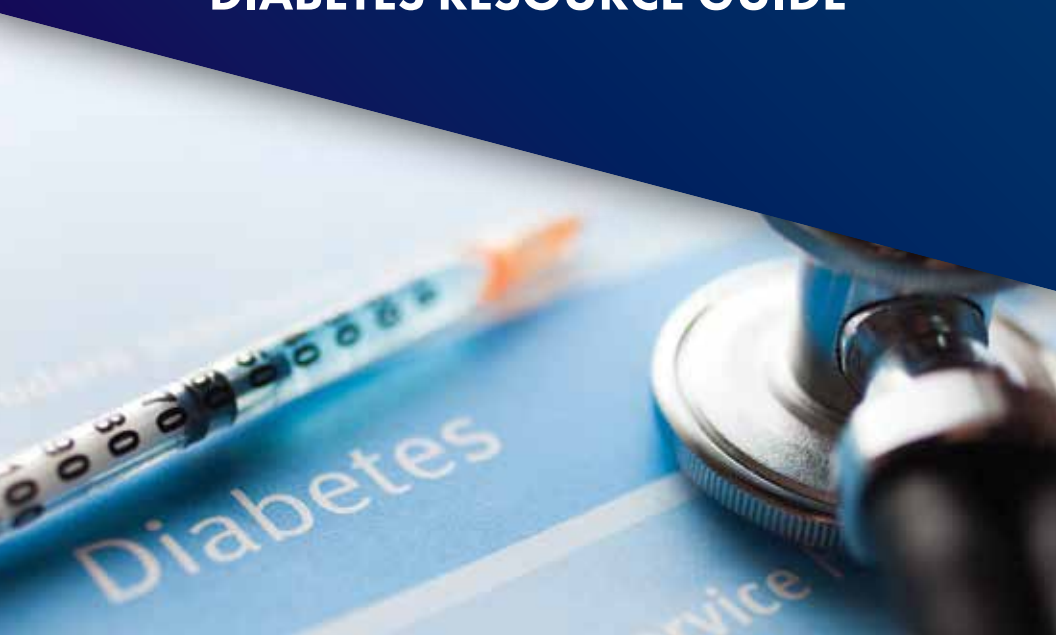




PURCHASE AREA DIABETES RESOURCE GUIDE





ARE YOU TURNING 65 OR NEW TO MEDICARE?



| Let's talk

Talk with your local, licensed sales agent today.



Bridgitt Oswalt

270-206-1949 (TTY: 711)

Monday – Friday

8 a.m. – 5 p.m.

[Humana.com/boswalt](https://www.humana.com/boswalt)

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Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to HumanaChoice RPP0: R0865-003

At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。

Y0040_GHHHXDEEN_19_M

Who We Are



Purchase Area Diabetes Connection is a coalition of health professionals and community members whose goal is to increase diabetes awareness and promote Diabetes Self-Management Education & Support and Diabetes Prevention Programs. Our Vision is to reduce the burden of diabetes in our community. If you are interested in being involved, please contact DeAnna Leonard at 270-444-9625, ext. 107 or dleonard@purchasehealth.org

Thank you to our partners who support this publication and events sponsored by the Purchase Area Diabetes Connection.

Anthem • Aetna • Humana
Passport • Baptist Health • Mercy Health
McCracken County Cooperative Extension Service

This resource was developed to assist people with diabetes or pre-diabetes and connect them to local resources for education and support. This may not be a complete listing of all services available. If you provide or are aware of other services not listed in this guide, please send information to DeAnna Leonard at 270-444-9625, ext. 107 or dleonard@purchasehealth.org.

Ballard County Resources

NUTRITION EDUCATION AND COOKING CLASSES

Ballard County Cooperative Extension Service – offers classes, information and recipes. Contact them at 270-665-9118.

PHARMACY AND MEDICAL EQUIPMENT

Sutton's Drugs – ADA Accredited Diabetes Education program with 2 Certified Diabetes Educators on staff offering support and education. Contact: 234 Broadway, LaCenter 270-665-5192.

Medcare Pharmacy & Home Medical – offers prescription services and medical equipment.
Wickliffe location: 270-335-3172

The logo for Sutton Drugs features the word "Sutton" in a large, dark blue, cursive script font. To the right of "Sutton", the word "DRUGS" is written in a smaller, dark blue, all-caps, sans-serif font.

