

2019

# Diabetes Resource Guide

## 8<sup>th</sup> Edition



# Diabetes Resource Guide

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### Where to Find Diabetes Care, Education, & Support Services in or near Southern Illinois

Developed by the Diabetes Today Resource Team  
Last Updated January 2019



This guide was created as a resource to help southern Illinois residents to more effectively manage diabetes to reduce complications. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact your life. The American Diabetes Association reports that 29.1 million people in the United States have diabetes. You are not alone, and there are people who can help.

This guide was created to help you reduce your risk of diabetes or help you manage your diabetes. Resources in this guide are for communities served by Egyptian Health Department, Franklin-Williamson Bi-County Health Department, Jackson County Health Department, Perry County Health Department, and Southern Seven Health Department.

***The information in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or if you have diabetes, consult with your doctor or health care professional.***

***We are not necessarily endorsing or recommending specific providers listed in this guide. They are listed as possible places for you to contact.***

***If you have updates to the resource guide, please contact Jackson County Health Department, 618-684-3143, ext. 133 or 134.***

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# Diabetes Overview

## What is Diabetes?

Diabetes is a disease in which the body does not make or properly use insulin. Insulin helps the body use energy from food you eat. Diabetes cannot be cured but it can be treated and controlled.

## What are the Complications of Uncontrolled Diabetes?

Complications resulting from uncontrolled diabetes include; eye, foot and skin complications, heart disease, kidney disease, nerve damage, dental problems, and depression. Complications like these can often be prevented or delayed through proper diabetes management and healthy lifestyle changes.

## What are the Types of Diabetes?

**Type 1 Diabetes:** the body no longer makes insulin. (5-10% of cases)

**Type 2 Diabetes:** the body's cells do not use insulin properly. Sometimes this is called "Insulin Resistance" (90-95% of cases). It is a progressive disease and insulin may be necessary.

**Gestational Diabetes:** A form of diabetes first diagnosed during pregnancy. Usually goes away after pregnancy ends. Increased risk for developing Type 2 in future.

**Pre-Diabetes:** a condition that occurs when a person's blood glucose (blood sugar) levels are higher than normal, but not high enough for a diagnosis of Type 2 diabetes. Lifestyle changes may prevent progression to a diabetes diagnosis.

## You are at greater risk of becoming diabetic (Type 2 or Pre-Diabetic) if you:

- ❖ Are overweight or obese (Body Mass Index over 25)
- ❖ Have a family history of diabetes
- ❖ Are over age 60
- ❖ Are Latino, African American, Asian American, Native American, Hawaiian or other Pacific Islanders origin
- ❖ Had a baby that weighed over 9 lbs. at birth
- ❖ Live a sedentary/inactive lifestyle
- ❖ Have high blood pressure
- ❖ Have high blood cholesterol levels

## The following are symptoms you may experience if you are living with diabetes:

- |                                    |                                  |
|------------------------------------|----------------------------------|
| ❖ Increased frequency of urination | ❖ More frequent infections       |
| ❖ Dry mouth or skin                | ❖ Slow healing of cuts and sores |
| ❖ Tiredness or fatigue             | ❖ Unexplained weight loss        |
| ❖ Blurred vision                   |                                  |

**SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT.**

**One out of every three people with diabetes is not aware that they have it.**

**If you have these symptoms get tested.**

Reference: American Diabetes Association

## Getting Tested?



Talk with your health care provider. It is important that you find a medical home/primary care provider if you do not have one. You should also look for someone who has an interest and specialized training in treating patients with diabetes.

A fasting\* blood glucose (blood sugar) test or Oral Glucose Tolerance Test (blood glucose is measured after a fast and then 2 hours after drinking a high glucose beverage) may be used to test for pre-diabetes or diabetes.

The blood glucose test measures the amount of glucose (sugar) in the blood at one point in time. A hemoglobin (A1C) test indicates the blood glucose (sugar) level over time and is frequently used to indicate how well the diabetes is being controlled.

### Test Results: What do they mean?

**Pre-Diabetes:** a fasting\* blood glucose level of 100-125 mg/dl or a two-hour blood glucose level between 140 and 199 mg/dl., or a Hemoglobin A1C (A1C) of 5.7% – 6.4%.

**Diabetes:** a fasting blood glucose level of 126mg/dl or higher or a two-hour blood glucose level at 200 mg/dl or higher during a 2 hour glucose tolerance test, or a Hemoglobin A1C (A1C) higher than 6.5%.

\*Fasting is defined as no food or beverages for at least 8 hours.

*SOURCE: American Diabetes Association Standards of Medical Care 33 (Supplemental1):S11-S61, 2010.*

# Managing Diabetes

If you have been diagnosed with diabetes, here are some questions to ask your health care provider as well as some steps to help you in managing your diabetes.

## When you see your health care provider, ask the following questions at each visit:

- ☐ How is my hemoglobin A1C?
  - What is my target A1C number?
  - When do I need to test it again?
- ☐ How is my Blood Pressure?
  - What is my target blood pressure number?
- ☐ How is my Cholesterol?
  - What is my target cholesterol number?
- ☐ Do I need an eye exam?
- ☐ Are there any other screenings I may need?
- ☐ Where can I attend diabetes education classes?
- ☐ Will you check my feet today?
- ☐ Are there support groups available for persons living with diabetes?

## Tests you will need. Discuss these with your health care provider:

- ☐ Hemoglobin A1C (at least twice a year, and sometimes more often.)
- ☐ Blood pressure (every visit with your healthcare provider)
- ☐ Blood Cholesterol (once a year)
- ☐ Micro albumin to test kidneys (once a year)
- ☐ Dilated Eye Exam (once a year)
- ☐ Foot Exam (once a year)
- ☐ Dental Exam (twice a year)

## Make sure to practice routine self-care:

- ☐ Check your blood glucose (blood sugar).
- ☐ Exercise.
- ☐ Follow a healthy meal plan.
- ☐ Take care of your heart.
- ☐ Take your medicine.
- ☐ Take care of your feet.
- ☐ Take care of your teeth.
- ☐ Manage stress.
- ☐ Create an action plan to stay healthy.

**For more information on managing your diabetes refer to the booklet “Live your Life! Control your Diabetes.” If you have not yet received a copy, ask your health care provider or call Jackson County Health Department at (618) 684-3143, ext. 133 or Southern Seven Health Department (618) 634-2297 to obtain a free copy.**

## **Certified Diabetes Educators/Registered Dietitians**

These health professionals are specially trained to work with diabetics and to provide guidance on diabetes management.

### **American Association of Diabetes Educators**

**Address:** 200 W. Madison St., Suite 800, Chicago, IL 60606

**Phone:** 800.338.3633

**Website:** [www.diabeteseducator.org](http://www.diabeteseducator.org)

*(This link helps you find a certified diabetes educator in your area.)*

### **National Certification Board for Diabetes Education**

**Address:** 330 East Algonquin Road, Suite 4, Arlington Heights, IL 6005

**Phone:** 1.877.239.3233 or 847.228.9795

**Website:** [www.ncbde.org](http://www.ncbde.org)

*(This link helps you find a certified diabetes educator in your area.)*

### **Statewide: Illinois Department of Public Health**

#### **Cara Barnett, NPH**

Diabetes Program Manager

**Address:** 535 W. Jefferson St., Springfield, IL 62761

**Phone:** 217.785.1060

**Email:** [cara.barnett@illinois.gov](mailto:cara.barnett@illinois.gov)

**Alexander County** - Check "Surrounding Area" section or other counties listed.

### **Franklin County**

#### **Elizabeth Michaels, MS, RDN, LDN, CDE**

Christopher Rural Health Planning Corporation

**Address:** 4241 State Highway 14 West, Christopher, IL 62822

**Phone:** 618.724.2401 or 1.800.408.7351

**Fax:** 618.724.2474

*Offers diabetic counseling to individuals, provides basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. **Physician referral is needed.** Accepts insurance and private pay.*

### **Hardin County**

#### **Hardin County General Hospital and Clinic**

**Address:** PO Box 2467, 6 Ferrell Rd., Rosiclare, IL 62982

**Phone:** 618.285.6634

**Fax:** 618.285.3564

*We have a Licensed Dietitian Nutritionist who is available one day a month to in-patients and out-patients. For an appointment to see a dietitian or for more information, call 618.285.6634 ext. 306.*



## **Jackson County**

### **Jan Danely, MS, RD, LDN**

Southern Illinois Healthcare - Memorial Hospital of Carbondale

**Address:** 405 W. Jackson St, Carbondale, IL 62901

**Phone:** 618.549.0721 ext. 65226

### **Amy Hicks, BSN, RN**

Diabetes Nurse Navigator - SIH - Memorial Hospital of Carbondale

**Address:** 405 W. Jackson St., Carbondale, IL 62901

**Phone:** 618.549.0721 ext. 65626

**Email:** amy.hicks@sih.net

### **Nicole Lence, MS, RD, LDN**

Southern Illinois Healthcare - Memorial Hospital of Carbondale

**Address:** 405 W. Jackson St., Carbondale, IL 62901

**Phone:** 618.549.0721 ext. 65227

### **Debra Newbolds, MSN, RN, CDE, BC-ADM**

Southern Illinois Healthcare - Memorial Hospital of Carbondale

**Address:** 405 W. Jackson St., Carbondale, IL 62901

**Phone:** 618.549.0721 ext. 65616

**Email:** debra.newbolds@sih.net

*Program coordinator for the Thrive Diabetes Self-Management Program (An accredited American Association of Diabetes Educators program.) Also offers diabetic counseling to individuals, basic diabetes education, training on blood sugar testing, nutrition education, and group education classes. **Physician referral is needed.** Provides insulin self-administration training, instruction based on AADE 7 Self-Care Behaviors. Newbolds is a certified insulin pump trainer for Animas, Medtronic, Omni Pod and Spirit. Accepts insurance and private pay. Health Care Financial Assistance program is also available. Go to [www.sih.net](http://www.sih.net) for more information or call hospital billing department for information.*

### **Micah Pierce, MS, RD, LDN**

Southern Illinois Healthcare - Memorial Hospital of Carbondale

**Address:** 405 W. Jackson St., Carbondale, IL 62902

**Phone:** 618.549.0721 ext. 64537

### **Lori Trentacosti, MS, RD, LD, CDE**

SIU Student Health Programs Wellness Center

**Address :** 374 E. Grand Ave., Carbondale, IL 62901

**Phone:** 618.453.3311 ext. 34080

**Website:** [www.shc.siu.edu](http://www.shc.siu.edu)

*Services available to SIU students only. The \$6.00 door fee can be charged to students' bursar account. Offers diabetic counseling, provides basic diabetes education, nutrition education, and group education classes. Physician referral is needed.*

**Cynthia York-Camden MS, RD, LDN**

SI Nutrition & Diabetes

**Address:** 1032 W. Industrial Park Rd., Murphysboro, IL, 62966

**Phone:** 618.967.9535

**Fax:** 618.565.1701

**Email:** Cynthia@sinutrition.com

*Cindy is your personal dietitian nutritionist in Southern Illinois for diabetes, weight loss, and kidney disease. Flexible appointment times available to fit your schedule. Individual and group services. Medicare and most insurances accepted with doctor referral.*

**Jefferson County**

**Bradley Miller, MS, RD**

Crossroads Community Hospital

**Address:** 8 Doctors Park Rd., Mt. Vernon, IL 62864

**Phone:** 618.244-5500

**Email:** bmiller@hhs1.com

**Johnson County** - Check "Surrounding Area" section or other counties listed.

**Massac County** - Check "Surrounding Area" section or other counties listed.

**Perry County**

**Kristina Juelfs, RD**

Pinckneyville Community Hospital

**Address:** 5383 State Route 154, Pinckneyville, IL 62274

**Phone:** 618.357.5936

*Offers nutrition counseling to individuals with diabetes and other medical conditions. Physician referral is needed. Accepts insurance and private pay fees.*

**Janet Morrison, RN**

Pinckneyville Community Hospital

**Address:** 5383 State Route 154, Pinckneyville, IL 62274

**Phone:** 618.357.5958

*Offers diabetes education to individuals. Physician referral is needed.*

**Pope County** - Check "Surrounding Area" section or other counties listed.

**Pulaski County** - Check "Surrounding Area" section or other counties listed.

## **Randolph County**

### **Barb Brown, RD, LDN**

Sparta Community Hospital

**Address:** 818 East Broadway St., Sparta, IL 62286

**Phone:** 618.443.2177 ext. 1435

**Email:** barb@spartahospital.com

*Offers diabetic counseling to individuals, provides basic diabetes education and nutrition education. Physician referral is NOT needed. Call for details regarding billing.*

### **Melissa Soellner, RD, CDE, ACSM Certified Exercise Specialist**

Memorial Hospital

**Address:** 1900 State St., Chester, IL 62233

**Phone:** 618.861.6367

**Email:** msoellner@mhchester.com

**Website:** www.mhchester.com

*Individual diabetes education/nutrition counseling for a variety of medical conditions and group education through our AADE-accredited Thrive with Diabetes Self-Management Training Program. Physician referral with diagnosis is needed. Medicare provider, accepts private insurance & private pay fees. Monthly support group is free.*

## **Saline County**

### **Debbie Hearn, RD/LD**

Harrisburg Medical Center

**Address:** 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946

**Phone:** 618.253.0462

**Email:** dhearn@harrisburgmc.com

**Website:** www.harrisburgmc.com

*Need referral from doctor.*

### **Danielle Hudak, CDE**

Ferrell Hospital

**Address:** 1201 Pine St., Eldorado, IL 62930

**Phone:** 618.273.3361

**Email:** dhudak@ferrellhospital.org

**Website:** www.ferrellhosp.org

*Need referral from doctor.*

### **Cindy Lessen, RD**

Ferrell Hospital

**Address:** 1201 Pine St., Eldorado, IL 62930

**Phone:** 618.273.3361

**Hours:** M, W, F mornings

**Email:** ihavfaith4@yahoo.com

**Website:** www.ferrellhosp.org

*Need referral from doctor.*

**Union County** - Check "Surrounding Area" section or other counties listed.

## **Williamson County**

### **Marie Funk, RD, LD**

Shawnee Health Care, Carbondale, Carterville, Marion, & Murphysboro

**Address:** 1006 S. Division St., Carterville, IL 62918 (see website for other addresses)

**Phone:** 618.519.9200

**Fax:** 618.687.4053

**Website:** www.shawneehealth.com

### **Megan Hall, RD, LDN**

Southern Illinois Healthcare - Herrin Hospital

**Address:** 201 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.942.2171 ext. 35215

**Email:** megan.hall@sih.net

### **Heather Holden-Burns, RD, CDE, M.Ed.**

Diabetes and Endocrine of Southern Illinois

**Address:** 3020 S. Park Ave., Herrin, IL 62948

**Phone:** 618.988.1877

**Email:** hshouston5315@yahoo.com

*Offers diabetic counseling to individuals, provides basic diabetes & nutrition education, group education classes, training on testing blood sugar & basic information on using insulin pumps. Certified pump trainer for Medtronic, Animas, and Omnipod. Physician referral is needed. Accepts insurance and private pay fees.*

### **Melaina Lane, MS, RD, LCD, CDE**

Department of Veterans Affairs Medical Center

**Address:** 1301 Enterprise Way, Marion, IL 62959

**Phone:** 618.964.0946

**Email:** melaina.lane@va.gov

VA/DoD Clinical Practice Guide: [www.healthquality.va.gov/guidelines/cd/diabetes](http://www.healthquality.va.gov/guidelines/cd/diabetes)

*Diabetic counseling to individuals, basic diabetes & nutrition education, and training on blood sugar testing. Teaches the Sit N Fit course to the veteran population twice weekly.*

### **Jenna Larkin RD, LDN, CDE**

Southern Illinois Healthcare - Herrin Hospital

**Address:** 201 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.942.2171 ext. 35319

### **Cheryl Metheny, MS, RD, LDN, CDE, CLC**

Illinois Dept. of Human Services

**Address:** 1107 W. De Young St., Marion, IL 62959

**Phone:** 618.993.7493

**Email:** cheryl.metheny@illinois.gov

**Crystal Middleton, MS, RD, LDN**

Southern Illinois Healthcare - Herrin Hospital

**Address:** 201 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.942.2171 ext. 35120

**Email:** crystal.middleton@sih.net

**Bradley Miller, MS, RD**

Heartland Regional Medical Center

**Address:** 3333 W. DeYoung St., Marion, IL 62959

**Phone:** 618.998.7050

**Fax:** 618.998.7098

**Email:** bmiller@hhs1.com

*Provides nutrition education and counseling for diabetes, weight loss, and many other medical conditions. Physician referral needed for individual appointment.*

**Julie Moses, RD**

Heartland Regional Medical Center

**Address:** 3333 W. DeYoung St. Marion, IL 62959

**Phone:** 618.998.7050

**Lisa Nation, BSN, RN, CDE**

Diabetes Nurse Navigator - Southern Illinois Healthcare - Herrin Hospital

**Address:** 201 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.988.6106

**Email:** lisa.nation@sih.net

Certified Diabetes Educator, located at Herrin Hospital, associated with the accredited Southern Illinois Healthcare Diabetes Education Program. Provides individual and group diabetes education training and counseling using the AADE7 principles: Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Healthy Coping, and Reducing Risks. Physician referral required. Support for diabetes technology including insulin pumps and continuous glucose monitoring systems.

