their life. Living Well Alaska workshops are being held throughout Alaska for people with all kinds of chronic illnesses, such as arthritis, diabetes and heart disease. Living Well Alaska covers a range of health topics such as:

- healthy eating
- relaxation techniques
- managing fatigue
- low impact exercising
- managing medications
- problem solving
- goal setting
- working with your health professional.

Research on this program has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones. People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

Section of Chronic Disease Prevention and Health Promotion

State of Alaska/ Division of Public Health

3601 C Street, Suite 722

Anchorage, AK 99503

phone: (907) 269-8035

web: www.hss.state.ak.us/dph/chronic

AARP

AARP is dedicated to enhancing quality of life for all as we age. AARP leads positive social change and delivers value to members through information, advocacy and service. Membership in AARP is open to any person age 50 or above. The group is known for providing a host of services to this ever-growing segment of the population by: informing members and the public on issues important to this age group; advocating on legislative, consumer and legal issues; promoting community service; and, offering a wide range of special products and services to members.

Toll-free: 1-888-687-2277

web: www.aarp.org/states/ak/

web: www.aarp.org

— NATIONAL —

American Academy of Periodontology (AAP)

The Academy's purpose is to advocate, educate, and set standards for advancing the periodontal and general health of the public and promoting excellence in the practice of periodontics. Periodontics is one of nine dental specialties recognized by the American Dental Association.

phone: (312) 787-5518

web: www.perio.org

The Mouth/Body Connection—Diabetes Fact Sheet

web: www.perio.org/consumer/mbc.diabetes.htm

American Association of Diabetes Educators (AADE)

AADE is a multi-disciplinary organization for health professionals involved in diabetes patient education with state and regional chapters. The association sponsors a diabetes educator certification program, provides grants, scholarships, and awards for educational research and teaching activities, provides curriculum guides, consensus statements, self-study programs, and other resources for diabetes educators.

Toll-free: 1-800-338-3633

web: www.diabeteseducator.org

Diabetes Educator Access Line—

Toll-free: 1-800-832-6874

American Dental Association

The American Dental Association is the professional association of dentists committed to the public's oral health, ethics, science, and professional advancement.

phone: 312-440-2500

web: www.ada.org

Diabetes and Your Oral Health Fact Sheet

web: www.ada.org/public/topics/diabetes.asp

American Heart Association (AHA)

The American Heart Association is a nonprofit association dedicated to fighting heart disease and stroke through research and education. Professional resources include professional development seminars and meetings, emergency cardiac care training, and research information and opportunities. Consumer resources include free or low-cost brochures, pamphlets, newsletters, etc. related to the prevention of heart disease and stroke as well as disease-specific information. Website includes sections in Spanish, Mandarin Chinese and Vietnamese.

Toll-free Consumers: 1-800-242-8721

Toll-free Professionals: 1-800-787-8984

web: www.americanheart.org (see "Get Local Info" link for local divisions.)

American Stroke Association

The American Stroke Association is a division of the American Heart Association that focuses on reducing risk, disability, and death from stroke through research, education, fund raising, and advocacy.

Toll-free: 1 (888) 478-7653

web: www.americanheart.org

American Urologic Association Foundation

The American Urological Association Foundation partners with physicians, researchers, health care professionals, patients, caregivers, families, and the public to support and promote research, patient/public education, and advocacy to improve the prevention, detection, treatment, and cure of urologic diseases.

Toll-free: 1 (866) 746-4282

web: www.uaafoundation.org

Centers for Disease Control (CDC) Foundation

The CDC Foundation is an independent, nonprofit enterprise that forges effective partnerships between CDC and others to fight threats to health and safety. The Foundation creates programs that help donors and CDC scientists achieve their common goals.

Toll-free: 1 (888) 880-4CDC

web: www.cdcfoundation.org

Diabetes Action Research and Education Foundation

The mission of the Diabetes Action Research and Education Foundation is to support and promote education and scientific research to enhance the quality of life for all people affected by diabetes. Materials provided include exercise videos designed for people with diabetes. The booklet *Diabetes Self-Management: Basics and Beyond*, as well as recipes and tips are available on their website.

phone: (202) 333-4520

web: www.daref.org

Diabetes Exercise and Sports Association (DESA)

DESA's mission is to enhance the quality of life for people with diabetes through exercise and physical fitness. DESA publishes a quarterly newsletter, *The Challenge*, and sponsors a variety of events.