American Diabetes Association Accredited Diabetes Education
Program with 2 Certified Diabetes Educators on Staff.

***COME SEE US FOR YOUR DIABETES
EDUCATION & PHARMACY NEEDS***

234 Broadway | LaCenter, KY 42056 | 270-665-5192

Ballard County Resources

DIABETES EDUCATION

Kentucky Care, Inc. – offers individual diabetes & nutrition education with a Registered Dietitian. Will accept Medicaid, insured and uninsured (sliding scale).

120 N. 4th Street, Barlow, KY 42024 | Ph: 270-349-6208

Purchase District Health Department – has Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.



Arlington
270-655-6151

MEDCARE
PHARMACY & HOME MEDICAL

"Neighbors Caring for Neighbors"



Hickman
270-236-2588

Wickliffe
270-335-3172

Fill your DIABETES
monthly medications
with us and receive



FREE
LANCETS
&
STRIPS



Calloway County Resources

DIABETES EDUCATION & MEDICAL NUTRITION THERAPY

Calloway County Health Department – offers Diabetes Self-Management Education and Support classes and Medical Nutrition Therapy with a Registered Dietitian. Call 270-753-3381 for information.

Kentucky Care – offers Medical Nutrition Therapy and individual diabetes education with a Registered Dietitian. Will accept Medicaid, insured and uninsured (sliding scale). Call 270-349-6208 for an appointment.

Murray-Calloway County Hospital – offers Medical Nutrition Therapy with a Registered Dietitian. Call 270-762-1348 for an appointment.

NUTRITION EDUCATION & COOKING CLASSES

Calloway County Cooperative Extension Service – offers Nutrition education and cooking classes. Visit the office for recipes and resources.

93 Extension Way, Murray, KY 42071 | Phone: (270) 753-1452



Carlisle County Resources

NUTRITION EDUCATION AND COOKING CLASSES

Carlisle County Cooperative Extension Service – offers classes on cooking healthy, gardening, recipes and so much more! Contact them at John Roberts Drive #B, Bardwell, KY; phone: 270-628-5458.

DIABETES EDUCATION

Kentucky Care – offers Medical Nutrition Therapy and individual diabetes education with a Registered Dietitian. Will accept Medicaid, insured and uninsured (sliding scale).

Clinic located at 75 East Court Street, Bardwell, KY 42023 | Call 270-349-6208

Purchase District Health Department – offers Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

PHARMACY AND MEDICAL EQUIPMENT

Medcare Pharmacy & Home Medical

165 Walnut Street; Arlington | 270-655-6151

LEARN TIPS TO REDUCE YOUR RISK FOR DIABETES COMPLICATIONS



Plan meals and
make healthy
food choices



Monitor yourself:
it's more than just
your blood sugar

Fulton County Resources

DIABETES & NUTRITION EDUCATION

Fulton County Extension Office – offers classes, information and recipes. Contact them at 270-236-2351.

Purchase District Health Department – offers Healthy Living with Diabetes classes in fall and spring.. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

PHARMACY AND MEDICAL EQUIPMENT

Medcare Pharmacy & Home Medical

2009 S. 7th Street, Hickman | 270-236-2588



DID YOU KNOW TYPE 2 DIABETES CAN BE PREVENTED?

Type 2 Diabetes does not occur overnight. High blood sugars can progress over many years until you reach diagnosed levels. Prediabetes occurs when blood sugars are high but not at the diagnosed levels of type 2 diabetes. The good news is if caught early, small steps can help prevent or delay type 2 diabetes. Diabetes Prevention Program can help you take those small steps to healthy lifestyle changes. Participants get support with 16 weekly meetings, then 6 monthly follow up meetings. One out of three American adults have prediabetes and many are unaware. See your healthcare provider for a screening.

Visit www.DolHaveDiabetes.org and take the Prediabetes risk test.



Arlington
270-655-6151

Hickman
270-238-2588

Wickliffe
270-335-3172

MEDCARE
PHARMACY & HOME MEDICAL

"Neighbors Caring for Neighbors"



WE OFFER PILL PACK

You don't have to worry about a thing!

We package your medication by time of day in a convenient weekly package!