Accreditation means that Medicare and other insurance companies cover the services. Billing and financial arrangements occur through the hospital.

**Gail Peterman, RD, LDN, CDE**

Shawnee Health Care, Carterville

**Address:** 1006 S. Division St., Carterville, IL 62918

**Phone:** 618.519.9200

**Website:** www.shawneehealth.com

*Works with patients of Shawnee Health Service only.*

**Dustin Solomon, MS, RD, LDN**

Southern Illinois Healthcare - Herrin Hospital

**Address:** 201 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.942.2171 ext. 35443

**Amy Stout, MSN, RN, CDE, BC-ADM**

Southern Illinois Healthcare - Herrin Hospital

**Address:** 201 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.988.6106

**Email:** amy.stout@sih.net

*Certified Diabetes Educator, located at Herrin Hospital, associated with the Southern Illinois Healthcare accredited outpatient diabetes education program. Provides individual and group diabetes education training and counseling using the AADE7 principles: Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Healthy Coping, and Reducing Risks. Special focus on insulin and insulin delivery devices. Physician Referral required. Accreditation means that Medicare covers diabetes education. Billing and financial arrangements occur through the hospital.*

**Surrounding Area-Kentucky**

**Crystalyn Carter, MNT**

Dietitian- Livingston Hospital and Healthcare Services, Inc.

**Address:** 131 Hospital Dr., Salem, KY 42078

**Phone:** 270.988.2299

**Fax:** 270.988.3900

**Website:** www.lhhs.org

**Kathy West, RN, CDE, MLDE**

Baptist Health Paducah

**Address:** 2501 Kentucky Ave., Paducah, KY 42003

**Phone:** 270.575.2282

**Website:** www.westernbaptist.com

**Kerri Hayden, MS, RD, LD, CDE**

Mayfield VA Medical Center *(For veterans only)*

**Address:** 1253 Paris Road, Suite A, Mayfield, KY 42066

**Phone:** 618.694.5934

**Leslie Hughes, RD**

Birk Grove Life Center

**Address:** 5150 Village Square Dr., Paducah, KY 42001

**Phone:** 270.443.9352

**Email:** info@birkgrove.com

**Surrounding Area-Missouri**

**Sandra Bollinger, PharmD, CGP, CDE, RPh, FASCP**

Health Priorities, Inc.

**Address:** 808 E. Wakefield Ave., Sikeston, MO 63801

**Phone:** 573.471.1930

**Website:** www.healthprioritiesinc.com

*Health Priorities is an accredited diabetes education center. Our focus is to help patients manage and prevent complications of chronic conditions.*

**Mary Etta Dunaway, RD, LD, CDE**

Southeast Missouri Hospital

**Address:** 15 Doctors Park, Cape Girardeau, MO 63701

**Phone:** 573.339.0121

**Email:** medunaway@sehosp.org

**Hollie Fodge, RN**

Missouri Delta Wound Care and Hyperbarics

**Address:** 201 Plaza Dr., Suite B, Sikeston MO 63801

**Phone:** 573.481.0785

**Email:** hfodge@missouridelta.com

**Kimberly Kern, RD, LD, CDE - Lori Pettet, RD, LD, CDE - Debbie Shumer, RD, LD**

St. Francis Medical Center

**Address:** 211 St. Francis Dr., Cape Girardeau, MO 63703

**Phone:** 573.331.5897

*Saint Francis Medical Center Diabetes Education and Management Center—Diabetes Self-management Training program recognized by the American Diabetes Association® for meeting National Standards for Diabetes Self-management Education.*

**Ashley Lipke, RN, CDE**

Cross Trails Medical Center

**Address:** 408 S. Broadview St., Cape Girardeau, MO 63701

**Phone:** 573.332.0808

**Email:** alipke@crosstrails.us

## **Dental Care**

Your oral health can be negatively impacted by diabetes. There are many fine practitioners in the area and they can be found in the yellow pages of local phone directories under 'Dentists' or in on-line listings. Listed are those who accept Illinois Medicaid or who have sliding fees or discount programs.

### **Alexander County**

**Community Health & Emergency Services (CHESI)-Cairo Mega Clinic**

**Address:** 13245 Kessler Rd., Cairo, IL 62914

**Phone:** 618.734.4400

**Fax:** 618.734.1468

**Hours:** M 9 am - 6 pm; T - F 9 am - 5 pm

**Website:** www.chesi.org

**Tamms Dental Clinic**

Dr. Bradley Bader

**Address:** 290 Railroad St., Tamms, IL 62988

**Phone:** 618.747.2391

**Hours:** M - T 8 am - 4:30pm

**Website:** www.chesi.org

## **Franklin County**

### **Rea Clinic/Christopher- Dental**

**Address:** 4241 Hwy. 14 W., Christopher, IL 62822

**Phone:** 618.724.9290

**Fax:** 618.724.1093

**Website:** [www.crhpc.org](http://www.crhpc.org)

*Accepts Medicaid-eligible children. Residents of Franklin, Perry, Williamson, Clay, Jefferson, Gallatin, Saline and Wayne counties. FQHC – CRHPC. Sliding fee available. Nitrous oxide available.*

### **Sesser Community Health Center**

**Address:** 6294 State Hwy. 154, Sesser, IL 62884

**Phone:** 618.625.6979

**Fax:** 618.625.5362

**Website:** [www.crhpc.org](http://www.crhpc.org)

*Accepts Medicaid-eligible children age 2+. Residents of Clay, Edwards, Franklin, Gallatin, Jefferson, Perry, Saline, Wayne, White, and Williamson counties. FQHC – CRHPC. Sliding fee available. Nitrous oxide available.*

## **Hardin County**

### **Hardin County Dental Clinic**

**Address:** 226 Main St., Rosiclare, IL 62982

**Phone:** 618.285.3930

**Fax:** 618.285.3931

*Accepts Medicaid, and has a sliding fee option.*

## **Jackson County**

### **Dental Group of Carbondale**

**Address:** 1001 E. Main St., Bldg. 4-C, Carbondale, IL 62901

**Phone:** 618.549.2273

**Fax:** 618.351.0212

*Does NOT accept Medicaid. Offers discounts through Option One Dental Plan.*

### **Douglas Baker, DDS**

**Address:** 305 S. Oakland, Carbondale, IL 62901

**Phone:** 618.549.2166

**Fax:** 618.529.4128

*Accepts Medicaid-eligible children, ages 3-14 Residents of Jackson, Williamson, Franklin, Randolph, Perry, and Union counties*

### **Murphysboro Dental Center**

**Address:** 1116 Locust, Murphysboro, IL 62966

**Phone:** 618.687.4040

**Fax:** 618.687.4333

*Accepts Medicaid-eligible children, ages 5-18.*

### **Shawnee Health Care – Dental - Carbondale**

**Address:** 402 S. Lewis Lane, Carbondale, IL 62901

**Phone:** 618.519.9200

**Fax:** 618.519.9375

**Hours:** M - Thurs 7:30 am - 5:30 pm; F 7:30 am - 5 pm

**Website:** [www.shawneehealth.org](http://www.shawneehealth.org)

*Accepts Medicaid. No county of residence restrictions. FQHC-SHS. Sliding fee discount available. Nitrous oxide available.*



**SIU Community Dental Center**

**Address:** 1365 Douglas Dr., MC 6615, Carbondale, IL 62901

**Phone:** 618.453.2353

**Fax:** 618.453.7020

**Website:** [www.sah.siu.edu/cdc.php](http://www.sah.siu.edu/cdc.php)

*Accepts Medicaid-eligible children up to age 19 and children with a physical, mental or behavioral disability & families that earn < 200% of federal poverty level. Does not bill insurance.*

**SIU Dental Hygiene Clinic**

**Address:** 1365 Douglas Dr., MC 6615, Carbondale, IL 62901

**Phone:** 618.453.8826

**Website:** [www.sah.siu.edu/dhc.php](http://www.sah.siu.edu/dhc.php)

*Provides oral health preventative services to community residents, students, faculty and staff. Does not bill insurance. Closed mid-May to August.*

**University Place Dental Center**

**Address:** 1366 E. Main St., Carbondale, IL 62901

**Phone:** 618.549.0208

**Fax:** 618.549.0182

**Website:** [www.universityplacedental.com](http://www.universityplacedental.com)

*Does not accept Medicaid. Offers discounts through Option One Dental Plan.*

**Johnson County****Don Akridge, DDS**

**Address:** 35 Old Bloomfield Rd., Vienna, IL 62995

**Phone:** 618.658.9732

**Raymond C Otte, DDS**

**Address:** 112 Main St., Goreville, IL 62939

**Phone:** 618.995.9777

**Wetherell Robin A DDS**

**Address:** 805 North 1st St., Vienna, IL 62995

**Phone:** 618.658.8361

*Does NOT accept Medicaid but does accept Care Credit. Does NOT have sliding fee or discount program.*

**Massac County****Brunk Family Dental Care**

Mark Brunk D.D.S. & Kelly Brunk D.D.S.

**Address:** 805 Market St., Metropolis, IL 62960

**Phone:** 618.940.0542

**Website:** [www.brunkfamilydentalcare.com](http://www.brunkfamilydentalcare.com)

*Accepts Medicaid for children and adults. "State of IL Medicaid provider; Delta Dental PPO provider, & most other insurances.*

**Family Dental**

Kyle W Heine, D.M.D.

**Address:** 44 Jon St., Metropolis, IL 62960

**Phone:** 618.524.7303

*No Medicare accepted. Most insurance & major credit cards accepted.*

**Bruce Redenour, DDS**

**Address:** 20 Jon St., Metropolis, IL 62960

**Phone:** 618.524.7790

**John H Shelton, DDS**

**Address:** 1015 Market St., Metropolis, IL 62960

**Phone:** 618.524.8011

**Perry County****Dr. Isaac Davidson, DDS**

**Address:** 1226 S. Washington St., Du Quoin, IL 62832

**Phone:** 618.542-8832

**Du Quoin Dental Dome**

**Address:** 502 S. Washington St., Du Quoin, IL 62832

**Phone:** 618.542.3032

**Hawkins Wayne DDS-Family Dental Center**

**Address:** 212 N. Walnut St., Pinckneyville, IL 62274

**Phone:** 618.357.9333

**Lucas Steele DMD-Pinckneyville Dental Clinic**

**Address:** 1000 S. Main St., Pinckneyville, IL 62274

**Phone:** 618.357.2445

**Fax:** 618.357.9549

**Teel Family Dentistry**

**Address:** 215 S. Washington St., Du Quoin, IL 62832

**Phone:** 618.542.3166

**Pope County**-Check "Surrounding Area" section or other counties listed.

**Pulaski County**-Check "Surrounding Area" section or other counties listed.

**Randolph County****Brittany Bockhorst, DDS**

**Address:** 114 Park Plaza Dr., Red Bud, IL 62278

**Phone:** 618.282.6700

*Call for appt.*

**Chester Smile Center**

Dr. Michael P. Holub, DDS

**Address:** 1101 Opdyke St., Chester, IL 62233

**Phone:** 618.826.4440

**Hours:** M - T 8 am - 5 pm; closed 1 pm - 2 pm for lunch

Contact us for same-day emergency care *Medicaid accepted for children 18 years and under. Adult Medicaid accepted for emergency extractions only.*

**Saline County****Dr. Jammie Stricklin, DDS**

**Address:** 300 Small St., Harrisburg, IL 62946

**Phone:** 618.252.1725

**Hours:** M - Thurs 8 am - 5 pm

*Call for appt. Private pay and insurance*

**Dr. Michael Cook, DDS**

**Address:** 410 West Poplar St., Harrisburg, IL 62946

**Phone:** 618.252.8333

**Hours:** M - Thurs 8 am - 4 pm; closed 1 pm - 2 pm for lunch

*Call for appt. Private pay and insurance*

**Dr. Mark Flannigan, DDS**

**Address:** 7 West Poplar St., Harrisburg, IL 62946

**Phone:** 618.252.7850

**Hours:** M - Thurs 8 am - 5 pm

*Call for appt. Private pay and insurance*

**Harrisburg Dental Health (CHESI)**

**Address:** 205 N. Main St., Harrisburg, IL 62946

**Phone:** 618.253.8450

**Hours:** M - Thurs 8 am - 5 pm

**Website:** [www.chesi.org](http://www.chesi.org)

*Accepts Medicaid, most insurances, and offers a sliding fee discount.*

**Union County****Anna Rural Health**

**Address:** 513 N. Main St., Anna, IL 62906

**Phone:** 618.833.4471 - Dial 0

**Fax:** 618.833.8878

**Hours:** M - Thurs 8 am - 5 pm

**Website:** <http://ruralhealthinc.org>

**Center for Orthodontics**

**Address:** 517 East Vienna St., Anna, IL 62906

**Phone:** 618.833.4645

**Steven W Vincent, DDS**

**Address:** 131 West Vienna St., Anna, IL 62906

**Phone:** 618.833.7773

**Wells Dental Care**

**Address:** 310 Lick Creek Rd., Anna, IL 62906

**Phone:** 618.833.2411

**Hours:** M - W 9 am - 4:30 PM, Closed Thursdays & 1<sup>st</sup> Friday of the month

**White County****Carmi Dental Clinic**

**Address:** 1000 W. Main St., Carmi, IL 62821

**Phone:** 618.382.8300

**Hours:** M 8 am - 6 pm; T & Thurs 7 am - 6 pm; W 7 am - 4 pm; F 7 am - 1 pm

**Website:** [www.chesi.org](http://www.chesi.org)

*Accepts Medicaid, most insurances, and offers a sliding fee discount.*

**Williamson County****James Rea, DMD**

**Address:** 401 S. 14<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.942.4725

**Fax:** 618.988.1866

*Accepts only Medicaid- Accepts referrals from area dentists. Denture patients must have all teeth extracted, no time limits. First appointment is for x-ray and prior approval.*

**Shawnee Health Care – Dental - Marion**

**Address:** 3115 Williamson County Pkwy., Marion, IL 62959

**Phone:** 618.519.9200

**Fax:** 618.997.1214

**Hours:** M - Th 7:30 am - 5:30 pm : F 7:30 am - 5 pm

**Website:** [www.shsdc.org](http://www.shsdc.org)

*Accepts Medicaid. No county of residence restrictions. FQHC – SHS. Sliding scale discount available. Nitrous oxide available.*

**Surrounding Area-Missouri****Affordable Dentures**

**Address:** 2439 Bloomfield Rd., Cape Girardeau, MO 63703

**Phone:** 573.335.5199

**Fax:** 573.335.5607

# Diabetes Education and Information

Diabetes education is of critical importance and should be considered an integral part of diabetes prevention and care.