Toll-free: 1 (800) 898-4322

web: www.diabetes-exercise.org

Diabetes Research and Training Centers (DRTC's)

The National Institute of Diabetes and Digestive and Kidney Diseases support six DRTCs. These centers offer seminars and workshops for health care professionals on diabetes management and offer professional expertise in developing and implementing diabetes programs. Individual centers produce a variety of educational materials, including audiovisuals for health care professionals. For a complete list of DTRCs, visit the website.

web: <http://diabetes.niddk.nih.gov/dm/pubs/drtc>

International Diabetes Center (IDC)

IDC offers education classes for people with diabetes as well as training programs and consultation services for health professionals. They have developed the Staged Diabetes Management program, a system of clinical pathways that helps patients with diabetes partner with primary care providers and diabetes educators to gain control of their diabetes and prevent complications. IDC and its affiliates also conduct research on the prevention and treatment of diabetes. IDC has a variety of patient education material available.

Toll-free: 1 (888) 825-6315

web: www.idcdiabetes.org

International Diabetes Federation (IDF)

The IDF is a non-governmental organization in official relations with the World Health Organization (WHO) and the Pan American Health Organization (PAHO). IDF carries out broad global initiatives through task forces, working groups, conferences, and educational development. Materials published by IDF include the Diabetes Voice, Bulletin of the IDF, leaflets, fact sheets, and other publications including a directory of online resources and a directory of clinical practice guidelines.

Avenue Emile De Mot 19
B-1000 Brussels
Belgium

phone: (international) 011 32-2-5385511

fax: (international) 011 32-2-5385114

web: www.idf.org

Lighthouse International

Lighthouse International's mission is to enable people of all ages to overcome vision impairment through worldwide leadership in vision rehabilitation services, education, research, and advocacy. Lighthouse has a variety of products, publications, and resources available for those affected with vision impairment.

phone: (212) 821-9200

web: www.lighthouse.org

TTY: (212) 821-9713

National Asian Women's Health Organization (NAWHO)

NAWHO's diabetes education program, Transforming Information into Action, seeks to increase awareness of diabetes among Asian American community members, educate health care professionals about diabetes and Asian Americans, train health advocates to be informed diabetes spokespeople, and create culturally-appropriate diabetes education materials.

phone: (415) 773-2838

web: www.nawho.org

National Certification Board for Diabetes Educators (NCBDE)

The mission of the NCBDE is to promote excellence in the profession of diabetes education through the development, maintenance, and protection of the Certified Diabetes Educator (CDE) credential and certification process.

phone: (847) 228-9795

web: www.ncbde.org

National Federation of the Blind: The Diabetes Action Network

The Diabetes Action Network, a division of the National Federation of the Blind, is a support and information network for all people with diabetes, especially those who are blind or losing vision. The Network publishes a quarterly magazine, Voice of the Diabetic, and a resource guide. A wide variety of other resources and information are available through the National Federation of the Blind.

phone: (410) 659-9314

web: www.nfb.org/nfb/diabetes.asp

National Kidney Foundation (NKF)

The NKF is a voluntary health organization dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases, and increasing the availability of all organs for transplantation.

Toll-free: 1 (800) 622-9010

web: www.kidney.org

Prevent Blindness America

Prevent Blindness America is the nation's leading volunteer eye health and safety organization with the sole mission of preventing blindness and preserving sight. Diabetes-Sight.org, sponsored by Prevent Blindness America, is designed to help both patients and health care professionals find the information and resources they need for the prevention of vision loss from diabetes.

Toll-free: 1 (800) 331-2020

web: www.preventblindness.org

web: www.diabetes-sight.org

Wound Care Institute (WCI)

The WCI is a nonprofit organization involved in the advancement of wound healing and diabetic foot care. Educational seminars, research studies, educational grants, speakers bureau, preceptorship programs, and patient literature are some of the WCI's activities.

phone: (305) 919-9192

web: <http://woundcare.org>

Wellness At Work

— ALASKA —

State of Alaska Worksite Health and Productivity Promotion

The Worksite Health and Productivity Promotion project in the Alaska Section of Chronic Disease Prevention and Health Promotion works with small Alaska businesses interested in being a healthy worksite. Most employed adult Alaskans work for businesses that have fewer than 200 employees. Worksites that support healthy behaviors can make a huge difference in improving their employees' health. The Alaska Worksite Health and Productivity Promotion project offers worksite health program expertise, Alaska small business-specific materials and training opportunities to help small businesses get started on the road to worksite health.