**GO FROM
THIS**



We coordinate
with your doctors
and insurance to
gather your prescriptions
so all your refills
come due at the
same time!



TO THIS



- ✓ Customizable labels with your name, and medication
- ✓ Packaging for morning, noon, evening, and bedtime
- ✓ Perforated blister packs allow for specific intake times or taking medication on the go
- ✓ Color-coded by time of day so you know when to take your medicine
- ✓ Filled by your pharmacist so it eliminates worry of mixing up medications

Graves County Resources

DIABETES & NUTRITION EDUCATION

Graves County Health Department – offers the following

- Lifestyle change program – A nationally recognized program that offers an exciting series of 1 hour classes assisting individuals with making healthier lifestyle changes to prevent Type 2 diabetes.
- F.E.E.T. Program, a series of education sessions and home visits offered in collaboration with Licensed Diabetes Educator and Community Health Worker aiding in diabetes self-management awareness. Helps to manage life easier.
- Chronic Disease Self-Management Program – a series of workshops for people with diabetes and other chronic health related issues. Helps provide alternate ways to control pain and other symptoms.
- Nutrition Education with a Registered Dietitian

Call Riley Willett at 270-247-3553 Ext. 224 for information or go online at www.GravesCountyHealthDepartment.com

Jackson Purchase Medical Center, Diabetes Care Center – offers group classes and individual appointments with a physician referral. Cost is fee-for-service basis and may be covered by insurance. Call 270-251-4372 for more information. Accredited by the American Diabetes Association.

Kentucky Care, Inc. – offers individual Nutrition & Diabetes Education. Will accept Medicaid, insured and uninsured (sliding scale). For an appointment or more information call 270-349-6208. Mayfield: 211 S. 8th Street, Mayfield, KY 42066

Graves County Resources

NUTRITION EDUCATION & COOKING CLASSES

Graves County Cooperative Extension Service – offers Nutrition education and cooking classes. Visit the office for recipes and resources. 251 W. Housman St, Mayfield, KY 42066 | Phone: (270) 247-2334



DUNCAN
PRESCRIPTION CENTER

FREE IN-TOWN DELIVERY!

315 WEST BROADWAY • MAYFIELD, KY 42066 • 270-247-3345

Let us help you manage your Diabetes

At the Diabetes Center at Jackson Purchase Medical Center, our goal is to help you and your family understand and control your diabetes with education and treatment. Our specially-trained providers will make sure you know how your medications work, assist you in making lifestyle changes you can live with and explain what the numbers mean. We help you understand how important it is to:

- Eat healthy
- Lose weight
- Maintain a healthy blood pressure
- Stay active

As an American Diabetes Association recognized program, we are proud to have received certification for inpatient diabetes care by the Joint Commission – recognizing our efforts to help our community.

**Let us help you
with your diabetes
care. Contact us
at 270.251.4100**



**Jackson Purchase
Medical Center**

JacksonPurchase.com

1099 Medical Center Circle | Mayfield, KY 42066-1099

Graves County Resources

VETERAN'S PROGRAM

Medical Nutrition Therapy provided by **Department of Veterans Affairs** Registered Dietitians for Veterans enrolled in the Veteran Affairs healthcare system. Dietitians are located at the Mayfield and Paducah Community Based Outpatient Clinics and a Home Based program is also available if you meet the criteria for the program. Veterans enrolled may also participate in a Sit n'Fit class provided at the Paducah Community Outpatient Clinic on Tuesdays from 1100-1200. A Whole Health Program is also available for All Veterans if interested please contact your local Community Based Outpatient Clinic for more information.

Graves – 270-247-2455

McCracken – 1 866-274-5761 or 270-444-8465



Stone's Drug Store

Health Mart[®]
PHARMACY

414 South 9th Street • Mayfield, KY 42066

Phone: 270-247-3232 • Fax: 270-247-4285

**Retail Pharmacy • Oxygen
Full Line of Medical Equipment
Delivery Services**

Hickman County Resources

NUTRITION EDUCATION AND COOKING CLASSES

Hickman County Cooperative Extension Service has recipes, healthy living information and life skill classes for all ages! 329 James H. Phillips Drive, Clinton. Contact them at 270-628-5458.

DIABETES & NUTRITION EDUCATION

Purchase District Health Department – offers Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.