## National and Online Resources

### **American Diabetes Association**

**Phone:** 1-800-DIABETES

888.342.2383 (toll-free St. Louis) or 800.445.1667 (toll-free information line)

**Website:** [www.diabetes.org](http://www.diabetes.org)

*The nationwide hotline allows callers to get answers to questions about diabetes.*

### **American Heart Association**

Regional Office

**Address:** 2141 W. White Oaks Dr., Suite A., Springfield, IL 62704

**Phone:** 217.698.3838

**Regional Website:**

[www.heart.org/HEARTORG/Affiliate/Springfield/Illinois/Home\\_UCM\\_MWA008\\_AffiliatePage.jsp](http://www.heart.org/HEARTORG/Affiliate/Springfield/Illinois/Home_UCM_MWA008_AffiliatePage.jsp)

**Main Website:** [www.heart.org](http://www.heart.org)

### **Children with Diabetes**

**Website:** [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

*This website offers online information and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences, and diabetes related news for the online community.*

### **dLife**

**Website:** [www.dlife.com](http://www.dlife.com)

*dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for Type 1 and Type 2 diabetics, and caregivers.*

### **Foundation of the American Academy of Ophthalmology**

**Phone:** 877.887.6327

**Website:** [www.eyecareamerica.org](http://www.eyecareamerica.org)

*Provides free eye health information and access to medical eye care.*

### **Illinois Department of Public Health: Diabetes Prevention and Control**

**Phone:** 217.782.4977

**Fax:** 217.782.3987

**Website:** [www.idph.state.il.us/diabetes](http://www.idph.state.il.us/diabetes)

### **MedlinePlus: Diabetes (National Library of Medicine)**

**Website:** [www.nlm.nih.gov](http://www.nlm.nih.gov)

*Provides educational materials in English, Spanish, and other languages.*

### **National Diabetes Education Program**

**Website:** [www.ndep.nih.gov](http://www.ndep.nih.gov)

**National Diabetes Information Clearinghouse (NDIC)****Phone:** 800.860.8747**Website:** [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)**National Eye Health Education Program****Phone:** 301.496.5248**E-mail:** [2020@nei.nih.gov](mailto:2020@nei.nih.gov)**Website:** [www.nei.nih.gov/nehep](http://www.nei.nih.gov/nehep)*Provides education and free materials regarding eye health, disease, and treatment.***U.S. Centers for Disease Control and Prevention (CDC)****Phone:** 800.232.4636**Website:** [www.cdc.gov](http://www.cdc.gov)*Provides educational resources.***Local Classes****Baptist Health Paducah****Address:** 2501 Kentucky Ave., Paducah, KY 42003**Phone:** 270.575.2918**Website:** [www.baptisthealthkentucky.com](http://www.baptisthealthkentucky.com)*Baptist Health Paducah Hospital has a certified diabetes instructor to assist with any questions or concerns about diabetes. Life with Diabetes classes are taught monthly. Call to register. **A physician's order is required to attend.** Classes are from 1pm - 4pm and are free of charge. Visit website for class dates.***Christopher Rural Health Planning Corporation (CRHPC)\***

Kim Romani

**Address:** PO Box 155, Christopher, IL 62822**Phone:** 618.724.1613**Email:** [kromani@crhpc.org](mailto:kromani@crhpc.org)**Website:** [www.crhpc.org](http://www.crhpc.org)**Egyptian Health Department\***

Kimberly Scott-Pilkington, BS, BA

**Address:** 1412 US Hwy. 45 N., Eldorado, IL 62930**Phone:** 618.273.3326 ext. 2143**Hours:** M, W, F 8 am - 5 pm; T & Thurs 8 am - 8 pm**Email:** [kpilkington@egyptian.org](mailto:kpilkington@egyptian.org)**Website:** [www.egyptian.org](http://www.egyptian.org)**Memorial Hospital – Thrive with Diabetes**

Melissa Soellner, RDN, CDE, MS

**Address:** 1900 State St., Chester, IL 62233**Phone:** 618.826.4581 ext. 1426**Email:** [msoellner@mhchester.com](mailto:msoellner@mhchester.com)

Carmen Nehrt, RN, BSN

**Address:** 1900 State St., Chester, IL 62233

**Phone:** 618.826.4581 ext.1141

**Hours:** M - F 8 am - 3 pm

**Email:** cstrong@mhchester.com

**Website:** [http://mhchester.com/service-diabetes\\_support.html](http://mhchester.com/service-diabetes_support.html)

*The program has both group and individual options, depending on schedule and insurance. Our group program covers virtually all aspects of diabetes.*

**Randolph County Health Department\***

Stephanie Martin, MA

**Address:** 2515 State St., Chester, IL 62233

**Phone:** 618.826.5007

**Email:** smartin@randolphco.org

**Hours:** M - F 8 am - 4:30 pm; closed 12 pm - 1 pm for lunch

**Website:** <http://am.randolphco.org/index.php/welcome>

**Sparta Community Hospital**

Barb Brown, RDN, LDN

**Address:** 818 East Broadway St., Sparta, IL 62286

**Phone:** 618.443.1435

**Email:** barbb@spartahospital.com

**Hours:** M - F 6:30 am - 3 pm

**Website:** [www.spartahospital.com/services/item/dietician](http://www.spartahospital.com/services/item/dietician)

**Southern Seven Health Department**

**Address:** 37 Rustic Campus Dr., Ullin, IL 62992

**Phone:** 618.997.5311

**Website:** [www.southern7.org](http://www.southern7.org)

*For Upcoming Classes in the southern seven counties, please contact: Terri 618.524.2657, Cindy 618.524.2212 ext. 110, Amber 618.833.8561, Jennifer 618.833.8561 or Natalie 618.734.4167.*

**VA Medical Centers - For veterans only:**

*Diabetes Group classes involve a team to teach self-management of diabetes.*

*Individualized consults can also be made with a certified Diabetes Educator at Marion and Evansville. Classes are available through Tele-med on the 1<sup>st</sup> Thursday morning each month in Effingham, Mt. Vernon, Owensboro, and Vincennes.*

**VA Medical Center- Harrisburg - For veterans only**

**Address:** 608 Rollie Moore Dr., Harrisburg, IL 62946

**Phone:** 618.252.6150

**Website:** [www.marion.va.gov/locations/harrisburg.asp](http://www.marion.va.gov/locations/harrisburg.asp)

**VA Medical Center- Marion - For veterans only**

**Address:** 2401 West Main St., Room D100, Marion, IL 62959

**Phone:** 618.997.5311

**Website:** [www.marion.va.gov/services/Diabetes\\_Education.asp](http://www.marion.va.gov/services/Diabetes_Education.asp)

*Class is held 3<sup>rd</sup> Thursday of each month from 930am to 1130am.*

**VA Medical Center-Paducah, KY** - *For veterans only*

**Address:** 2620 Perkins Creek Dr., Paducah, KY 42001

**Phone:** 270.444.8465

*Paducah class is the 2<sup>nd</sup> Tuesday of each month from 1:30 pm – 3:30 pm.*

*\*Facilitates Diabetes and Chronic Disease Self-Management Program classes*

## **Diabetes Support Groups in Southern Illinois**

You are not alone. Joining a support group can help with positive reinforcement and interaction with people who have similar challenges.

### ***Groups in Southern Illinois***

**Alexander County** - Check “Surrounding Area” section or other counties listed.

**Franklin-Williamson County** - Check “Surrounding Area” section or other counties listed.

**Hardin County** - Check “Surrounding Area” section or other counties listed.

**Jackson County** - Check “Surrounding Area” section or other counties listed.

### **Presbyterian Church**

Weight Loss & Diabetes Support Group

**Address:** 51 Crescent Dr., Murphysboro, IL 62966

**Phone:** 618.967.9535, must call to register.

*Meets on Tuesday nights. Free with donation of food item for food pantry.*

**Johnson County** - Check “Surrounding Area” section or other counties listed.

**Massac County** - Check “Surrounding Area” section or other counties listed.

### **Randolph County**

#### **Memorial Hospital – Diabetic Support Group**

**Address:** 1900 State St., Chester, IL 62233

**Phone:** 618.826.4581

**Hours:** Group meets monthly at various locations and times.

**Website:** [http://mhchester.com/service-diabetes\\_support.html](http://mhchester.com/service-diabetes_support.html)

*Topics Include: What is Diabetes?, Eating Basics, Monitoring Medications, Healthy Coping, Reducing Risks, Problem Solving, Being Active, Sick Days, etc.*

**Pope County** - Check “Surrounding Area” section or other counties listed.

**Pulaski County** - Check “Surrounding Area” section or other counties listed.



## **Saline County**

### **Southern Illinois Diabetes Awareness Group**

Michael Stewart & Associates

**Address:** 807 S. Commercial St., Harrisburg, IL 62946

**Phone:** 618.313.1227

**Hours:** 4<sup>th</sup> Thursday of each month, evenings 6 pm - 7 pm

*Open to diabetic community members, family members, and caregivers.*

## **Union County**

### **Rural Health Inc.**

Diabetes Educational Group

**Address:** 513 N. Main St., Anna, IL 62906

**Phone:** 618.833.4471, Please call to R.S.V.P.

*Meets the 2<sup>nd</sup> Tuesday of every month from 5:30pm to 7pm.*

## **Williamson County**

### **VA Medical Center- Marion - For veterans only**

**Address:** 2401 W. Main St., Marion, IL 62959

**Phone:** 618.997.5311

**Website:** [www.marion.va.gov/services/Diabetes\\_Education.asp](http://www.marion.va.gov/services/Diabetes_Education.asp)

*Diabetes support groups take place on the 2<sup>nd</sup> Thursday of each month from 930am to 1030am in the Rec Hall.*

## **Surrounding Area**

### **St. Mary's Good Samaritan**

*Free Support Program Classes are held monthly at two locations*

### **Mt. Vernon Group**

Good Samaritan Hospital Cafeteria

**Address:** 605 N. 12th St., Mt. Vernon, IL 62864

**Phone:** 618.242.4600

*Meeting is held at 6pm the 1<sup>st</sup> Tuesday of each month.*

### **Centralia Group**

St. Mary's Hospital Auditorium

**Address:** 400 N. Pleasant Ave., Centralia, IL 62801

**Phone:** 618.242.4600

*Meeting is held at 6 pm on the 2<sup>nd</sup> Tuesday of each month.*

## **Eye Health and Vision Resources**

Eye disease is a common complication from diabetes. You should receive an annual dilated eye exam from an ophthalmologist. Ophthalmologists are physicians who deal with structure, functions, and disease of the eye.

There are also many local optometrists that you could see. Below is a list of various ophthalmologists in southern Illinois. You may also want to check your local yellow pages.

**Alexander County** - Check "Surrounding Area" section or other counties listed.

### **Franklin County**

#### **Marion Eye Center & Optical**

**Address:** 1102 N. Main St., Benton, IL 62812

**Phone:** 618.439.2020

#### **Marion Eye Center & Optical**

**Address:** 909 W. Main St., West Frankfort, IL 62896

**Phone:** 618.935.2875

#### **Spencer & Spencer: Spencer Donna S OD**

**Address:** 711 N. Main St., Benton, IL 62812

**Phone:** 618.439.7256

#### **Wal-Mart Vison Center**

**Address:** 919 Giacone Dr., Benton, IL 62812

**Phone:** 618.439.9343

**Hardin County** - Check "Surrounding Area" section or other counties listed.

### **Jackson County**

#### **Eye Care Specialists, LLC**

**Address:** 1275 Cedar Court # 1, Carbondale, IL 62901

**Phone:** 618.351.9913 or 800.455.3937

#### **Jackson Vision and Laser Center**

**Address:** 2800 W. Main St., Carbondale, IL 62901

**Phone:** 618.351.8900

**Website:** [www.jacksonvision.com](http://www.jacksonvision.com)

#### **Marion Eye Center of Carbondale**

**Address:** 1001 N. Beadle Dr., Suite #10, Carbondale, IL 62901

**Phone:** 618.549.2282

**Website:** [www.marioneye.com](http://www.marioneye.com)

**Marion Eye Center-SIU Student Health Center**

**Address:** 374 E. Grand Ave., Bldg. 269-Rm 140A, MC 6740, Carbondale, IL 62901

**Phone:** 618.549.0615 or 618.549.0743

**Website:** www.marioneye.com

**Marion Eye Center of Murphysboro**

**Address:** 1934 Walnut St., Murphysboro, IL 62966

**Phone:** 618.565.1406

**Website:** www.marioneye.com

**Massac County****Brush Optical**

Dr. Gary T. Brush, Optometrist

**Address:** 1801 E. 5th St., Metropolis, IL 62960

**Phone:** 800.851.3601 or 618.524.9323

**Website:** www.brushoptical.com

**Perry County****Marion Eye Center (Pinckneyville)**

**Address:** 401 S. Walnut St., Pinckneyville, IL 62274

**Phone:** 618.357.2020

**Hours:** M - F 8 am - 5 pm

**Pinckneyville Eye Care**

**Address:** 15 N. Locust St., Pinckneyville, IL 62274

**Phone:** 618.357.6117

**Hours:** M - F 8 am - 4:30 pm

**Du Quoin Care**

**Address:** 630 S. Washington St., Du Quoin, IL 62832

**Phone:** 618.542.6677

**Hours:** M - F 8 am - 5 pm; Sat 8 am - 12 pm

**Marion Eye Center (Du Quoin)**

**Address:** 821 S. Washington St., Du Quoin, IL 62832

**Phone:** 618.542.3812

**Hours:** M - F 8 am - 5 pm

**Pope County** - Check "Surrounding Area" section or other counties listed.

**Pulaski County** - Check "Surrounding Area" section or other counties listed.

## **Randolph County**

### **Marion Eye Center**

**Address:** 203 Van Zant St., Chester, IL 62233

**Phone:** 618.826.5413

**Website:** [www.marioneye.com](http://www.marioneye.com)

### **Southern Illinois Eye Care**

**Address:** 425 W. Holmes St., Chester, IL 62233

**Phone:** 618.826.4521

**Website:** <http://southernillinoiseyecare.com>

### **Illinois Eye Surgeons**

**Address:** 210 S. Main St., Red Bud, IL 62278

**Phone:** 618.282-6226

**Website:** <http://illinoiseye.com/locations/red-bud>

### **Marion Eye Center**

**Address:** 307 W. Broadway, Steeleville, IL 62288

**Phone:** 618.965.2020

**Website:** [www.marioneye.com](http://www.marioneye.com)

### **Southern Illinois Eye Care PC**

**Address:** 520 E. Broadway St., Ste.100, Sparta, IL 62286

**Phone:** 618.443.5252

**Website:** <http://southernillinoiseyecare.com>

### **Marion Eye Center & Optical**

**Address:** 216 N. Market St., Sparta, IL 62286

**Phone:** 618.443.2020

**Website:** [www.marioneye.com](http://www.marioneye.com)

### **Walmart Vision Center**

Bowman Jeffrey DOD

**Address:** 1410 N. Market St., Sparta, IL 62286

**Phone:** 618.443.4373

## **Saline County**

### **Eubanks and Daugherty, LLC**

Dr. Benna Daugherty, OD; Dr. Krystina Eubanks, OD

**Address:** 960 S. Commercial St., Harrisburg, IL 62946

**Phone:** 618.253.7057

**Email:** [eubanddau@clearwave.com](mailto:eubanddau@clearwave.com)

**Hours:** M, W, F 8 am - 5 pm; T & Thurs 8 am - 6 pm; Closed Sat & Sun

**Website:** [www.eubanksanddaugherty.com](http://www.eubanksanddaugherty.com)

*Accepts private pay insurance, Medicaid, and Medicare*

**Marion Eye Center**

**Address:** 1204 US 45 North, Eldorado, IL 62930

**Phone:** 618.273.6220

**Website:** [www.marioneye.com/locations](http://www.marioneye.com/locations)

**Hours:** M - F 8 am - 5 pm; Closed Sat & Sun

*Private pay, insurance, Medicaid, & Medicare*

**Marion Eye Center**

**Address:** 5 Eye Center Dr., Harrisburg, IL 62946

**Phone:** 618.252.5377

**Website:** [www.marioneye.com/locations](http://www.marioneye.com/locations)

**Hours:** M - F 8 am - 5 pm; T 8 am - 6 pm; 1 Sat/month Open 8 am - 12 pm

*Private pay, insurance, Medicaid, & Medicare*

**Union County****Marion Eye Center of Anna**

**Address:** 165 Plaza Dr., Anna, IL 62906

**Phone:** 618.833.8359

**Moreland Eye Care**

**Address:** 100 Ridge Rd., Anna IL 62906

**Phone :** 618.833.9208

**Website:** [www.morelandeyecare.com](http://www.morelandeyecare.com)

**Jacobs & Crabtree**

**Address:** 315 S. Main St., Anna, IL 62906

**Phone:** 618.833.3777

**Hours:** M - F 9 am - 5 pm; Closed 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month

**White County****Carmi Eye Care**

Dr. Lars A. Gentry, OD

**Address:** 1207 W. Main St., Carmi, IL 62821

**Phone:** 618.384.3411

**Email:** [carmieyecare@frontier.com](mailto:carmieyecare@frontier.com)

**Hours:** T - F 8 am - 5 pm; Sat 8 am - 12 pm

*Customized eye frames, treatment of eye diseases, special pricing on children's frames*

**Marion Eye Center**

**Address:** 1201 W. Main St., Carmi, IL 62821

**Phone:** 618.384.5112

**Website:** [www.marioneye.com/locations](http://www.marioneye.com/locations)

**Hours:** M - F 7:30 am - 5 pm; Closed Sat & Sun

*Children's \$39, Senior's 50 + Diabetics Veterans Up To \$100 Off Glasses,  
Guaranteed Lowest Price \$1.33/Day*

**Taylor Eye Care**

**Address:** 1684 Falcon Ave, Carmi, IL 62821

**Phone:** 618.382.4683

**Website:** [www.tayloreyecare.com](http://www.tayloreyecare.com)

**Hours:** M 8 am - 7 pm; T - F 8 am - 5 pm

**Williamson County****Marion Eye Centers & Retina Institute**

**Address:** 1200 W. DeYoung St., Marion, IL 62959

**Phone:** 618.993.5686

**Website:** [www.marioneye.com](http://www.marioneye.com)

**Surrounding Area****Marion Eye Centers-Cape Girardeau Office**

**Address:** 297 S. Silver Springs Rd., Cape Girardeau, MO 63703

**Phone:** 573.651.5200

**Website:** [www.marioneye.com](http://www.marioneye.com)

**Hearing Services**

Hearing loss can also be a common complication from diabetes.

