

We Are Here to Help



Dulce New Jersey Program Sites

NEWARK BETH ISRAEL MEDICAL CENTER
201 Lyons Avenue at Osborne Terrace
Newark, NJ 07112

SAINT MICHAEL'S MEDICAL CENTER
111 Central Avenue
Newark, NJ 07102

ST. JOSEPH'S REGIONAL MEDICAL CENTER
703 Main Street
Paterson, NJ 07503

For more information, ask a member of the clinic team or call: 609-275-4145



Improving Diabetes Management Across Communities



THE HEALTHCARE FOUNDATION OF NEW JERSEY
Founded by the Jewish Community

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760 Alexander Road, Princeton, NJ 08543-0001 www.njha.com

Control Your Diabetes Better

We Are Here to Help



Improving Diabetes Management Across Communities



What is Diabetes?

Diabetes is a serious illness that lasts a lifetime. It can be controlled, but not yet cured. With diabetes, something goes wrong with the normal process of turning food into energy. It causes blood sugar levels to be too high. Over time, high blood sugar levels are dangerous and affect the entire body, including eyes, heart, kidneys and feet. Uncontrolled diabetes can cause serious health problems, such as blindness, heart disease, kidney failure and nerve loss.

The good news is that when you take care of your diabetes, you can avoid these problems. By eating healthy foods, being active every day, staying at a healthy weight, taking your medicine and regularly checking your blood glucose, you can live a long and healthy life with diabetes.

Who Has Diabetes?

15.8 million people in the United States have diabetes. About 475,000 adults in New Jersey have diabetes - that's 7 percent of the state population. For minorities, the rate is much higher.

What is Dulce New Jersey?

The Dulce New Jersey program offers diabetes management services that meet the cultural needs of minority patients. The Dulce New Jersey team of professionals includes doctors, registered nurses, nutrition experts, specialists, certified diabetes educators and peer educators from your community. This team will work closely with you to create a plan for medication, nutrition and exercise that fits your needs. The patient is the most important team member with the Dulce New Jersey program. Your doctor or nurse will share information about your progress so that together you can make decisions about your diabetes care plan and successfully control your diabetes.



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Dulce New Jersey Services

Control your diabetes better by joining the Dulce New Jersey program. Services include:



- Regular clinic check-ups, nutrition counseling, lab work and visits to specialists
- Intense management of your care, monitoring your progress
- Free education and support classes, offered in English or Spanish by a trained educator from your community.

Family members are welcome to attend the classes too. These classes can help you:

- Learn more about diabetes and how to control it
- Work with your doctor/nurse in decisions about your care, medications and treatments
- Handle cultural concerns
- Set new goals for nutrition and get ideas for healthy meals
- Set new goals for physical activity and get ideas for fun and easy ways to exercise
- Meet others with diabetes for social support and sharing experiences.

Dulce New Jersey uses the Diabetes Among Friends™ curriculum and materials developed by the Whittier Institute for Diabetes in La Jolla, California.