DIABETES SIGNS AND SYMPTOMS

Diabetes is an epidemic affecting 1 in 4 Americans. Some risk factors include family history, being overweight and inactive and gestational diabetes.

Symptoms of diabetes can many times go unnoticed. Watch for:

- increased thirst and hunger
- unexplained tiredness,
- going to the bathroom often
- sores that won't heal
- tingling/numbness in hands and feet.
- Blurry eyesight

See your healthcare provider if you have concerns.

Marshall County Resources

NUTRITION & HEALTH INFORMATION

Marshall County Cooperative Extension Service offers recipes, healthy lifestyle information and a variety of life skills classes and activities for the whole family. Contact them at (270) 527-3285.

Marshall County Health Department provides various community resources and services. Individual Nutrition Visits with Registered Dietitian. Call 270-527-1496 for more information/to schedule an appointment. www.MarshallCoHealthDepartment.com

SPECIALTY HEALTHCARE SERVICES

Marshall County Hospital Wound Clinic treats all wounds but specializes in slow or difficult to heal wounds. Patients can self-refer or have Healthcare Provider refer. Will see patients from surrounding counties. Contact: 270-906-9975 for more information.

WHY ATTEND DIABETES EDUCATION CLASSES?

Diabetes Education classes teach you how to manage your blood sugar, blood pressure, and cholesterol. Diabetes Educators can help you learn ways to reduce your risk for complications and support you in your diabetes management.

When do you need to see a diabetes educator?

- Newly diagnosed
- Annually
- Complications
- Changes in doctors
- Change in Medications

Want to learn more? Contact one of the diabetes education providers in this resource!

“.. it was a lifesaver!” “It is a disease, but you can take control of it with knowledge, and I’m not scared about it now that I understand it.”

- Linda, class participant

What is Neuropathy?

A loss of feeling or numbness in limbs caused by nerve damage that most commonly begins in the hands or feet. Peripheral Neuropathy is a major contributor to 90% of all foot ulcers.

Symptoms

- Gradual onset of numbness and tingling
- Burning or electric-like pain
- Extreme sensitivity to touch
- Sensation that feels like wearing gloves or socks

Have Regular Checkups

Foot problems develop quickly, so it is important to see your healthcare provider annually. Regular checkups are vital to help track blood flow and feeling in feet.

Get Regular Exercise

It improves blood flow while increasing foot flexibility and strength. Gentle exercise like walking or riding a stationary bicycle is best.

Recommendation:

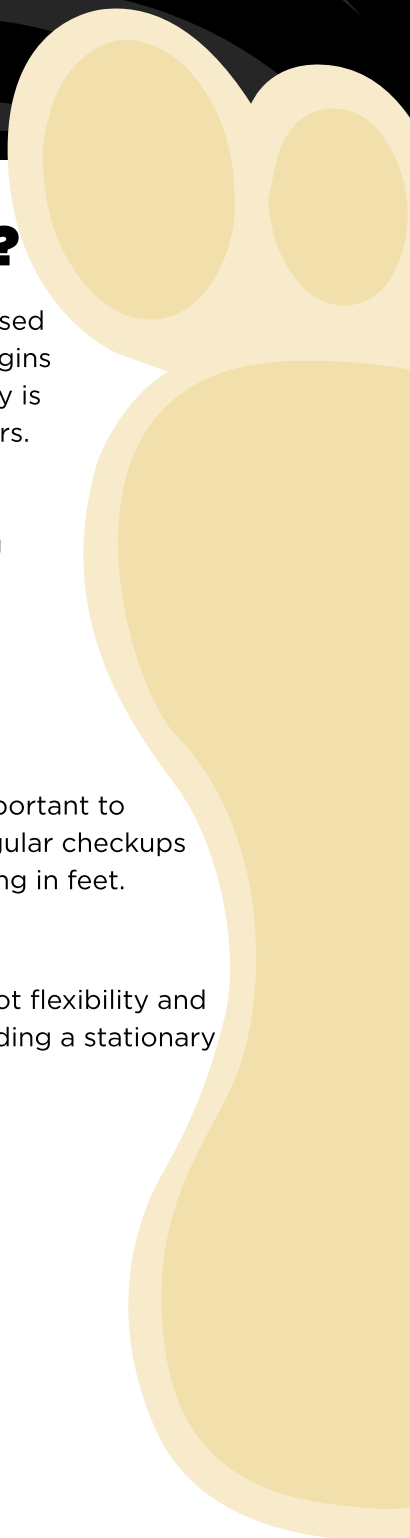
- ☐ Referral to Wound Center
- ☐ Contact your Physician or Podiatrist