Below is a list of various hearing services in southern Illinois. You may also want to check your local yellow pages.

**Saline County****All American Hearing**

**Address:** 20 Veterans Dr., Harrisburg, IL 62946

**Phone:** 618.297.4216

**Hours:** M - Thurs 8:30 am - 4:30 pm; F 8:30 am - 12 noon;  
closed 12 noon - 1pm daily

**Website:** [www.harrisburghearingcenter.com](http://www.harrisburghearingcenter.com)

**Midwest Beltone**

John Bonenberger, HCP, BC-HIS

**Address:** 303 S. Commercial St., Ste. 7, Harrisburg, IL 62946

**Phone:** 618.252.3500

**Hours:** M - F 9 am - 5 pm

**Website:** [www.midwestbeltone.com](http://www.midwestbeltone.com)

**Medi-Clear Hearing Aid Center**

**Address:** 2108 Illinois Ave., Eldorado, IL 62930

**Phone:** 618.253.6512

**Rhodes Centers for Better Hearing**

**Address:** 504 N. Commercial St, Ste. 110, Harrisburg, IL 62946

**Phone:** 618.998.8471

**Website:** [www.better-hearing.com](http://www.better-hearing.com)

**Sonus Hearing Care Professionals**

Nicholas Oldham, AuD.

**Address:** 1120 E. Sloan St, Harrisburg, IL 62946

**Phone:** 618.253.3277

**Hours:** T - Thurs 8 am - 4 pm

**Website:** [www.sonusofharrisburg.com](http://www.sonusofharrisburg.com)

**White County****All American Hearing**

Sheina Ivey, HIS

**Address:** 1624 W. Main St., Carmi, IL 62821

**Phone:** 618.382.3123

**Hours:** T - F 8 am - 4:30 pm

**Website:** [www.allamericanhearing.com](http://www.allamericanhearing.com)

**Midwest Beltone**

**Address:** 1207 W. Main St. (Inside Carmi Eye Center)

Carmi, IL 62821

**Phone:** 618.663.4900

**Hours:** M - Thurs 9 am - 5 pm

**Website:** [www.midwestbeltone.com](http://www.midwestbeltone.com)

## **Financial Assistance**

### **HEALTH INSURANCE PROGRAMS**

**Affordable Care Act** – The Affordable Care Act is important federal legislation that sets out to make coverage for health care available and affordable to almost everyone.

With the implementation of the Affordable Care Act as of January 1, 2014, **health insurance companies are no longer allowed to turn people down for individual health insurance coverage based on a pre-existing condition like diabetes.** There is an open enrollment period each year and special enrollment periods occur when you experience certain life events like birth of a child, adoption, marriage, divorce, loss of coverage due to job loss or employer decision, etc. Illinois has also expanded the **Illinois Medicaid Program** to include adults ages 19-64 and raises income levels to 138% of federal poverty level. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to offer *free* assistance with enrollment in an insurance program offered by the Affordable Care Act or in Illinois Medicaid.

**Website:** [www.getcoveredillinois.gov](http://www.getcoveredillinois.gov).

#### **Illinois Department of Insurance, Office of Consumer Health Insurance** –

**Phone:** 877.527.9431. If you are having a problem with your state-regulated health plan and you are unable to resolve it with the plan directly, file a complaint with the Department of Insurance. They may be able to provide you with assistance in reaching a conclusion. Also visit

[http://insurance.illinois.gov/OCHI/office\\_consumer\\_health\\_ins.asp](http://insurance.illinois.gov/OCHI/office_consumer_health_ins.asp)

**Illinois Medicaid** - **Phone:** 800.843.6154. You can apply on-line at [www.getcoveredillinois.gov](http://www.getcoveredillinois.gov) or [www.abe.illinois.gov](http://www.abe.illinois.gov). You can also visit [www.hfs.illinois.gov](http://www.hfs.illinois.gov) or [www.dhs.state.il.us](http://www.dhs.state.il.us) for more information.

**All Kids** – All Kids is the name of the Children’s Health Insurance Program (CHIP) in Illinois – **Phone:** 866.255.5437. All Kids is designed to provide health coverage to children and teens from birth to age 19. Visit the website to find out if your child meets the income guidelines. Visit [www.allkidscovered.com](http://www.allkidscovered.com) or [www.allkids.com](http://www.allkids.com).

**Medicare** - Individuals eligible for this program include aged and disabled persons regardless of income. **Phone:** 1.800.Medicare. Visit [www.medicare.gov](http://www.medicare.gov) for more information.

**Illinois Department on Aging – Benefits and Prescription Drug Assistance** – Call the Senior Help Line for assistance with many programs available to seniors through the Illinois Department on Aging, **Phone:** 1.800.252.8966 or visit [www.state.il.us/aging/1rx/rx-main.htm](http://www.state.il.us/aging/1rx/rx-main.htm): has information about the Medicare Prescription Drug Program (Medicare Part D), Illinois Cares Rx, Illinois Rx Buying Club, and I-Save Rx. Help is also available at [www.illinoisbenefits.org](http://www.illinoisbenefits.org). Information and assistance is available at Aging and Disability Resource Centers at Shawnee Alliance, **Phone:** 1.800.642.7773 or at The Place in University Mall in Carbondale, **Phone:** 618.457.5200, ext. 67832.



## **Gallatin County**

### **County Financial**

Martin Duffy, Financial Representative

**Address:** 216 S. Murphy St., Ridgway, IL 62979

**Phone:** 618.272.3244

**Hours:** By appointment

**Email:** martin.duffy@countryfinancial.com

**Website:** www.countryfinancial.com/martin.duffy

*NO CHARGE-assists with multiple plan options off the Marketplace*

## **Randolph County**

### **DHS Family Community Resource Center in Randolph County**

#### **Family Community Resource Center**

**Address:** 870 Lehmen Dr., Chester, IL 62233

**Phone:** 618.826.4559

**TTY:** 866.876.7176

**Hours:** M - F 8:30 am - 5 pm (except state holidays)

*Receives applications for Cash, SNAP, and Medical Assistance by fax, mail or in person.*

### **Andrea Burnett, Certified Navigator - Patient Innovation Center**

**Mobile:** 312.909.4901 or 618-534-7923

**Email:** andrea@piccares.org

**Hours:** By appointment

**Website:** www.patientinnovationcenter.org

*Free help applying for health insurance on healthcare.gov. Serving southern Illinois.*

## **Saline County**

### **County Financial**

Ron Brachear, Financial Representative

**Address:** 7211 US Highway 45, Suite D, Carrier Mills, IL 62917

**Phone:** 618.994.2389

**Hours:** By appointment

**Email:** ronbrachear@countryfinancial.com

**Website:** www.countryfinancial.com/ron.brachear

*NO CHARGE-assists with multiple plan options off the Marketplace*

### **Eldorado Health Care Center (CRHPC)**

Charlotte Brown, Patient Care Coordinator

**Address:** 1401 US Hwy 45 N., Eldorado, IL 62930

**Phone:** 618.273.2951

**Hours:** M - F 8 am - 5 pm

**Email:** cbrown@crhpc.org

**Website:** www.crhpc.org

*NO CHARGE*

**Golden Circle**

Peggy Flatt

**Address:** 15 Veterans Dr., Harrisburg, IL 62946

**Phone:** 618.252.7940

*Medicare Part D only*

**Graves Insurance & Financial**

Joel Graves, Independent Broker

**Address:** 617 E. Church St., Suite 1, Harrisburg, IL 62946

**Phone:** 618.252.9215

**Hours:** M - F 9 am - 5 pm; after hours & weekends by appointment only

**Email:** joel@gravesfinancialservices.net

*Can assist w/plans on the Marketplace and off the Marketplace, and also Medicare Supplement Plans*

**Illinois Department of Vocational Rehabilitation Services**

**Address:** 323 South Maple St., Harrisburg, IL 62946

**Phone:** 618.253.7681

**Hours:** M - F 8:30 am - 5 pm

**Websites:** www.dhs.state.il, click "for Customers," "Services by Division," "Rehabilitation Services" *Must meet certain guidelines to qualify*

**Saline County FCRC (Public Aid Office)**

**Address:** 320 E. Raymond St., Harrisburg, IL 62946

**Phone:** 618.253.7161

**Hours:** M - F 8:30 am - 5 pm (except state holidays)

*NO CHARGE-Can assist w/application for Medicaid, cash, and SNAP benefits*

**Social Security Administration**

Brian Eairheart

**Address:** 18 Veterans Dr., Harrisburg, IL 62946

**Phone:** 800.772.1213

**Hours:** M - F 9 am - 4 pm; W 9 am - 12 pm

**Website:** www.ssa.gov

*NO CHARGE-Assistance w/Medicare Enrollment & Disability*

**Strategic Financial Services**

Jonathan Gericke, Registered Representative

**Address:** 713 E. Church St., Harrisburg, IL 62946

**Phone:** 618.294.8442

**Hours:** M - Thurs 9 am - 4 pm or by appointment

**Email:** jonathan.gericke@hdvest.net

*Can assist w/plans on the Marketplace and off the Marketplace, and also Medicare Supplement Plans*

## **White County**

### **Carmi Health Center (CRHPC)**

Shelby Goforth, Patient Care Coordinator

**Address:** 103 Commerce St., Carmi, IL 62821

**Phone:** 618.724.6683

**Email:** [sgoforth@crhpc.org](mailto:sgoforth@crhpc.org)

**Website:** [www.crhpc.org](http://www.crhpc.org)

*NO CHARGE; assists with Marketplace, Medicaid/All Kids, Medicare, and part D*

### **County Financial**

Rick Satterfield, Financial Representative

**Address:** 110 E. Main St., Norris City, IL 62869

**Phone:** 618.378.3193

**Email:** [rick.satterfield@countryfinancial.com](mailto:rick.satterfield@countryfinancial.com)

**Hours:** By appointment

**Website:** [www.countryfinancial.com/rick.satterfield](http://www.countryfinancial.com/rick.satterfield)

*NO CHARGE-assists with multiple plan options off the Marketplace*

### **Opportunities for Access**

**Address:** 1725 College Ave., Carmi, IL 62821

**Phone:** 618.382.7300

*NO CHARGE-assist individuals apply for Disability*

## **Health Care Resources & Centers**

**HEALTH CARE AT DISCOUNTED RATES BASED ON INCOME** (sliding fees)

**Community Health Centers** – Several community health center organizations in southern Illinois receive grant funding from the federal government to provide sliding fee discounts to eligible patients. Eligibility is determined by family size and income. Discounts can be used by those who are uninsured or who have deductibles and co-pays with their insurance coverage. Community Health Centers provide primary medical care, general dental care and behavioral health services. Most health centers have Certified Application Counselors licensed by the Illinois Department of Insurance to offer *free* assistance with enrollment in an insurance program, Illinois Medicaid or Medicare. Local Community Health Center organizations have sites in many Southern Illinois communities and can be contacted for more information:

- Shawnee Health Service, 618.519.9200, [www.shawneehealth.com](http://www.shawneehealth.com)
- Christopher Rural Health Planning Corporation, 618.724.2436, [www.crhpc.org](http://www.crhpc.org)
- Community Health and Emergency Services, Inc. (CHESI), 618.457.0450, [www.chesi.org](http://www.chesi.org)
- Rural Health, Inc., 618.833.4471, [www.ruralhealthinc.org](http://www.ruralhealthinc.org)

All persons should have a primary care physician. People with diabetes may also need a physician who specializes in Endocrinology or a primary care physician with an interest and experience in managing diabetes. Many fine physicians in the area can be found in on-line listings or in the yellow pages of local phone directories under 'Physician and Surgeons'.

### **Find a Doctor (SIH)**

Southern Illinois Healthcare (SIH) operates a 'Find a Doctor' service. You can talk with an informed individual and be matched to a physician that fits your needs. Call the SIH Call Center at 1.866.744.2468 or go to the SIH web site at [www.sih.net](http://www.sih.net) and click on 'Find a Doctor'.

## **Rural Health Clinics (RHCs)**

*The Rural Health Clinic (RHC) program is intended to increase access to primary care services for Medicaid and Medicare patients in rural communities. RHCs can be public, nonprofit, or for-profit healthcare facilities, however, they must be located in rural, underserved areas. They are required to use a team approach of physicians working with non-physician practitioners such as nurse practitioners (NP), physician assistants (PA), and certified nurse midwives (CNM) to provide services. The clinic must be staffed at least 50% of the time with a NP, PA, or CNM. RHCs are required to provide outpatient primary care services and basic laboratory services.*

**Primary Medical Care** *(Physicians, Physician Assistants and Nurse Practitioners in Family Medicine, Obstetrics, Pediatrics, Internal Medicine)*

Center for Medical Arts, Carbondale 618.549.5361  
*Find a Provider- [www.sihmedicalgroup.net](http://www.sihmedicalgroup.net)*

Logan Primary Care, Herrin 618.993.3300

SIU Student Health Center, Carbondale (Serves SIU students only) 618.453.3311

Southern Illinois Family Medicine, Carbondale Main Phone: 618.536.6621  
Appointments Only: 618.453.3777

Veteran's Administration Medical Center, Marion 618.997.5311  
(Serves area veterans)

**Community Health Centers** *(also known as FQHCs – Federally Qualified Health Centers)*  
*These Centers are operated by local private non-profit organizations that receive federal grant funds. They accept Medicaid, Medicare, private insurance and operate sliding fee or discount programs for low-income residents. They offer a wide array of services including care coordination. Some offer specialized diabetes care.*

## **Alexander County**

### **Community Health & Emergency Services (CHESI)-Cairo Mega Clinic**

**Address:** 13245 Kessler Rd, Cairo, IL 62914

**Phone:** 618.734.4400

**Hours:** M 9 am - 6 pm; T - F 9 am - 5 pm

**Website:** [www.chesi.org](http://www.chesi.org)

*Maureen Klemme APN, is the primary contact for diabetes related care at this facility and is available on Wednesday and Friday during normal business hours.*

### **Community Health & Emergency Services (CHESI) - Tamms Community Health Center**

**Address:** 290 Railroad St., Tamms, IL 62988

**Phone:** 618.747.2391

**Hours:** M 8:30 am - 6 pm (Last appointment at 5:15 pm); T & W 8:30 am - 5 pm  
(Last appointment at 4:15 pm)

**Website:** [www.chesi.org](http://www.chesi.org)

## **Franklin County**

### **Christopher REA Clinic**

**Address:** 4241 Highway 14 West, PO Box 155, Christopher, IL 62822

**Phone:** 618.724.2401

**Hours:** M, T, Thurs, F 8 am - 5 pm; W 8 am - 8 pm

**Website:** [www.crhpc.org](http://www.crhpc.org)

### **Franklin Hospital**

**Address:** 201 Bailey Ln., Benton, IL 62812

**Phone:** 618.439.3161

### **Sesser Community Health Center**

**Address:** 6294 State Highway 154, Sesser, IL 62884

**Phone:** 618.625.6979

**Hours:** M - F 8 am - 5 pm

**Website:** [www.crhpc.org](http://www.crhpc.org)

## **Gallatin County**

### **Christopher Rural Health Planning Corporation (CRHPC)**

**Address:** 9525 Gold Hill Rd., Shawneetown, IL 62984

**Phone:** 618.269.3815

**Hours:** M, W 7 am - 5 pm; T, Thurs, F 8 am - 5 pm

**Website:** [www.crhpc.org](http://www.crhpc.org)

*Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.*

### **Equality Family Practice**

**Address:** 183 West Lane St., Equality, IL 62934

**Phone:** 618.276.5196

**Hours:** M - W & F 8 am - 5 pm; Thurs 8 am - 7 pm

**Website:** [www.harrisburgmedicalcenter.com](http://www.harrisburgmedicalcenter.com)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

