



### **Patients First Launches Diabetes and Nutrition Center**

Washington, MO, June 15, 2010 – A Diabetes and Nutrition Center has been opened at Patients First Health Care, Washington Campus. The Center is an important resource for all patients, providing education and support, weight management, and nutritional counseling.

Patients requiring diabetes education will receive an overview of the disease, individual nutritional counseling, and progress follow-up. Those requiring weight management and nutrition counseling will receive an individual nutritional assessment with meal planning and goal setting.

The qualified staff of the Patients First Diabetes and Nutrition Center consists of a nurse practitioner and registered dietitian who are both certified diabetes educators. Dana Hellebusch, RN, MSN, CDE, FNP, BC, Coordinator of the Diabetes and Nutrition Center, joined Patients First in 2007. She holds certification as an American Association Nurse Practitioner and an American Association Diabetes Educator, and most recently worked at Patients First Family Medicine in Pacific.

Joining Dana Hellebusch is Brenda Voss, RD, LD, CDE, who joined Patients First in May, 2010. Brenda Voss is a registered dietitian and certified diabetic educator. Brenda spent the past 10 years as an outpatient registered dietitian and educator at St. John's Mercy Hospital, Washington. She is also certified in Pediatric Weight Management.

Studies have shown that better educated diabetic patients regularly monitor their blood sugar levels, increasingly comply with prescribed therapy regimens, achieve lower A1c levels and live longer, healthier lives. In addition, nutrition counseling can be an important part of treatment programs for a variety of diseases and disorders, including cancer, heart disease and obesity.

The Patients First Diabetes and Nutrition Center is located on the 2<sup>nd</sup> floor of the Washington Campus building, adjacent to the company's Coumadin Clinic. Information about the Diabetes and Nutrition Center can be obtained by calling 636-390-1684.

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