For more information, please call:

270.906.9975

615 Old Symsonia Road
Benton, KY 42025

www.marshallcountyhospital.org



McCracken County Resources

DIABETES EDUCATION

Baptist Health provides Diabetes Education with Doctor referral. Call 1-270-575-2282 for more information and to sign up.

Kentucky Care provides individual nutrition and diabetes education with MD referral. Call 270-349-6208 for appointment.

Purchase District Health Department has Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

NUTRITION EDUCATION

Baptist Health will accept with an MD referral and will accept Medicaid. Call 1-270-575-2662, extension 2639 for appointment and details.

Cheri Ford, RD, LD, CDE, accepts private and Medicare insurance. Call 270-205-0562. Primary Care Provider can fax referral to 1-866-729-0453.

Kentucky Care - Provides individual nutrition and diabetes education with MD referral. Will accept Medicaid, insured and uninsured (sliding scale). For an appointment, call 270-349-6208. Multiple locations available:

Paducah: 125 S. 20th St., Paducah, KY 42001 (Kentucky Ave.)

Paducah: 3240 Irvin Cobb Drive, Paducah, KY (Southside)

McCracken County Resources

DID YOU KNOW?



9 **OUT OF** 10

people with prediabetes
do not know they have it


Jenny's
REFLEXOLOGY AND MASSAGE
4965 Village Square Dr. Ste. E
Paducah KY 42001
270.415.3444
TEXT 270.994.0742
www.jennysdayspa.com

2 Hour Session
which includes a HOT STONE massage,
scalp massage, YL Oils, Heat Packs
an ION Foot Detox with Reflexology
and steamed peppermint towels.
\$109 (reg. price \$135)



BAPTIST HEALTH®

PADUCAH

LIFE WITH DIABETES EDUCATION CLASSES
CERTIFIED DIABETES EDUCATOR

270-575-2282

McCracken County Resources

PRESCRIPTION AND MEDICAL EQUIPMENT

Davis Drugs offers pharmacy, durable medical equipment, home health aids, vaccinations and friendly customer service with a smile! Located at 250 Lone Oak Road, Paducah, KY, ph 270-442-1442.

Medcare Home Medical offers medical equipment and diabetic shoes, 2800 Clark Street, 270-448-2273.

PRESCRIPTION AND MEDICAL NEEDS ASSISTANCE

Heart USA - part of the Prescription Assistance Program, volunteers can help complete forms necessary for medication assistance and durable medical equipment. Serves all counties. Open Monday – Friday behind Lourdes Hospital Hospice Building. Call before you come. 270-538-5820.

LEARN TIPS TO REDUCE YOUR RISK FOR DIABETES COMPLICATIONS



Stay
active



Take your
medications



Quit
smoking



**Medication
Durable Medical Equipment
Home Health Aids
Vaccinations**

**Friendly Customer Service
with a Smile!**

250 Lone Oak Rd. • Paducah, KY 42001 • 270-443-1442

McCracken County Resources

DIABETES EVENTS

Diabetes Expo - Usually the 4th Saturday in October in Paducah. Free event for community with information booths, free health screenings and special speaker. Contact 270-444-9625, ext. 107 for more information.

JDRF Walk to Cure Diabetes Noble Park, Paducah; August 24th. Teams & Individuals can register at www.jdrf.org.

VETERAN'S PROGRAM

See Graves County.

Conveniently located one block from Baptist Health, Paducah

MEDCARE
HOME MEDICAL

2800 Clark St.
270-448-2273

"Neighbors Caring for Neighbors"

8:30 - 5:00 Mon - Fri

STYLE, COMFORT and QUALITY
in the therapeutic/diabetic shoe industry

Dr. Comfort

Medicare & Insurance Covered

VISIT OUR CERTIFIED FITTERS

The advertisement for Medcare Home Medical features a collection of various styles of therapeutic shoes, including loafers, sneakers, and casual shoes in different colors like brown, black, tan, and pink. In the center, there is a logo for "Dr. Comfort" inside a blue cloud-like shape. Below the logo, it says "Medicare & Insurance Covered" with small dollar signs on either side. The entire ad is framed by a blue border with white text at the top and bottom.