web: www.hss.state.ak.us/dph/chronic/worksite

— NATIONAL —

DiabetesAtWork.org Program

This online diabetes and health resource kit, part of the National Diabetes Education Program, helps businesses and managed care companies assess the impact of diabetes in their workplace. It also provides easy-to-understand information for employers to help their employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease. The website offers user-friendly fact sheets and ready-to-present lesson plans.

web: www.DiabetesAtWork.org

National Business Group on Health

The National Business Group on Health, is the only national nonprofit organization exclusively devoted to representing the perspective of large employers and providing practical solutions to its members' most important health care problems.

web: www.businessgrouphealth.org

Wellness Councils of America (WELCOA)

A national nonprofit membership organization dedicated to promoting healthier lifestyles for all Americans, especially through health promotion initiatives at the worksite. Organizationally, WELCOA serves as an umbrella, linking communities and coalitions together into a supportive network that includes locally affiliated Wellness Councils, Well City initiatives, Well Workplaces, and individual and corporate members throughout the United States.

phone: (402) 827-3590

web: www.welcoa.org

Winning at Work

This site provides the resources employees need to live healthier lives, whether they are working to prevent diabetes or to manage diabetes if they have already been diagnosed.

web: www.diabetes.org

Government Agencies

Department of Veterans Affairs Diabetes Programs (VA)

The VA's Diabetes Program offers a variety of diabetes resources for veterans and health professionals, including Diabetes Clinical Practice Guidelines. It is a comprehensive document that incorporates information from several existing, national consensus, evidence-based guidelines.

VA Health Care Benefits Hotline

Toll-free: 1-877-222-8387

web: <http://www1.va.gov/diabetes>

phone: (202) 273-5400

Division of Diabetes Translation, Centers for Disease Control and Prevention (DDT)

The agency supports Diabetes Prevention and Control Programs in all 50 states and eight territories or island jurisdictions, conducts surveillance and research, and is a sponsor of the National Diabetes Education Program. A variety of patient education materials are available.

Toll-free: 1-877-232-3422

web: www.cdc.gov/diabetes

Food and Nutrition Information Center (FNIC)

The FNIC is one of several information centers located at the National Agricultural Library (NAL). The food and human nutrition collection of NAL includes books, manuals, journal articles, and audiovisual materials.

phone: (301) 504-5719

web: www.nal.usda.gov/fnic

Indian Health Services (IHS), Division of Diabetes Treatment and Prevention

An agency of the Public Health Service, Department of Health and Human Services, IHS develops, documents, and sustains a health effort to prevent and control diabetes in American Indian and Alaska Native communities. Resources include information on nutrition and fitness, a diabetes resource catalog, and training/workshops on diabetes.

phone: (505) 248-4182

web: www.ihs.gov/medicalprograms/diabetes

National Center on Minority Health and Health Disparities (NCMHD)

The mission of the NCMHD is to promote minority health and to lead, coordinate, support, and assess the NIH effort to reduce and ultimately eliminate health disparities. The NCMHD supports research, fosters emerging programs, disseminates information, and provides outreach to minority and other health disparity communities.

phone: (301) 402-1366

web: <http://ncmhd.nih.gov>

National Diabetes Information Clearinghouse (NDIC)

The NDIC is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH), under the U.S. Public Health Service. The clearinghouse is designed to increase knowledge and understanding about diabetes among patients and their families, health care professionals, and the public. NDIC publications include public and patient materials, professional materials, catalogs and guides, fact sheets, and information packets.

Toll-free: 1 (800) 860-8747

web: www.niddk.nih.gov/health/diabetes/ndic.htm

National Eye Institute (NEI)

NEI is a branch of the National Institutes of Health. It supports basic and clinical research to develop safe and effective methods to prevent, diagnose, and treat diabetic eye disease. NEI produces patient and professional education materials related to diabetic eye disease and its treatment, including literature for patients, guides for health professionals, and education kits for community health workers and pharmacists.

phone: (301) 496-5248

web: www.nei.nih.gov

National Heart, Lung, and Blood Institute (NHLBI)

