

About Us



Linda Klejch, Registered Dietitian and Certified Diabetes Educator, is available for inpatient and outpatient services for nutrition screening, assessment, and education. Any outpatient consult must have a provider referral. All education sessions are provided on an individual basis. Any patient needing help with diabetes management, weight loss or special diet restrictions, such as gluten free, low salt, heart healthy, eating disorders, and obesity can request a medical nutrition therapy consultation.

Any patient attending LCHC's Cardiac and Pulmonary Rehab program will also receive individual counseling as part of the rehab therapy. We encourage a spouse, caregiver or other family member to attend these consultations as well.

Contact Us



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www.lchcia.com

Diabetes Education



LUCAS COUNTY
HEALTH Hc CENTER

An Affiliate of  UnityPoint Health

www.lchcia.com

Diabetes Education

Your diabetes care team is composed of your healthcare provider and a licensed dietitian. They will help you better control your diabetes through education, including:

- The diabetes disease process and treatment options
- Introducing healthy nutrition into your lifestyle
- Adding physical activity
- Using medication safely and effectively
- Self blood glucose testing and the ability to use the results in the day-to-day management of your diabetes
- Preventing, detecting, and treating active and chronic complications
- Developing personal strategies to address psychosocial issues and concerns
- Creating a personal plan to promote health

Medical follow-up by your health provider is encouraged during this program to help you continue to manage your diabetes. Taking a more active role in the control of your diabetes can lead to a healthier lifestyle and fewer diabetes-related complications.

Managing Diabetes

Educating Yourself

Learn more about nutrition, exercise medications, monitoring, and more when you take advantage of our nationally recognized diabetes self-management program.

Check Your Blood Sugar

Find out how well you manage your diabetes by testing your blood glucose and tracking your readings. Share your records when you visit your provider to discover what's working or what might need changed.

Plan Your Diet

Regulate your blood sugar levels more effectively by eating a proper, healthy diet that follows these guidelines:

- Eat in moderation
- Eat on a set schedule
- Include plenty of vegetables, fruits, and grains
- Use sugar, salt, and sodium in moderation
- Avoid foods with high levels of fat, saturated fat, and cholesterol

Get Physically Fit

Regular exercise helps you handle the daily aspects of living with diabetes.

Manage Your Stress

Managing your stress successfully will keep your blood sugar levels more stable. Join LCHC's Diabetes Support Group and chat with people who share the same struggles.

FAQs

Do I need to have a provider referral to attend diabetes education?

We require a referral from your healthcare provider. Additionally, most insurance plans require your provider's referral as well.

Is there a charge for the program?

Yes, there is a charge for individual sessions, however most insurance programs cover diabetes self-management training and nutrition counseling. Contact your insurance provider to find out if you are covered for Diabetes Self-Management Education (DSME) and nutrition therapy.

Can I bring someone with me?

Yes! In fact we encourage you to bring a family member, friend, or caregiver with you to sessions.