Additional Resources

BUILDING A DIABETES DISASTER SUPPLY KIT

Supplies should last for 2 weeks

Basic Supplies

- ☐ Water
- ☐ Food
- ☐ First Aid supplies
- ☐ Clothing and bedding
- ☐ Battery powered weather radio & flashlight
- ☐ Extra batteries
- ☐ Important documents
- ☐ Cash/Credit Cards

Diabetes Supplies

- ☐ Fanny pack for medications/testing supplies — insulated bag (if no refrigerator available)
- ☐ Blood glucose meter with extra lancets and test strips
- ☐ Medications including insulin/supplies in original containers or the prescriptions.
- ☐ Glucagon Emergency Kit
- ☐ Foods to treat hypoglycemia — Glucose tabs/gels, juice, hard candies, regular sodas
- ☐ Comfortable footwear



Additional Resources

ARE YOU AT RISK FOR TYPE 2 DIABETES?

WRITE YOUR SCORE IN THE BOX.

1. How old are you?
Less than 40 years (0 points)
40-49 years (1 point)
50-59 years (2 points)
60 years or older (3 points)

2. Are you a man or a woman?
Man (1 point) Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?
Yes (1 point) No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?
Yes (1 point) No (0 points)

5. Have you ever been diagnosed with high blood pressure?
Yes (1 point) No (0 points)

6. Are you physically active?
Yes (0 points) No (1 point)

7. What is your weight category?
See chart at right.

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP YOUR SCORE.

1 point	2 points	3 points
---------	----------	----------

If you weigh less than the amount in the left column: **0 points**

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.

Original algorithm was validated without gestational diabetes as part of the model.

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at **diabetes.org/risktest** or call **1-800-DIABETES (800-342-2383)**.



Additional Resources

Aetna Better Health of Kentucky

1-855-300-5528 (TTY 711) or TDD: 1-800-627-4702

www.aetnabetterhealth.com/kentucky

Anthem Medicaid

1-855-690-7784 (TTY 711) | <https://mss.anthem.com/ky>

Humana Caresource® proudly serves Kentucky Medicaid members in the Commonwealth

Passport Health Plan

Diabetes Support program for members 1-877-903-0082

www.passorthealthplan.com

Wellcare

1-877-389-9457 (TTY 1-877-247-6272) Care/disease management programs, Healthy rewards program, and the new Wellcare Works program.

www.wellcare.com/Kentucky

American Diabetes Association

diabetes risk test, information on managing diabetes with sample menus and resources.

www.diabetes.org

Need a Diabetes Resource?

Kentucky Diabetes Resource Directory

<https://prd.chfs.ky.gov/KYDiabetesResources/>

ABOUT US

Four Rivers Clinical Research, Inc. was founded in 1994 and is based in Paducah, Ky. Our mission is to perform state of the art clinical research with the highest levels of excellence and integrity. In doing so, we will contribute to the development of novel, safe and effective therapies which will advance the quality of patient care in our region and beyond.



Do you, or does someone you love, suffer from Diabetes?

Participants in our studies may:

- Receive high quality study-related medical care at no cost
- Participate in studies that utilize new investigational treatment therapies
- Help advance science, which in turn will help countless others with the same illness

"The staff are extremely friendly and have become like family, so I always look forward to my visits."

-Steve B., Murray, KY



Lourdes Medical Pavilion
225 Medical Center Dr.
Suite 305
Paducah, KY 42003



We know you are looking for answers.

We are too.

18th Annual



DIABETES EXPO

Saturday, October 26th 8:30-12:00
McCracken County Extension Office,
2025 New Holt Road, Paducah

FREE ADMISSION,
HEALTH SCREENINGS,
INFORMATION AND RECIPES!

SCHEDULED SPEAKERS:

Dr. Michael Watson, DO

Dr. Laurie Bellew

FOR MORE INFORMATION:
DEANNA LEONARD 270-444-9625 X 107
OR DLEONARD@PURCHASEHEALTH.ORG