The primary responsibility of the NHLBI is the scientific investigation of heart, blood vessel, lung, and blood diseases. The NHLBI Information Center responds to inquiries related to high blood pressure, cholesterol, asthma, heart attack, obesity, and sleep disorders. Public and patient education materials are available on numerous topics including cholesterol, high blood pressure, asthma, heart disease, physical activity, obesity, sleep disorders, stroke, and blood diseases. Clinical practice guidelines and other publications for health professionals are available on the above topics as well.

phone: (301) 592-8573

web: www.nhlbi.nih.gov

National Immunization Program (NIP)

The NIP is a part of the Centers for Disease Control and Prevention. As a disease-prevention program, NIP provides leadership for the planning, coordination, and conduct of immunization activities nationwide. Support and information is provided to health departments, health professionals, partners and the media.

English Hotline **Toll-free:** 1 (800) 232-2522

web: <http://www.cdc.gov/vaccines>

Spanish Hotline **Toll-free:** 1 (800) 232-0233

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

The NIDDK is part of the National Institutes of Health. They conduct and support biomedical research, disseminating research findings to the public. A variety of resources are available in easy-to read and Spanish formats through NIDDK's National Diabetes Information Clearinghouse (see above), and through their other programs and initiatives.

Toll-free: (800) 860-8747

web: www.niddk.nih.gov

phone: (301) 654-3327

National Institute on Aging (NIA)

The NIA is a branch of the National Institutes of Health. The NIA promotes healthy aging by conducting and supporting biomedical, social, and behavioral research and public education. Educational material topics cover specific diseases and health conditions, treatments, and research. Materials are for use by the general public, patients and family members, health professionals, voluntary and community organizations and the media.

Toll-free: 1 (800) 222-2225

web: www.nih.gov/nia

National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)

NKUDIC provides information about kidney and urologic diseases to the public, patients, and their families and health care professionals. A variety of educational materials and publications are available.

Toll-free: 1 (800) 891-5390

web: <http://kidney.niddk.nih.gov>

National Oral Health Information Clearinghouse (NOHIC)

The NOHIC serves as a resource for patients, health professionals, and the public who seek information on the oral health of special care patients. These include people with genetic or systemic disorders that compromise oral health, people whose medical treatment causes oral problems, and people with mental or physical disabilities that make dental hygiene difficult. A service of the National Institute of Dental and Craniofacial Research.

phone: (301) 496-4261

web: www.nidcr.nih.gov/HealthInformation/SpecialCareResources

Office of Minority Health (OMH) Resource Center

The OMH works to improve the health of racial and ethnic populations through the development of health policies and programs. OMH is the largest resource and referral service on minority health in the Nation. OMH offers information, publications, mailing lists, database searches, referrals, and more for African-American, Asian American, Hispanic/Latino, Native American/Alaska Native, and Pacific Islander populations. OMH-RC publishes the newsletters, Closing the Gap and Pocket Guide to Minority Health Resources.

Toll-free: 1 (800) 444-6472

web: www.omhrc.gov

Rural Information Center (RIC)

The Rural Information Center, part of the U.S. Department of Agriculture, provides information and referral services for rural communities, officials, organizations, and citizens.

Toll-free: 1 (800) 633-7701

web: www.nal.usda.gov/ric

GovBenefits.gov

GovBenefits.gov is a partnership of federal agencies with a shared vision — to provide improved, personalized access to government assistance programs. The goals of GovBenefits.gov are to use the Internet to connect citizens to government benefit program eligibility information; increase access to information, particularly for people with disabilities; reduce expense and difficulty of doing business with the government; and, continue to add programs to become the single source for federal, state, and local government benefit programs. The online screening tool is free, easy-to-use, and completely confidential.

Toll-free: (800) 333-4636

web: www.govbenefits.gov

**Medicare Preventive Services:
Diabetes Screening, Supplies, and Self Management Training**

Common questions can be answered here and links for further self-management information are collectively provided on this site.

Toll-free: 1 (800) 633- 4227

web: www.medicare.gov

DIABETES IN ALASKA

Sarah Palin, Governor
State of Alaska

Bill Hogan, Commissioner
Department of Health and Social Services

Alaska Diabetes Prevention and Control Program
Section of Chronic Disease Prevention and Health Promotion
Division of Public Health
3601 C Street, Suite 722
Anchorage, AK 99503

(907) 269-8035



www.hss.state.ak.us/dph/chronic/diabetes

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