### **Egyptian Public & Mental Health Department**

**Address:** 9525 Gold Hill Rd., Shawneetown, IL 62984

**Phone:** 618.269.3454

**Hours:** M - F 8 am - 4 pm

**Website:** [www.egyptian.org](http://www.egyptian.org)

*Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.*

### **Gallatin County School Wellness Center**

**Address:** 5175 Hwy. 13, Junction, IL 62954

**Phone:** 618.272.7132

**Hours:** M - Thurs 7:30 am - 3 pm; F 8 am - 11 am

**Website:** [www.egyptian.org](http://www.egyptian.org)

## **Hardin County**

### **Community Health & Emergency Services (CHESI) - Hardin County Medical**

**Address:** IL Route 146, Building 2, Elizabethtown, IL 62931

**Phone:** 618.285.6191

**Hours:** T & Thurs 8:30 am - 5 pm (Last appointment at 4 pm).

**Website:** [www.chesi.org](http://www.chesi.org)

### **Hardin County Hospital Clinic**

**Address:** 6 Ferrell Rd., Rosiclare, IL 62982

**Phone:** 618.285.6634

## **Jackson County**

### **Community Health & Emergency Services (CHESI) – Cedar Court Clinic/Cedar Court Specialty Clinic**

**Address:** 1340 Cedar Court, Carbondale, IL. 62901

**Phone:** 618.457.7821

**Hours:** M - F 8:30 am - 5 pm

**Website:** [www.chesi.org](http://www.chesi.org)

### **Shawnee Health Care, Murphysboro**

**Address:** #7 S. Hospital Dr., Murphysboro, IL 62966

**Phone:** 618.519.9200

**Hours:** M 8 am - 5 pm; T 7:45 am - 7 pm; W - F 7:45 am - 5 pm

**Website:** [www.shawneehealth.com](http://www.shawneehealth.com)

### **Shawnee Health Care, Behavioral Health**

**Address:** 404 S. Lewis Lane, Carbondale, IL 62901

**Phone:** 618.519.9200

**Hours:** M, W 8 am - 7 pm; T, F 8 am - 5 pm; Thurs 8 am - 6 pm

**Website:** [www.shawneehealth.com](http://www.shawneehealth.com)

### **Shawnee Health Care, OB/GYN**

**Address:** 101 S. Wall St., Carbondale, IL 62901

**Phone:** 618.519.9200

**Hours:** M - F 8 am - 5 pm

**Website:** [www.shawneehealth.com](http://www.shawneehealth.com)

### **Shawnee Health Care, Same Day (No Appointments Necessary)**

**Address:** 404 S. Lewis Lane, Carbondale, IL 62901

**Phone:** 618.519.9200

**Hours:** M - S 9:30 am - 7 pm; Sun 11 am - 5 pm

**Website:** [www.shawneedhealth.com](http://www.shawneedhealth.com)

**Shawnee Health Care, Carbondale**

**Address:** 400 S. Lewis Lane, Carbondale, IL 62901

**Phone:** 618.519.9200

**Hours:** M, W, Thurs 8 am - 5:30 pm; T 8 am - 7 pm; F 8 am - 5 pm

**Website:** www.shawneehealth.com

**Terrier Care School - Based Health Center, Carbondale Community High School**

**Address:** 1301 E. Walnut St., Carbondale, IL 62902

**Hours:** M - F 8 am - 4:30pm, (Open when students are in session)

**Phone Medical:** 618.519.9200, ext. 9800

**Website:** www.shawneehealth.com

**Johnson County****Goreville Medical Clinic Rural Health**

**Address:** 400 S. Broadway, Goreville, IL 62939

**Phone:** 618.995.1002

**Vienna Medical Clinic Rural Health**

**Address:** 803 N. 1<sup>st</sup> St., Vienna, IL 62995

**Phone:** 618.658.2811

**Massac County****Comprehensive Health Center**

**Address:** 1238 Commercial Park Rd., Metropolis IL 62960

**Phone:** 618.524.2284

**Baptist Health Medical Group Family Medicine**

**Address:** 1203 W. 10<sup>th</sup> St., Metropolis IL 62960

**Phone:** 618.524.3795

**Massac Memorial Medical Clinic**

**Address:** 1204 W. 10<sup>th</sup> St., Metropolis, IL 62960

**Phone:** 618.524.3572

**Perry County****Craig W. Furry MD, Family Medicine**

**Address:** 20 N. Washington St, Ste. 2, Du Quoin, IL 62832

**Phone:** 618.542.2129

**Family Medical Center**

**Address:** 5383 State Route 154, Pinckneyville, IL 62274

**Phone:** 618.357.2131

**Marshall Browning Medical Clinic**

**Address:** 900 N. Washington St., Du Quoin, IL 62832

**Phone:** 618.542.1050

**Hours:** M - F 8 am - 4:30 pm

**Website:** [www.marshallbrowninghospital.com](http://www.marshallbrowninghospital.com)

**Medical Arts**

**Address:** 13 N. Walnut St., Pinckneyville, IL 62274

**Phone:** 618.357.2147

**Hours:** M - F 8 am - 5 pm

**Rea Clinic**

**Address:** 119 Gas Plant Rd., Du Quoin, IL 62832

**Phone:** 618.542.8702

**Hours:** M - F 8 am - 5 pm

**Website:** [www.crhpc.org](http://www.crhpc.org)

**Pope County****Community Health & Emergency Services (CHESI) – Pope County Clinic**

**Address:** 217 S. Adams, Golconda, IL 62938

**Phone:** 618.683.3781

**Hours:** M - F 8 am - 5 pm (Last appointment at 4 pm).

**Website:** [www.chesi.org](http://www.chesi.org)

**Pulaski County****Community Health & Emergency Services (CHESI) – Pulaski Clinic**

**Address:** 100 Market St., Pulaski, IL 62976

**Phone:** 618.342.6767

**Website:** [www.chesi.org](http://www.chesi.org)

**Randolph County****Chester Clinic**

**Address:** 2319 Old Plank Rd., Chester, IL 62233

**Phone:** 618.826.2388

**Hours:** M - F 8 am - 4:30 pm

**Website:** [www.chesterclinicpc.com](http://www.chesterclinicpc.com)

**Coulterville Medical Clinic**

**Address:** 203 E. Grant St., Coulterville, IL 62237

**Phone:** 618.758.2331

**Hours:** M 8:30 am - 5 pm; T - F 8 am - 5 pm

**Website:** [www.spartahospital.com/locations/nearby-clinics/item/coulterville-medical-clinic](http://www.spartahospital.com/locations/nearby-clinics/item/coulterville-medical-clinic)



**Family Health Center**

**Address:** 207 S. Burns Ave. Sparta, IL 62286

**Phone:** 618.443.3084

**Hours:** M - Thurs 7:30 am - 5:30 pm; F 8:30 am - 5:30 pm

**Website:** [www.spartahospital.com/locations/sparta-il/item/family-health-centre](http://www.spartahospital.com/locations/sparta-il/item/family-health-centre)

**Red Bud Health Center**

**Address:** 824 Locust St., Red Bud, IL 62278

**Phone:** 618.282.6656

**Sparta Medical Office**

**Address:** 215 S. Burns Ave., PO Box 378, Sparta, IL 62286

**Phone:** 618.443.2297

**Hours:** M 8:30 am - 7 pm; T - F 8:30 am - 5 pm

**Website:** [www.spartahospital.com/locations/sparta-il/item/sparta-medical-office](http://www.spartahospital.com/locations/sparta-il/item/sparta-medical-office)

**Steeleville Family Practice**

**Address:** 602 West Shawneetown Trail, Steeleville, IL 62288

**Phone:** 618.826.2388

**Hours:** M - F 8 am - 4:30 pm

**Website:** [www.chesterclinicpc.com/](http://www.chesterclinicpc.com/)

**Steeleville Clinic**

**Address:** #9 Westwood Dr., Steeleville, IL 62288

**Phone:** 618.965.3466

**Hours:** M & Thurs 8:30 am - 7 pm; T, W & F 8:30 am - 5 pm

**Website:** [www.spartahospital.com/locations/nearby-clinics/item/steeleville-clinic](http://www.spartahospital.com/locations/nearby-clinics/item/steeleville-clinic)

**Saline County****Carrier Mills Primary Care Group (SIH affiliate)**

**Address:** 7211 US 45 S. Ste. C, Carrier Mills, IL 62917

**Phone:** 618.994.2321

**Christopher Rural Health Planning Corporation (CRHPC), Eldorado Rural Health Care**

**Address:** 1401 US Hwy. 45 N., Eldorado, IL 62930

**Phone:** 618.273.2951

**Hours:** M & W 7 am - 5 pm; T, Thurs, & F 8 am - 5 pm

**Email:** [cmorris@crhpc.org](mailto:cmorris@crhpc.org)

**Website:** [www.crhpc.org](http://www.crhpc.org)

*Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.*

**Community Health & Emergency Services (CHESI), Harrisburg Community Center**

**Address:** 205 N. Main St., Harrisburg, IL 62946

**Phone:** 618.253.8450

**Hours:** M - Sun 8:30 am - 5 pm

**Website:** [www.chesi.org](http://www.chesi.org)

*Accepts Medicaid for adults and children, most insurances, offers sliding fee discount.*

**Egyptian Public & Mental Health Department**

**Address:** 1412 US Hwy. 45 N., Eldorado, IL 62930

**Phone:** 618.273.3326

**Hours:** M, W, F 8 am - 5 pm; T & Thurs 8 am - 8 pm

**Website:** [www.egyptian.org](http://www.egyptian.org)

**Egyptian Public & Mental Health Department**

**Address:** 715 E. Church St., Harrisburg, IL 62946

**Phone:** 618.294.8322

**Fax:** 618.294.8354

**Hours:** M - F 8 am - 4 pm

**Website:** [www.egyptian.org](http://www.egyptian.org)

*Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.*

**Eldorado Primary Care**

**Address:** 1007 US Hwy. 45 N., Eldorado, IL 62930

**Phone:** 618.273.7723

**Hours:** M - W 8 am - 8 pm; Thurs 8 am - 6 pm; F 8 am - 5 pm

**Website:** [www.harrisburgmc.com](http://www.harrisburgmc.com)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

**Ferrell Hospital**

**Address:** 1201 Pine St., Eldorado, IL 62930

**Phone:** 618.273.3361

**Hours:** M - F 7 am - 7 pm; Sat walk-ins 9 am - 4:15 pm; Sun walk-ins 1 pm - 4:15 pm

**Website:** [www.ferrellhosp.org](http://www.ferrellhosp.org)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

**Ferrell Hospital Family Medicine**

**Address:** 1407 Locust St., Eldorado, IL 62930

**Phone:** 618.297.9660

**Hours:** M - F 8 am - 5 pm

**Website:** [www.ferrellhosp.org](http://www.ferrellhosp.org)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

**Ferrell Hospital Family Practice**

**Address:** 1306 Maple St., Eldorado, IL 62930

**Phone:** 618.297.9665

**Hours:** M - F 7 am - 7 pm; Sat walk-ins 8 am - 2 pm; Sun walk-ins 1 pm - 5 pm

**Website:** [www.ferrellhosp.org](http://www.ferrellhosp.org)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

**Galatia Primary Care**

**Address:** 124 E. Main St., Galatia, IL 62935

**Phone:** 618.268.4083

**Hours:** M - F 8 am - 5 pm

**Website:** [www.harrisburgmedicalcenter.com](http://www.harrisburgmedicalcenter.com)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

**Harrisburg Medical Center**

**Address:** 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946

**Phone:** 618.253.7671

**Hours:** Open 24 hrs/day

**Website:** [www.harrisburgmc.com](http://www.harrisburgmc.com)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee*

**HMC Clinic at Harrisburg**

**Address:** 901 S. Commercial St., Harrisburg, IL 62946

**Phone:** 618.252.0411

**Hours:** M - F 8 am - 4:30 pm

**Website:** [www.harrisburgmedicalcenter.com](http://www.harrisburgmedicalcenter.com)

*Accepts all insurance (not in all networks), Medicaid, Medicare, and offers sliding fee; 25% discount if payment at day of visit*

**Integrated Health**

**Address:** 303 S. Commercial St., Ste. 10, Harrisburg, IL 62946

**Phone:** 618.252.5555

**Hours:** M & W 8 am - 5:30 pm; T 7 am - 7 pm; Thurs 8 am - 7 pm; F 7 am - 5:30 pm

**Website:** [www.integratedhealthofsi.com](http://www.integratedhealthofsi.com)

**Primary Care Group**

**Address:** 117 E. Clark St., Harrisburg, IL 62946

**Phone:** 618.252.8625

**Hours:** M-Thurs 8 am - 8 pm; F 8 am - 5 pm

**Website:** [www.primarycaregroup.com](http://www.primarycaregroup.com)

*Private pay, insurance, Medicaid, & Medicare*

**Union County****Rural Health, Inc.**

**Address:** 513 N. Main St., Anna, IL 62906

**Phone:** 618.833.4471

**Hours:** M, W, F 8 am - 5 pm (Last app. 4:15pm); T, Thurs 8 am - 8 pm  
(Last app 7:15pm)

**Website:** [www.ruralhealthinc.org](http://www.ruralhealthinc.org)

## **White County**

### **Button Chiropractic Natural Health Center**

Dr. Rhonda Button, DC, DABCI

**Address:** 4 Smith St., Carmi, IL 62821

**Phone:** 618.382.3337

**Hours:** M, T, Thurs, F 10 am - 6 pm

**Website:** [www.drbutton.com](http://www.drbutton.com)

*Natural treatments for internal disorders, back, neck, & extremity joint pain; clinical nutrition, wellness and prevention, acupuncture.*

### **Carmi Health Center (CRHPC)**

**Address:** 103 Commerce St., Carmi, IL 62821

**Phone:** 618.724.6683

**Hours:** M - F 8 am - 5 pm; Sat 9 am - 12 noon

**Email:** [jmorber@crhpc.org](mailto:jmorber@crhpc.org)

**Website:** [www.crhpc.org](http://www.crhpc.org)

*NO CHARGE*

### **Community Health & Emergency Services (CHESI), Carmi Community Center**

**Address:** 1400 W. Main St., Carmi, IL 62821

**Phone:** 618.382.4181

**Hours:** M - F 8:30 am - 5 pm

**Website:** [www.chesi.org](http://www.chesi.org)

*Accepts Medicaid for adults and children, including most insurances, and offers a sliding fee discount.*

### **Egyptian Public & Mental Health Department**

**Address:** 1705 College Ave., Carmi, IL 62821

**Phone:** 618.382.7311

**Hours:** M, W, F 8 am - 5 pm; T & Thurs 8 am - 8 pm

**Website:** [www.egyptian.org](http://www.egyptian.org)

*Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.*

### **Wabash Christian Therapy & Medical Clinic**

**Address:** 1112 Oak St., Carmi, IL 62821

**Phone:** 618.382.2927

**Hours:** Outpatient Therapy M - F 7 am - 5 pm; Orthopedics W 8 am - 5 pm;

Physician Services Lab & Imaging M - Thurs 8 am - 6 pm; F 8 am - 5 pm

**Website:** [www.christianhomes.org/facilities/wabash-christian-therapy.com](http://www.christianhomes.org/facilities/wabash-christian-therapy.com)

## **Williamson County**

### **Johnston City Community Health Center**

**Address:** 14410 Rt. 37, Johnston City, IL 62951

**Phone:** 618.983.6911

**Hours:** M - F 8 am - 5 pm

**Website:** [www.crhpc.org](http://www.crhpc.org)

**Marion Wellness Center, Marion High School**

**Address:** 1700 Wildcat Rd., Marion, IL 62959

**Phone:** 618.519.9200

**Hours:** M - Thurs 7:30 am - 5 pm Closed from 12 noon - 12:30 pm;  
F 7:30 am - 12 noon (*Open when students are in session*)

**Website:** [www.shawneehealth.com](http://www.shawneehealth.com)

**Marion Veterans Administration Medical Center***-for veterans only*

**Address:** 2401 W. Main St., Marion, IL, 62959

**Phone:** 618.997.5311

**Hours:** M - F 8:30am - 5 pm

**Website:** [www.marion.va.gov](http://www.marion.va.gov)

**REA Clinic-Herrin OB/GYN Clinic**

**Address:** 3303 Logan Dr., Herrin, IL 62948

**Phone:** 618.993.5767

**Hours:** M - F 8 am - 5 pm

**Website:** [www.sih.net](http://www.sih.net)

**Shawnee Health Care, Carterville**

**Address:** 1006 S. Division St., Carterville, IL, 62918

**Phone:** 618.519-9200

**Hours:** M, T, Thurs, & F 8 am - 5 pm; W 8 am - 7 pm

**Website:** [www.shawneehealth.com](http://www.shawneehealth.com)

**Shawnee Health Care, Marion**

**Address:** 1506 Sioux Dr., Marion, IL 62959

**Phone:** 618.519.9200

**Hours:** M - W, F 8 am - 5 pm; Thurs 8 am - 6 pm

**Website:** [www.shawneehealth.com](http://www.shawneehealth.com)

## **Veterans Affairs Medical Centers – *(For Veterans Only)***

### **VA Medical Center- Marion**

**Address:** 2401 W. Main St., Room D100, Marion, IL 62959

**Phone:** 618.997.5311 ext. 54659

Monthly Diabetes Support Group classes are held at the Marion VA and Evansville VA sites. Individual visits with a certified Diabetes Educator are available at these VA locations: Marion, Evansville, Owensboro, Hanson, and Effingham.

