



NOV 2021-JAN 2022

# QUARTERLY NEWSLETTER

VOLUME 2, EDITION 2

## November is American Diabetes Month

Diabetes is a disease that impairs your body's ability to properly process food to use as energy. Over 10% of Americans have diabetes, 21% of people who have diabetes are undiagnosed and over 34% have pre-diabetes, a condition if left untreated, that will lead to diabetes.

There are two main types of diabetes-type 1 and type 2. People with type 1 diabetes do not produce insulin which is needed to get glucose (sugar) from the bloodstream to cells. People with type 2 diabetes do not produce or utilize insulin properly. Both people with type 1 and type 2 diabetes can live long, healthy lives through living a lifestyle filled with exercise, a proper diet, and appropriate medications.

Type 1 diabetes is thought to be caused by an autoimmune reaction and currently, prevention strategies are unknown. However, type 2 diabetes can sometimes be prevented or delayed by living a healthy lifestyle.

*Lori Stambaugh, RN Project Director, Delta Grant*

## featured

November is Diabetes  
Awareness Month

Meet Janice Berryman, RN  
Care Coordinator with  
Hardeman County Medical  
Center

Success Story: 102 lbs in 6  
months!

Announcements



Janice Berryman  
RN Care Coordinator

**How long have you been with Hardeman County Medical Center?** 5 years

**What is the goal of your program?** To make sure each patient feels important & has the tools & education they need to have ongoing success in managing their chronic diseases.

**What does a typical day of Care Coordination look like for you?** I work closely with providers, review schedules, and look at labs, particularly pertaining to patients with diabetes & uncontrolled HA1C. I meet with those patients 1 on 1 for diabetes disease & dietary management education. I work closely with providers doing Case Management for chronically ill patients (i.e. arranging rehabilitation services, referring patients to specialists, arranging home health or hospice services, arranging for medical equipment to be delivered to patients & arranging private duty care for medically fragile children & adults, including writing letters of medical necessity for the providers.) I follow up with patients who have uncontrolled hypertension & document an ongoing care plan for each one. Whenever the opportunity arises, I teach classes at community organizations, such as the Senior Citizen Centers. Lastly, I work one day each week in both of our satellite clinics providing education to patients who have uncontrolled diabetes.

**What do you like most about your job?** Nurses like to feel good so I try to give every patient I am in contact with the tools, education, literature, and motivation for success. It's a win-win! The patient sees improvement and I experience a sense of fulfillment because I had the opportunity to be a part of their life-changing experience.

**Do you have any tips for anyone who has recently been diagnosed with Type 2 diabetes?**

There is no cure for diabetes, however, the disease is manageable and can be controlled. Keep it simple! Dietary management doesn't mean you have to give up enjoyable eating.

Find out more about all of our programs by visiting

[www.growwelltn.org](http://www.growwelltn.org)

## Who are we? Meet our Grow Well Partners



PARIS AND HENRY COUNTY  
HEALTHCARE FOUNDATION INC.



HARDEMAN COUNTY  
COMMUNITY HEALTH CENTER

HIC HENRY COUNTY  
MIC MEDICAL CENTER

Le Bonheur  
Children's Hospital



## a success story

*Janice Berryman, RN Care Coordinator*

In April of 2021, Anita Parks was seen in the Hardeman County clinic for a wellness check and to discuss her lab results. She was diagnosed as having pre-diabetes. The provider referred her for dietary management education-- learning about foods that would cause uncontrolled blood sugar and understanding how to limit these.

Ms. Parks was obese with underlying health issues making her very high risk for additional complications and the development of other chronic diseases. Our teaching session was very intense with her asking a lot of questions and stressing the fact, "I don't want to be diagnosed with diabetes and have to be on medication for the rest of my life." Ms. Parks stated she had tried many diets to lose weight, however, each time would fall off the wagon, return to bad eating habits, and then gain more weight. When this patient left our clinic, she left armed for success. She was motivated to lower her pre-diabetic HA1C, as well as lose weight.

Three months later she returned for her follow up visit. She stated she had followed the dietary instructions as she was taught and had completely changed her eating habits. She went on to say, "I feel so much better and I think I may have lost a little weight. My clothes do not feel as tight and I don't get so short of breath when I walk a distance." She stepped on the scale and lost a remarkable **62 pounds!** Additionally, her HA1C decreased to less than the pre-diabetes range. This patient was ecstatic!

I have followed up with Ms. Parks by phone to see how everything is going; I also drop by her home periodically to give her low carb, low fat recipes. She has thanked me numerous times, however, I am grateful to her for reminding me, as a health care professional, just how closely we are watched, how dependent a lot of people are on us, and that God places human lives in our hands each day.

This success story was written at the beginning of September 2021 and this same patient came for her three month follow up visit in October. She has dropped another 40 pounds--a total of **102 pounds in 6 months!**

What an inspiration to us all to prioritize our well-being and take action on our health.



*(left) Janice Berryman, (right) Anita Parks*

# ANNOUNCEMENTS

## Virtual Living Well with Chronic Conditions Class

Begins: Thursday, January 13 and will be every Thursday for six weeks, from 10am-Noon



To Participate Contact  
Lori Stambaugh (731-644-8269)  
or Tina Umstead (731-644-8215)

Watch us



on Youtube

## COVID-19 vaccines are now approved for those aged 5 and up!

Visit [www.vaccines.gov](http://www.vaccines.gov) to find a location near you. Call (731) 410-7008 to be connected to a Community Health Navigator in West Tennessee that can answer your questions and assist you in getting vaccinated.

