

UNC General Internal Medicine Diabetes Management

Offering a Team Approach
to Controlling Your Diabetes

How Can You Get Involved?

We see patients who have General Medical doctors at either the UNC ACC, Chapel Hill North, or Chatham Crossing General Medicine Clinics.

If you are seen in one of these clinics, ask your doctor to refer you or call us directly. If you see a doctor in a different clinic, call us for more information.

Department of Medicine
Division of General Internal Medicine
5039 Old Clinic, CB # 7110
Chapel Hill, NC 27599-7110

Co-Directors:
Michael Pignone, MD, MPH
Robb Malone, PharmD, CDE, CPP

Office (919) 843-0391
Toll Free (866) 633-8002

A Patient's Story

Mr. Floyd "Buddy" Davis has been a patient of the Diabetes Program for the past six years and has seen his health improve greatly. He recalls when he first started the program, "They had doubts about ol' Buddy (back) then." These doubts were because Mr. Davis had high cholesterol, heart and kidney failure along with his diabetes.

Our program had close contact and concern for Mr. Davis' health. As a result, he gained control of his diabetes and decreased his risk of heart disease and stroke. Like Mr. Davis, our patients experience personalized care, and most see improvements in their overall health.

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Drs. Pignone and Malone meet with Mr. Davis.

**Looking for
Better Control
of Your
Diabetes?**



**UNC General
Internal Medicine
Diabetes
Management
Program**

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Your Diabetes

What is diabetes? How can it affect you?

Diabetes affects about 17 million Americans.

Even though there is no cure for diabetes, you can control the disease. Controlling diabetes means:

- keeping your blood sugars close to normal,
- watching what you eat,
- being active,
- and taking your medicines.

Taking good care of yourself will also require seeing your doctor and diabetes care team regularly.

If you control your blood sugars, you can keep diabetes from hurting your eyes, kidneys, and nerves.

In addition to controlling your blood sugars, you and your doctor must take care of your blood pressure and cholesterol levels. Your doctor may also prescribe medications that will decrease your chance of having a heart attack or stroke.



Dr. Robb Malone meets with a patient with diabetes.

What is the UNC General Internal Medicine Diabetes Management Program?

Our program works closely with your regular doctor. Because diabetes affects many areas of health, we offer a team approach to help you take care of your diabetes. Our team includes doctors, pharmacists, and nurse practitioners who see patients in one-on-one visits. We also have dietitians and nurses who see patients in one-on-one visits or in group classes.

Patients in our program who need more help are seen by our specially trained diabetes program assistants during visits with their regular doctor.

We like for patients enrolled in the program to call us on a regular basis. You can call whether you have a specific question, need a medication adjusted, or just want some feedback or new ideas on how to take better care of yourself. Our nutritionists, nurses, and program assistants are here to help you.

Our program works with you to meet your needs and to give you the best diabetes care available.

We have proven success in:

- Increasing patient knowledge about diabetes
- Increasing patient satisfaction with care
- Controlling blood sugar
- Lowering blood pressure
- Prescribing proven, lifesaving medications
- Decreasing medication cost
- Improving coordination of care