A Shared Medical Appointment Group is available at the Marion VA for veterans with an HbA1c over 9.0. A referral from provider is needed to join the SMA group.

### **VA Medical Center-Evansville**

**Address:** 6211 E. Waterford Blvd., Evansville, IN 47715

**Phone:** 812.465.5600

### **The following CDEs are available for consultation at the following VA locations:**

#### **Chris Seaman, PharmD, CDE**

Location: Carbondale VA CBOC clinic

#### **Amanda Settle, RD, LDN, CDE**

Location: Effingham CBOC clinic

#### **Kimberly Blair, RD, LD, CDE**

Location: Evansville VA CBOC clinic

#### **Natalie Adams, RD, LDN, CDE**

Location: Marion VA and Carbondale VA CBOC clinics

#### **Melaina Lane, MS, RD, LDN, CDE**

Location: Marion VA HBPC program

#### **Megan Martin-Leitzen, PharmD, CDE**

Location: Marion VA Annex CBOC clinic

#### **Kerri Hayden, MS, RD, LDN, CDE**

Location: Mayfield VA HBPC program

#### **Jacqueline Chisholm, RD, LD, CDE**

Location: Owensboro and Hanson CBOC clinics

## Pharmacies

Many pharmacists offer free consultation and referrals for people living with diabetes. They can also answer questions regarding choosing a meter and blood sugar testing. Your meter may also have a support line.

**Illinois Department on Aging- Pharmaceutical Assistance Program –**  
**Phone:** 1.800.252.8966

Individuals eligible for this assistance program include aged and disabled persons regardless of income. There is an enrollment fee to join. Several prescription assistance programs are available, including the Medicare Prescription Drug Program, I-SaveRx, and Illinois Rx Buying Club.

<b>County:</b>	<b>Pharmacy:</b>	<b>Address:</b>	<b>Phone:</b>
<b>Franklin</b>	CVS	705 W. Main St., Benton, IL 62812	618.439.6356
	Franklin Hospital	201 Bailey Ln., Benton IL 62812	618.439.3161
	Fred's Pharmacy	215 Bailey Ln., Benton, IL 62812	618.435.4894
	J&S Professional Pharmacy	309 W. St. Louis St., West Frankfort, IL 62896	618.937.2416
	Kimmel-Chaplain	205 Bailey Ln., Benton, IL 62812	618.438.2822
	Kirk's Pharmacy	114 Markey St., Christopher, IL 62822	618.724.2741
	Medicine Shoppe	301 E. Mains St., West Frankfort, IL 62896	618.937.6434
	Medi-Center	6294 IL-154, Sesser, IL 62884	618.625.8400
	Melissa D Mastri, RPH	215 Bailey Ln., Benton, IL 62812	618.435.4894
	Wal-Mart	919 Giaccone Dr., Benton, IL 62812	618.435.2119
<b>Gallatin</b>	Medicine Shoppe	101 E. Main St., Ridgway, IL 62979	618.272.3811
	Medicine Shoppe	254 N. Lincoln Blvd. E., Shawneetown, IL 62984	618.269.6205 or 618.269.6208
<b>Hardin</b>	Hardin Discount Pharmacy	7 Ferrell Rd., Rosiclare, IL 62982	618.285.6618

<b>Jackson</b>	Center for Medical Arts	2601 W. Main St., Carbondale, IL 62901	618.529.5361
	CVS	2431 W. Main St., Carbondale, IL 62901	618.529.5361
	Kroger	501 N. Giant City Rd., Carbondale, IL 62902	618.549.9743
	Kroger	550 E. Industrial Park Rd., Murphysboro, IL 62966	618.687.9454
	Schnucks	915 W. Main St., Carbondale, IL 62901	618.351.0710
	Shawnee Health Care	#7 S. Hospital Dr., Murphysboro, IL 62966	618.519.9200 (Shawnee Health Care patients only)
	Walgreens	206 S. Wall St., Carbondale, IL 62901	618.457.4104
	Walgreens	1600 W. Main St., Carbondale, IL 62901	618.457.8397
	Walgreens	503 Walnut St., Murphysboro, IL 62966	618.565.2329
	Wal-Mart	1450 E. Main St., Carbondale, IL 62901	618.549.0709
	Wal-Mart	6495 Country Club Rd., Murphysboro, IL 62966	618.687.3478
<b>Johnson</b>	Bode Drug	803 N. 1 <sup>st</sup> St., Vienna, IL 62995	618.657.3784
	Goreville Professional	901 S. Broadway St., Goreville, IL 62939	618.995.1555
<b>Massac</b>	Metropolis Drugs	1001 E. 5 <sup>th</sup> St., Metropolis, IL 62960	618.524.8316
	Metropolis Drugs II	1201 W. 10 <sup>th</sup> St., Metropolis, IL 62960	618.524.8400
	Walgreens	110 W. 10 <sup>th</sup> St., Metropolis, IL 62960	618.524.4819
<b>Perry</b>	Medicap	630 S. Washington St., Du Quoin, IL 62832	618.542.2333
	Medicine Shoppe	207 E. Main St., Du Quoin, IL 62832	618.542.2575
	Stotlar Drug Store	1 N. Walnut St., Pinckneyville, IL 62274	618.357.8781
	Wal-Mart	215 E. Grantway St., Du Quoin, IL 62832	618.542.2488
<b>Pope</b>	Golconda Pharmacy	226 S. Adams St., Golconda, IL 62938	618.683.8253



<b>Pulaski</b>	Bode Pharmacy	211 Main St., Mound City, IL 62963	618.748.96253
	Rogan's County Pharmacy	201 E. Commercial St., Pulaski, IL 62976	618.342.6737
<b>Randolph</b>	Country Market	43 E. Highway 8, Steeleville, IL 62288	573.729.4091
	Deterding Drugs	1506 S. Main St., Red Bud, IL 62278	618.282.6231
	Keil Pharmacy Inc.	1375 S. Main St., Red Bud, IL 62278	618.282.2870
	Moody Pharmacy	109 E. Broadway St., Sparta, IL 62286	618.443.2715
	Tony's MediCenter	324 W. Broadway St., Steeleville, IL 62288	618.965.3511
	Victors MediCenter	2323 Old Plank Rd., Chester, IL 62233	618.826.2511
	Wal-Mart	1410 N. Market St., Sparta, IL 62286	618.443.2436
	Wal-Mart	2206 IL-150, Chester, IL 62233	618.826.4898
<b>Saline</b>	Beck's Drugs	1406 Locust St., Eldorado, IL 62930	618.273.8111
	CVS	1 S. Commercial St., Harrisburg, IL 62946	618.253.8182
	Kroger	US HWY 51 N., Harrisburg, IL 62946	618.252.8691
	Medicap	1101 US HWY 45 N., Eldorado, IL 62930	618.273.4941
	Medicine Shoppe	304 S. Commercial St., Harrisburg, IL 62946	618.252.5349
	Walgreens	4 S. Commercial St., Harrisburg, IL 62946	618.252.0134
	Wal-Mart	710 S. Commercial St., Harrisburg, IL 62946	618.252.1610
<b>Union</b>	Kroger	45 Plaza Dr., Anna, IL 62906	618.833.4521
	Medicap	1785 E. Vienna St., Anna, IL 62906	618.833.9858
	Walgreens	745 E. Vienna St., Anna, IL 62906	618.833.7236
	Wal-Mart	200 Leigh Ave., Anna, IL 62906	618.833.8580

<b>Williamson</b>	Carterville Family Drugs	1205 S. Division St., Carterville, IL 62918	618.985.2441
	Fred's Pharmacy 2484	905 W. Main St., Marion, IL 62959	618.998.1269
	Herrin Drug	116 N. Park Ave., Herrin, IL 62948	618.942.5315
	Kroger	1704 W. DeYoung St., Marion, IL 62959	618.993.6518
	Logan Primary Pharmacy	401 Rushing Dr., Herrin, IL 62948	618.997.9997
	Logan Professional Pharmacy	303 Rushing Dr., Herrin, IL 62948	618.993.5555
	Medicine Shoppe	1315 W. Main St., Marion, IL 62959	618.997.1393
	Natural Med Apothecary	212 N. Park Ave., Herrin, IL 62948	618.942.6900
	Phil's Prescription Drugs	639 N. Pershing St., Energy, IL 62933	618.942.4631
	Tri-C Medical Pharmacy	100 S. Division St., Carterville, IL 62933	618.985.4100
	Walgreens	1710 W. DeYoung St., Marion, IL 62959	618.998.1603
	Walgreens	1606 S. Park Ave., Herrin, IL 62948	618.942.5291
	Wal-Mart	2802 Outer Road Dr., Marion, IL 62959	618.997.2021
<b>White</b>	CVS	1101 W. Main St., Carmi, IL 62821	618.382.5643
	Plum Street	311 Plum St., Carmi, IL 62821	618.382.8400
	Wal-Mart	1344 IL Hwy. 1, Carmi, IL 62821	618.382.5838

<b>Surrounding Areas/Counties</b>			
<b>Kentucky</b>	CVS	3275 Irvin Cobb Dr., Paducah, KY 42003	270.443.4885
	CVS	538 Lone Oak Rd., Paducah, KY 42003	270.443.8855
	CVS	3001 Loan Oak Rd., Paducah, KY 42003	270.554.9600
	Kroger	3141 Park Ave., Paducah, KY 42001	270.443.9459
	Sam's Club	3550 James Sanders Blvd, Paducah, KY 42001	270.444.6992
	Walgreens	521 Loan Oak Rd., Paducah, KY 42003	270.442.6659
	Walgreens	3360 Irvin Cobb Dr., Paducah, KY 42003	270.444.8011
	Wal-Mart	5130 Hinkleville Rd., Paducah, KY 42001	270.444.0046
	Wal-Mart	3220 Irvin Cobb Dr., Paducah, KY 42003	270.442.6404
<b>Missouri</b>	Medicap	1020 N. Kingshighway, Cape Girardeau, MO 63701	573.335.1002
	Medicine Shoppe	864 N. Kingshighway, Cape Girardeau, MO 63701	573.334.4761
	Schnucks	19 S. Kingshighway, Cape Girardeau, MO 63703	573.334.9125

## Physical Activity Programs

Getting physical activity can help you control your diabetes. It is recommended you get 30 minutes of exercise daily. Walking is a great form of exercise and there are many START! Walking Paths in the region, see section Walking Paths and Parks, for additional information.

<b>County:</b>	<b>Facility:</b>	<b>Location:</b>	<b>Phone:</b>
<b>Franklin</b>	American Fitness LLC	310 E. Washington St., Christopher, IL 62822	618.724.4000
	Curves for Women	201 Public Square, Benton, IL 62812	618.438.0222
	Element Fitness Systems	1912 E. Oak St., West Frankfort, IL 62896	618.218.3039
	Stark Total Body Fitness and Tan	1 Rend Lake Plaza, Benton, IL 62812	618.435.3124
	West Frankfort Aquatics Center	1100 E. Cleveland St., West Frankfort, IL 62896	618.937.1665
<b>Jackson</b>	Carbondale Park District	<a href="http://www.cpkd.org">www.cpkd.org</a>	618.549.4147
	Gold's Gym	2421 W. Main St., Carbondale, IL 62901	618.457.0318
	Murphysboro Park District	710 S. 24 <sup>th</sup> St., Murphysboro, IL 62966	618.684.3333
	SIU Student Recreation Center	300 E. Grand Ave., Carbondale, IL 62901	618.453.1277
<b>Massac</b>	Tough Love Gym	727 E. 12 <sup>th</sup> St., Ste. B, Metropolis, IL 62960	618.309.6199
	Supercity Crossfit	214 W. 7 <sup>th</sup> St., Metropolis, IL 62960	270.841.2952
	The Zone 24 Hour Fitness	616 Market St., Metropolis, IL 62960	618.309.6086
	Thor's Gym	723 Market St., Metropolis, IL 62960	618.645.1275

<b>Perry</b>	Doc Z's Fitness Center	10 S. Oak St., Du Quoin, IL 62832	618.542.2165
	Du Quoin Health Center	31 S. Mulberry St., Du Quoin, IL 62832	618.542.6680
	Pinckneyville Health Care Center	708 Virginia Court, Pinckneyville, IL 62274	618.351.2493
	SI Rehab & Fitness Center	101 N. Walnut St., Pinckneyville, IL 62274	618.357.9389
<b>Pulaski</b>	Shawnee Com. College Fitness Ctr.	Bldg. L, Rm. 2010, Ullin Campus, Grand Chain, IL 62941	800.481.2242 ext. 3230
<b>Randolph</b>	Vasquez's Fitness Center	2513 State St., Chester, IL 62233	618.826.5449
	YMCA	130 S Oak St., Red Bud, IL 62278	618.282.9622
<b>Saline</b>	Egyptian Fitness Center	101 N. Main St., Harrisburg, IL 62946	618.294.8475
	Flip Flop & Fitness	601 W. Poplar St., Harrisburg, IL 62946	618.252.8537
	Shawnee Fitness Center	311 W. Small St., Harrisburg, IL 62946	618.252.1878
	VZ Fitness	1512 Locust St., Eldorado, IL 62930	618.273.5395
<b>Union</b>	Fitness Forum Gym & Fitness Center	131 W. Chestnut St., Anna, IL 62906	618.833.3234
	Shawnee Com. College Fitness Ctr.	Anna Campus, 1150 E. Vienna St., Anna, IL 62992	618.833.3399
	Xtreme Physique Health Club	305 N. Main St., Jonesboro, IL 62952	618.614.4924
<b>White</b>	Carmi Fitness Center	318 1 <sup>st</sup> St., Carmi, IL 62821	618.382.3339
<b>Williamson</b>	Gold's Gym	2500 Williamson Co. Pkwy., Marion, IL 62959	877.465.3703
	The Hub - Marion	917 W. Main St., Marion, IL 62959	618.997.2482
	John A. Logan College	700 Logan College Dr., Carterville, IL 62918	618.985.3741
	Vigiano's Fitness Center	1207 Weaver Rd., Herrin, IL 62948	618.988.8878

<b>Surrounding Areas/Counties</b>			
<b>Kentucky</b>	Energy Fitness	2343 New Holt Rd, Paducah, KY, 42001	270.554.7222
	Paducah Athletic Club	115 Lebanon Church Rd., Paducah, KY 42003	270.554.2582
	Planet Fitness	3430 James Sanders Blvd., Paducah, KY 42001	270.908.4500
	CrossFit Dig Deep	3660 James Sanders Blvd., Paducah, KY 42001	270.331.3731
	Snap Fitness 24-7	3215 Irvin Cobb Dr., Paducah, KY 42003	270.443.0900
	Stay Fit 24	414 Lone Oak Rd., Paducah, KY 42003	270.442.2472
<b>Missouri</b>	Anytime Fitness	1131 N. Kingshighway Cape Girardeau, MO 63701	573.332.0023
	Osage Center	1625 N. Kingshighway, Cape Girardeau, MO 63701	573.339.6342
	Shawnee Park Center	835 S. West End Blvd., Cape Girardeau, MO 63703	573.339.6346

## Walking Paths and Parks

There are also several Walking Paths available on the Southern Illinois University campus, as well as around the region. For more information visit the website: <http://www.startwalkingnow.org/>.

<b>County:</b>	<b>Path/Park:</b>	<b>Location:</b>	<b>Details:</b>
<b>Franklin-Williamson</b>	Arrowhead Lake Nature Trail	1600 Peterson St., Johnston City, IL 62951	2.8 mi/Moderate
	Cambria Park	Maple St., Cambria, IL 62915	0.5 mi/Easy
	Cannon Park	120 N. Greenbriar Rd., Carterville, IL 62918	1 mi/Easy
	Carterville's Got Heart	101 S. Division, Carterville, IL 62918	1 mi/Easy
	Energy 'Bruce' Park	100 Front St., Energy, IL 62933	0.5 mi/Easy
	Franklin Hospital	201 Bailey Ln., Benton, IL 62812	0.5 mi/Moderate
	Herrin City Park	1010 N. 5 <sup>th</sup> St., Herring, IL 62948	0.8 mi/Easy
	Herrin Downtown	3 South Park Ave., Herring, IL 62948	1.66 mi/Moderate
	Herrin Hospital	201 S. 14 <sup>th</sup> St., Herrin, IL 62948	0.4 mi/Moderate
	Serenity Trail Rotary Club Williamson Co	3333 W. DeYoung St., Marion, IL 62959	0.6 mi/Moderate
	Slim Lane	Downtown Zeigler, Zeigler, IL 62999	0.25 mi/Moderate
	Super Kohl Park	Downtown Zeigler, Zeigler, IL 62999	1/5 mi/Moderate
	West Frankfort Aquatic Center	1100 E. Cleveland St., West Frankfort, IL 62896	1.5 mi/Easy
	Williamson Co Regional Airport	10400 Terminal Dr., Marion, IL 62959	0.5 mi/Easy
<b>Gallatin</b>	Ohio River Visitors Center	Eagle Creek Rd., Equality, IL 62934	5.6mi/Greenway/Non-RT
<b>Hardin</b>	Hickory Ridge Trail	Cave-In Rock State Park	0.1 mi/Moderate Loop

<b>Jackson</b>	Attucks Park	400-800 N. Wall St., Carbondale, IL 62901	
	Bike Way	Across from Eastgate Shopping Ctr., Wall St Carbondale, IL 62901	
	Boys & Girls Club of Carbondale	250 N. Springer St., Carbondale, IL 62901	
	Carbondale Super Block	298 Lewis Ln., Carbondale, IL 62901	
	David Kenney Trail	Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901	
	Evergreen Park	1205 W. Pleasant Hill Rd., Carbondale, IL 62901	
	Green Earth/Oakland Nature Preserve	<a href="http://www.greeneearthinc.org/naturepreserves.htm">www.greeneearthinc.org /naturepreserves.htm</a>	
	Herbie Beyler Trail	Bush Hill Nature Preserve, Carbondale, IL 62901	Open Dawn to Dusk
	Marberry Arboretum	S. Wall St./Pleasant Hill Rd., Carbondale, IL 62901	
	The Maurice Webb Trail	Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901	Open Dawn to Dusk
	Memorial Hospital of Carbondale	405 W. Jackson St., Carbondale, IL 62901	
	Riverside Park	2610 W. Riverside Park Rd., Murphysboro, IL 62966	
	SIU Campus Lake	South Side SIUC Campus, Carbondale, IL 62901	2.2 mi/Moderate
	SIU Student Center	1255 Lincoln Dr., Carbondale, IL 62901	0.33 mi/Easy
	St Joseph Memorial Hospital	2 South Hospital Dr., Murphysboro, IL 62966	
	The Stan Harris Trail	Oakland Nature Preserve, Carbondale, IL 62901	
	Trinity Christian School	1218 W. Freeman, Carbondale, IL 62901	
	University of Illinois Extension Office	402 Ava Rd., Murphysboro, IL 62966	



	The Woodland Spur Trail	Chautauqua Bottoms Nature Preserve, Carbondale, IL 62901	
	The Woodland Trail	Oakland Nature Preserve, Carbondale, IL 62901	Open Dawn to Dusk
<b>Johnson</b>	Barkhausen Wetlands Center	8885 St. Rt. 37 S., Cypress, IL 62923	55.6 mi/Rail-Trail
	Ferne Clyffe	90 Office Dr., Goreville, IL 62939	<a href="http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM">http://dnr.state.il.us/lands/Landmgt/parks/r5/FERNE.HTM</a>
	Tunnel Hill State Trail	<a href="http://www.traillink.com/trail/tunnel-hill-state-trail.aspx">www.traillink.com/trail/tunnel-hill-state-trail.aspx</a>	
<b>Massac</b>	Hickory Nut Ridge Trail	Fort Massac State Park, Metropolis, IL 62960	2.5 mi/Moderate
	George Rogers Clark Discovery Trail	E. 5 <sup>th</sup> St. US 45 (Entrance to Fort Massac State Park), Metropolis, IL 62960	8.7 mi/Moderate
<b>Perry</b>	Du Quoin State Fairgrounds	US Rt. 51, Du Quoin, IL 62832	
	Perry County Fairgrounds	Fairground Rd., Pinckneyville, IL 62274	
	Pinckneyville City Park	920 County Rd., Pinckneyville, IL 62274	0.62 mi/Easy
<b>Pope</b>	River to River Guess 14	<a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a>	5.1 miles
	River to River Guess 15	<a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a>	4.0 miles
	River to River Guess 12	<a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a>	15.1 miles
	River to River Guess 13	<a href="http://www.trails.com/us/il/pope-county">www.trails.com/us/il/pope-county</a>	1.4 miles
	Dixon Springs State Park	982 IL-146, Golconda, IL 62938	618.949.3394
	Lake Glendale Recreation Area	Lake Rd., Golconda, IL 62938	618.638.8340
	Rauchfuss Hill State Recreation Area	Golconda, IL 62938	618.949.3304
<b>Pulaski</b>	Cache River Wetlands Center	<a href="http://www.friendsofthecache.org">www.friendsofthecache.org</a>	18 mi
	Grand Chain Lodge & Campground	495 Lighthouse Ln., Grand Chain, IL 62941	618.634.9411
	Main Brothers Campground	164-224 S. Franklin St., Karnak, IL 62956	618.634.9311

	Shawnee Community College	8364 Shawnee College Rd., Ullin, IL 62992	1 mi/Easy
<b>Randolph</b>	Cohen Complex	Chester, IL 62233	.72 mi/Easy/Paved
	Piney Creek Ravine Nature Reserve	<a href="http://www.alltrails.com/trail/us/illinois/piney-creek-ravine-nature-reserve-trail">www.alltrails.com/trail/us/illinois/piney-creek-ravine-nature-reserve-trail</a>	3.1 mi/Moderate
	Randolph Co. State Recreation Area	4301 S. Lake Dr., Chester, IL 62233	Various Trails
<b>Saline</b>	Eldorado Bicycle & Walking Path	SR 142 & Bixler Rd., Eldorado, IL 62930	2.2 mi/Rail Trail
	Ohio River Visitors Center	State Fish & Wildlife Area	5.6 mi/Greenway/Non-RT
<b>Union</b>	Anna City Park	Wright Dr., Anna, IL 62906	
	Anna Jonesboro Com HS Track	608 S. Main St., Anna, IL 62906	
	Choate's History Trail	1000 N. Main St., Anna, IL 62906	
	Cobden City Park	217 Locust St., Cobden, IL 62920	
	Jonesboro Grade School Track	309 Cook Ave., Jonesboro, IL 62952	
	Lincoln Memorial Trail	N. Main St., Jonesboro, IL 62952	.47 mi/Easy

### Surrounding Areas/Counties

<b>Kentucky</b>	Greenway Trail	<a href="http://www.paducahky.gov/walks-trails">www.paducahky.gov/walks-trails</a>	
	Tour the Floodwall Murals	<a href="http://www.paducahky.gov/walks-trails">www.paducahky.gov/walks-trails</a>	
	Cellphone Walking Tour of Downtown	<a href="http://www.paducahky.gov/walks-trails">www.paducahky.gov/walks-trails</a>	
<b>Missouri</b>	Arena Park	410 Kiwanis Dr., Cape Girardeau, MO 63701	1.06 mi/Moderate
	Cape LaCroix Recreation Trail	<a href="http://www.trailink.com/trail/cape-lacroix-recreation-trail.aspx">www.trailink.com/trail/cape-lacroix-recreation-trail.aspx</a>	4.4 mi/Moderate

## **Physicians-Diabetes Specialists (Endocrinology)**

Endocrinology deals with hormone-secreting glands (e.g.: thyroid, pituitary, adrenal, ovaries, pancreas, testes, etc.) and also deals with diabetes. Endocrinologists are listed below:

### **Franklin, Hardin, Jackson, Johnson, Massac, Pulaski, Union Counties -**

Check "Surrounding Area" section or other counties listed.

### **Alexander County**

#### **Cairo Mega Clinic**

**Address:** 13245 Kessler Rd., PO Box 233, Cairo, IL 62914-3103

**Phone:** 618-734-4400

### **Gallatin County**

#### **Gallatin County School Wellness Center**

Natalie Finnie, FNP-C

**Address:** 5175 Hwy 13, Junction, IL 62954

**Phone:** 618.272.7132

**Hours:** M-Thurs 7:30 am - 3 pm; F 8 am - 11 am

**Email:** nfinnie@egyptian.org

**Website:** www.egyptian.org

### **Hardin, Johnson, Massac, Pope, Pulaski, Union Counties -**

Check "Surrounding Area" section or other counties listed.

### **Jackson County**

#### **Cedar Court Clinic**

**Address:** 1340 Cedar Court, Carbondale, IL 62901-5336

**Phone:** 618-457-7821

### **Saline County**

#### **Christopher Rural Health Planning Corporation (CRHPC), Eldorado Health Care Center**

Curt Morris, PA-C

**Address:** 1401 US Hwy. 45 N., Eldorado, IL 62930

**Phone:** 618.273.2951

**Hours:** M - F 7:30 am - 4:30 pm

**Email:** cmorris@crhpc.org

**Website:** www.crhpc.org

*Accepts Medicare, Medicaid, private insurance, and has sliding fee scale.*

**Community Health & Emergency Services (CHESI), Harrisburg Community Center**

Maureen Klemme, APN (She is also listed for Alexander Co.)

**Address:** 205 N. Main St, Harrisburg, IL 62946

**Phone:** 618.253.8450

**Hours:** M - Sun 8:30 am - 5 pm; OPEN WEEKENDS

**Email:** mklemme@chesi.org

**Website:** www.chesi.org

*Accepts Medicaid for adults and children, most insurances, & offers a sliding fee discount.*

**Williamson County****Issa Abedmahmoud, MD, (aka Dr. Abed)**

Diabetes and Endocrine of Southern Illinois

**Address:** 3020 S. Park Ave., Herrin, IL 62948

**Phone:** 618.988.1877

**Surrounding Area****Joslin Diabetes Center**

**Address:** 775 Sunset Blvd. #B, O'Fallon, IL 62269

**Phone:** 217.787.8870

**Dermatologist**

A dermatologist is the medical expert you should consult if you have any significant problem with your skin. Dermatology is the science that is concerned with the diagnosis and treatment of diseases of the skin, hair and nails.

**Saline County****Southern Illinois Dermatology**

Dr. Ted G Van Acker

**Address:** 300 W. Small St. #1, Harrisburg, IL 62946

**Phone:** 618.252.8535

**Hours:** M 7:30 am - 4:30 pm; T & F 7 am - 5 pm, W & Thurs 8 am - 4 pm

**Website:** www.siderm.com

## Wound Care

Any technique that enhances the healing of skin abrasions, blisters, cracks, craters, infections, lacerations, necrosis, and/or ulcers.

### **Baptist Health Paducah Wound Care Center**

**Address:** 2501 Kentucky Ave. DOB 2, Ste. 103, Paducah, KY 42003

**Phone:** 270.575.2414

### **Bradbury Rural Health Clinic - Wound Care Center**

**Address:** 211 S. Burns Ave., Sparta, IL 62286

**Phone:** 618.443.1303

**Hours:** By appointment

### **Healogics Wound Healing –St. Joseph Memorial Hospital**

**Address:** 2 S. Hospital Dr., Murphysboro, IL, 62966

**Phone:** 618.684.1035 (Hospital phone: 618.684.3156)

**Hours:** M - F 8 am - 4:30 pm

*Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.*

### **Lourdes Hospital Wound Care Center**

**Address:** 225 Medical Center Dr., Ste. 205, Paducah, KY 42003

**Phone:** 270.441.4462

**Hours:** M - Thurs 8 am - 5 pm, F 8 am - 12 pm

### **Older Adult Health Center**

**Address:** 325 Spring St., Red Bud, IL 62278

**Phone:** 618.282.7373

**Fax:** 618.282.7376

**Hours:** M - F 8 am - 5 pm

### **SIH Herrin Hospital Wound Care**

**Address:** 315 S. 13<sup>th</sup> St., Herrin, IL 62948

**Phone:** 618.988.6157

**Hours:** M - F 8 am - 4:30 pm

*Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.*

### **SIH Center for Wound Healing – St. Joseph Memorial Hospital**

Jason Liang, DPM and Kati Rush, DPM

**Address:** 2 S. Hospital Dr., Murphysboro, IL 62966

**Phone:** 618.684.1035

**Fax:** 618.684.1036

**Hours:** M - F 8 am - 4:30 pm

**Union County Hospital Wound Care**

Dr. Tamer Aiti, M.D.

**Address:** 515 North Main St., Ste. D, Anna, IL 62906

**Phone:** 618.833.2872

**Fax:** 618.833.2414

**Hours:** M - Thurs 8 am - 4:30 pm, T 8 am - 7 pm, & F 8 am - 12 noon

*Specializes in chronic, non-healing wounds including: ulcers (vascular, neuropathic, diabetic, pressure), atypical wounds, and complicated surgical wounds.*

**Wound Care Specialists - Pinckneyville Community Hospital**

**Address:** 5383 St. Rt. 154, Pinckneyville, IL 62274

**Phone:** 877.295.2273

*Referral required.*

## **Podiatrists/ Foot Care**

Diabetes can affect the blood circulation to your legs and feet. If you have diabetes, it is recommended that you get an annual foot exam by a podiatrist.

### **Alexander County**

#### **CHESI CDX-Community Health Emergency Services Inc.**

**Ronald S Slatick DPM**

**Address:** 13245 Kessler Rd., Cairo, IL 62914

**Phone:** 618.734.4400

*Available at this location on Thursdays from 1 pm - 5 pm.*

### **Franklin County**

#### **SIH Medical Group Podiatry at Logan Primary Care - West Frankfort**

**Jason Liang, DPM**

**Address:** 502 W. St. Louis St, Ste. 4, West Frankfort, IL 62896

**Phone:** 618.565.1000

**Fax:** 618.565.1010

**Website :** <http://www.sihmedicalgroup.net/services-podiatry.php>

*Call for hours and to schedule an appointment for foot and ankle needs*

**Stephen L. Ponton, DPM**

**Address:** 215 N. Logan St., West Frankfort, IL 62896

**Phone:** 618.937.2200

**Hardin County** - Check "Surrounding Area" section or other counties listed.

### **Jackson County**

#### **SIH Medical Group Podiatry at Medical Arts Clinic**

Kati Rush, DPM & Jason Liang, DPM

**Address:** 19 E. Shawnee Dr., Suite 2, Murphysboro, IL 62966

**Phone:** 618.565.1000

**Fax:** 618.565.1010

**Website :** <http://www.sihmedicalgroup.net/services-podiatry.php>

*Call for hours and to schedule an appointment for foot and ankle needs*

#### **Southern Illinois Foot & Ankle Clinic**

**Christopher Moore, DPM & David Gunzel, DPM**

**Address:** 1235 North Cedar Court, Carbondale, IL 62903

**Phone:** 618.457.0431

**Fax:** 618.457.5199

**Johnson County** - Check "Surrounding Area" section or other counties listed.

## **Massac County**

### **Dean Hinnners, DPM**

**Address:** 412 W. 10th St., Metropolis IL 62960

**Phone:** 618.524.8146

**Hours:** M - F 9 am - 5 pm

## **Perry County**

### **Next Step Foot & Ankle - Pinckneyville Community Hospital**

Dr. Daniel Thouvenot

**Address:** 5383 St. Rt. 154, Pinckneyville, IL 62274

**Phone:** 618.236.7444

## **Pulaski County** - Check "Surrounding Area" section or other counties listed.

## **Pope County**

### **Community Health & Emergency Services (CHES)-Pope County Clinic**

**Address:** 217 S. Adams St. Golconda, IL 62938

**Phone:** 618.683.3781

**Hours:** M - F 8 am - 5 pm (Last appointment at 4 pm).

*Podiatrist available every six weeks, call for details and dates.*

## **Randolph County**

### **Amanda Hart, DPM**

Memorial Hospital

**Address:** 13245 Kessler Rd. Cairo, IL 62914

**Phone:** 618.277.5700

## **Saline County**

### **HMC Specialty Clinic**

Dr. Mitchell Cook, DPM

**Address:** 117 E. Clark St., Harrisburg, IL 62946

**Phone:** 618.294.9300

**Fax:** 618.252.1326

**Hours:** M - F 8 am - 4:30 pm (Call for appointment)

**Website:** <https://public.sih.net/physicians.nsf/docs/Mitchell-Cook#.WpWYLajwYRF>

### **SIH Medical Group Podiatry**

Dr. Daniel Brown, DPM; Dr. David Dickinson, DPM

**Address:** 250 Small St. Harrisburg, IL 62946

**Phone:** 618.294.8466

**Hours:** M - Thurs 8 am - 5 pm; F 8 am - 12 noon

**Website:** [www.sifootdoctor.com](http://www.sifootdoctor.com)

*No Medicaid; waivers for hardship*



## **Union County**

### **SIH Medical Group Podiatry at Anna Primary Care**

Kati Rush, DPM

**Address:** 98 Peach Ridge Rd., Anna, IL 62906

**Phone:** 618.614.1400

**Fax:** 618.614.1401

**Website:** <http://www.sihmedicalgroup.net/services-podiatry.php>

*Call for hours and to schedule an appointment for foot and ankle needs*

### **Union County Podiatry**

Jeffery Deacon, DPM

**Address:** 515 North Main St., Ste. E. Anna, IL 62906

**Phone:** 618.833.2872

*Days available may vary, must call for an appointment.*

## **Williamson County**

### **Family Foot & Ankle Center of Southern Illinois**

Melinda Moore, DPM

**Address:** 3022 S. Park Ave., Herrin, IL 62948

**Phone:** 618.942.3334

### **SIH Medical Group Podiatry-Herrin**

Amanda Brazis, FPM; Mitchell Cook, DPM; Jason Liang, DPM

**Address:** 3307 Logan Dr., Herrin, IL 62948

**Phone:** 618.993.0900

**Fax :** 618.993.9994

**Website :** <http://www.sihmedicalgroup.net/services-podiatry.php>

*Call for hours and to schedule an appointment for foot and ankle needs*

### **Southern Illinois Podiatry**

David Dickinson, DPM & Daniel Brown, DPM

**Address:** 101 North 16th St., Herrin, IL 62948

**Phone:** 618.988.6034

### **William P. Hess, DPM**

**Address:** 1506 W. Main St., Marion IL 62959

**Phone:** 618.997.9369

## **Surrounding Area**

### **Ronald S Slatick DPM**

**Address:** 131 Nahm St., Ste. 2 Paducah, KY 42001

**Phone:** 270.443.1170

### **Stivers & Stivers, DPM**

**Address:** 2000 Kentucky Ave., Paducah, KY 42001

**Phone:** 270.444.9011

## Smoking Cessation

According to the CDC, persons with diabetes who also smoke are more likely to have serious health problems from diabetes. Evidence shows that smoking causes type 2 diabetes; smokers are 30–40% more likely to develop type 2 diabetes than nonsmokers. Smokers who also have diabetes tend to experience higher risks for serious complications, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation (removal of a body part by surgery, such as toes or feet)
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves to the arms and legs that causes numbness, pain, weakness, and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away. Many free services are available to help, including:

### **Egyptian Health Department**

**Kimberly E. Scott-Pilkington**

**Address:** 1412 US Hwy. 45 N.,  
Eldorado, IL 62930

**Phone:** 618.273.3326 Ext. 2143

**Fax:** 618.273.2808

**Hours:** M, W, F 8 am - 5 pm;  
T, Thurs 8 am - 8 pm

**Website:** [www.egyptian.org](http://www.egyptian.org)

### **Southern Seven Health Department**

**Natalie Sawyer**

**Address:** 37 Rustic Campus Drive,  
Ullin, IL 62992

**Phone:** 618.634.2297 Ext. 136

**Email:** [nsawyer@s7hd.org](mailto:nsawyer@s7hd.org)

### **American Cancer Society – Quit For Life Program**

The Quit for Life Program, developed by the American Cancer Society and Alere, is a 24/7 phone-based coaching and web-based learning support service to help smokers quit. Participants are matched with a quit coach who helps develop a personalized quit plan, provides guidance in choosing medicines, and gives ongoing follow-up support. For more information, visit: <https://www.quitnow.net>

### **1-800-QUIT NOW**

1-800-Quit-Now is a national router number which accepts callers from throughout the nation, seamlessly directing them to the appropriate state quitline. For more information, call 1-800-784-8669 (1-800-QUIT-NOW) or visit: [CDC.gov/tips](http://CDC.gov/tips). Spanish-speakers can call 1-855-DÉJALO-YA (1-855-335-3569) or visit: [CDC.gov/consejos](http://CDC.gov/consejos).

### **Illinois Quitline**

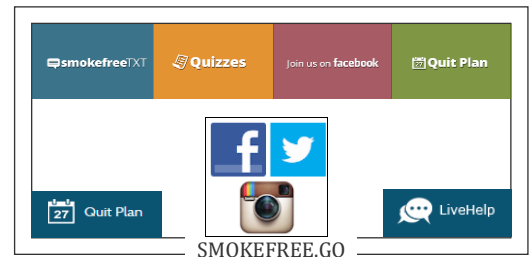
1-866-QUIT-YES (1-866-784-8937) Call 7 am - 11 pm, seven days a week, or visit: <http://www.quityes.org>. Receive individual counseling, advice, tips, and encouragement. Call as often as needed for FREE.



## **Smokefree.gov**

Smokefree.gov, managed by the National Cancer Institute (NCI), provides information and professional assistance to support those who want to quit smoking. The website allows users to choose the help that best fits their needs. Available assistance includes:

- Online step-by-step cessation guide
- Local and State telephone quit lines
- NCI's National telephone quit line
- NCI's instant messaging service
- Publications (download, print, or order)



## **Saline County**

### **Harrisburg Medical Center**

#### **Tonya Potts, Director Respiratory Therapy/Sleep Lab**

**Address:** 100 Dr. Warren Tuttle Dr., Harrisburg, IL 62946

**Phone:** 618.253.0462 x10345

**Email:** tpotts@harrisburgmc.com

**Website:** www.harrisburgmc.com

*Provides one on one cessation assistance.*

### **Courage to Quit (Respiratory Health Association)**

Courage to Quit® is an evidence-based group or individual tobacco treatment program for adults available in multiple formats with flexible content that can be customized for delivery. It is the cessation component of RHA's integrated tobacco intervention program. Courage to Quit®'s effectiveness has been documented in the American Journal for Public Health. Visit: [www.couragetoquit.org](http://www.couragetoquit.org) for more detailed information.

## Transportation

Below is a listing of transportation resources in our area. Many communities also have taxi services available. See the phone book for more information about taxi services in your area.

### Care-A-Van (Herrin)

**Phone:** 618.942.5900

*Serves 15-mile radius of Herrin Hospital.  
Takes patients to and from hospital. Curb-to-curb service with assistance from family.  
M - F from 7:30 am - 4:30 pm. No cost; donations are accepted.*

### Department of Human Services (All requests handled by First Transit)

**Phone:** 877.725.0569

**Hours:** Depends on provider.

**Cost:** None

#### **Rules:**

1. Rider must be on the state medical program and need transportation.
2. Transportation must be pre-approved.
3. Must use approved transportation provider.
4. Provider must apply with to the Department of Human Services to become approved.
5. Only cover to nearest facility.

### Monroe Randolph Transit District

**Routes:** Public transportation in Monroe and Randolph Counties. Services must be scheduled at least 24 hours in advance.

**Hours:** M - F 5:30 am - 4:30 pm

**Phone:** 618.443.9087

**Cost:** \$6.00 one way

**Email:** mrt.dispatch@gmail.com

*MRT welcomes people of all ages, abilities, and incomes. Vehicles are ADA compliant, contain lifts, and offer transfer chairs for those with mobility issues. Drivers are trained and experienced. MRT is also a Medicaid transportation provider and will bill Medicaid for any pre-approved medical trips.*

### Jackson County Mass Transit District

**Routes:** Routes by appointment in Jackson County.

**Hours:** M - F 7 am - 5:30 pm, Sat 8 am - 2 pm

**Phone:** 618.549.0304, 1.866.844.7433

**Cost:** \$2 general public; \$1 for seniors, students, disabled, \$ veterans, passes available

### Rides Mass Transit District – by county

**For all counties:**

**Email:** rmttd@shawneelink.com

**Website:** www.ridesmtd.com

#### **Rides Mass Transit District-Crawford County**

**Routes:** Routes by appointment in Crawford & Jasper County

**Phone:** 618.544.8800, 1.866.389.7536

#### **Rides Mass Transit District-Edgar County**

**Routes:** Routes by appointment in Edgar, Clark, & Cumberland County

**Phone:** 217.466.6921, 1.866.384.0503

#### **Rides Mass Transit District-Richland County**

**Routes:** Routes by appointment in Richland & Lawrence County

**Phone:** 618.395.1272, 1.877.667.6118

**Rides Mass Transit District-Saline County**

**Routes:** Routes by appointment in Saline, Gallatin, Hardin, & Pope County

**Phone:** 618.252.4662, 1.877.667.6119

**Rides Mass Transit District-Wayne County**

**Routes:** Routes by appointment in Wayne & Edwards County

**Phone:** 618.847.4077, 1.877.667.6117

**Rides Mass Transit District-White County**

**Routes:** Routes by appointment in White, Wabash, & Hamilton County

**Phone:** 618.375.7126, 1.877.667.6118

**Rides Mass Transit District-Williamson County**

**Routes:** Routes by appointment in Williamson County

**Phone:** 618.993.1900, 1.844.220.1243

**Rides Plus**

**Phone:** 618.215.3761, 1.844.220.1243

**Website:** [www.ridesmtd.com](http://www.ridesmtd.com)

*Rides Plus is a not-for-profit company that coordinates non-emergency medical transportation in advance for area hospitals and healthcare providers.*

**Saluki Express/Rides Plus**

**Phone:** 618.993.1900, 1.844.220.1243

**Routes:** Carbondale

**Mobile App:** Transloc Inc.

**Website:** <https://studentcenter.siu.edu/services/saluki-express>

**Shawnee Mass Transit District**

**Phone:** 1.866.577.6278

**Areas:** Anna, Vienna, Paducah, Metropolis, Jonesboro, Brookport, Carbondale, Mounds City, Mounds, Cobden, Ullin, Dongola, Pulaski, Tamms, Olive Branch, Thebes, Cairo and Cape Girardeau, Mo.

**Counties:** Alexander, Johnson, Massac, Pulaski and Union County

**Website:** [www.shawneemtd.com](http://www.shawneemtd.com)

*Shawnee MTD assists with non-emergency medical transportation including hospital or ER discharges, or medical appointments.*

**Upscale Cab Service**

**Routes:** Routes by appointment

**Phone:** 618.450.0488

**Hours:** 24 hrs/day depending on availability

**Cost:** CASH only

## Diabetic Self-Management Smartphone Apps

App Name:	Cost:	Website:
Glooko	Free with MD Sponsor	<a href="https://www.glooko.com/">https://www.glooko.com/</a>
Fooducate	Free (cost for premium membership)	<a href="https://www.fooducate.com/">https://www.fooducate.com/</a>
Glucose Buddy	Free with Premium Membership Available	<a href="https://www.glucosebuddy.com/">https://www.glucosebuddy.com/</a>
Dbees.com	Free	<a href="https://dbees.com/">https://dbees.com/</a>
Diabetes Connect	Free	<a href="http://www.diabetesconnect.de/en/">http://www.diabetesconnect.de/en/</a>
On Track Diabetes	Free	<a href="https://www.ontrackdiabetes.com/">https://www.ontrackdiabetes.com/</a>
Diabetes Plus	Free with Premium Membership Available	<a href="https://itunes.apple.com/us/app/glucose-buddy-diabetes-tracker/id294754639?mt=8">https://itunes.apple.com/us/app/glucose-buddy-diabetes-tracker/id294754639?mt=8</a> or <a href="https://play.google.com/store/apps/">https://play.google.com/store/apps/</a> (search for Diabetes Plus)
MyFitneessPal	Free	<a href="https://www.myfitnesspal.com/">https://www.myfitnesspal.com/</a>
Calorie Counter by FatSecret	Free	<a href="https://play.google.com/store/apps">https://play.google.com/store/apps</a> or <a href="https://itunes.apple.com">https://itunes.apple.com</a> (search for Calorie Counter by FatSecret)
Diabetes Insight	Free	<a href="https://itunes.apple.com/us/app/diabetes-insight/id421553971?mt=8">https://itunes.apple.com/us/app/diabetes-insight/id421553971?mt=8</a>
BlueLoop	Free	<a href="https://blueloop.mycareconnect.com/">https://blueloop.mycareconnect.com/</a>
AgaMatrix Diabetes Manager	Free	<a href="https://agamatrix.com/diabetes-apps/">https://agamatrix.com/diabetes-apps/</a>
Diabetes Pilot	Free for iPhone cost for other devices	<a href="http://www.diabetespilot.com/">http://www.diabetespilot.com/</a>
LogFrog DB	Free	<a href="http://logfrogapp.com/">http://logfrogapp.com/</a>
Glucool Diabetes	Free with Premium Membership Available	<a href="https://play.google.com/store/apps/details?id=com.michaelfester.glucool.lite&amp;hl=en_US">https://play.google.com/store/apps/details?id=com.michaelfester.glucool.lite&amp;hl=en_US</a>
Diabetes App - blood sugar control, glucose tracker and carb counter	Cost	<a href="https://itunes.apple.com/us/app/diabetes-app-blood-sugar-control-glucose-tracker-carb/id387128141?mt=8">https://itunes.apple.com/us/app/diabetes-app-blood-sugar-control-glucose-tracker-carb/id387128141?mt=8</a>
NyNetDiary	Cost	<a href="https://www.mynetdiary.com/">https://www.mynetdiary.com/</a>
MySugr	Free	<a href="https://mysugr.com/apps/">https://mysugr.com/apps/</a>

## Glossary of Terms

**A1C** (Also called hemoglobin A1C or glycosylated hemoglobin): A test that measures a person's average blood glucose level over the past 2 to 3 months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. The test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood. Results are given as a percentage or as an average glucose value, called an estimated average glucose.

**Blood Glucose:** (bluhd) (GLOOkohss): the main sugar found in the blood and the body's main source of energy. Also called blood sugar.

**Blood Glucose Meter:** (bluhd) (GLOOkohss) (MEE-tur): a small, portable machine used by people with diabetes to check their blood glucose levels. After pricking the skin with a lancet, one places a drop of blood on a test strip in the machine. The meter then displays the blood glucose reading.

**Blood Pressure:** the force of blood exerted on the inside walls of blood vessels. Blood pressure is expressed as two numbers. For example, a blood pressure result of 120/80 is said as "120 over 80." The first number is the systolic pressure or the pressure when the heart pushes blood into the arteries. The second number is the diastolic pressure or the pressure when the heart rests.

**Body Mass Index:** (BMI): a measure used to evaluate body weight relative to a person's height. BMI is used to find out if a person is underweight, normal weight, overweight, or obese.

**Calorie:** a unit representing the energy provided by food. Carbohydrate, fat, protein, and alcohol provide calories in the diet. Carbohydrate and protein have 4 calories per gram, fat has 9 calories per gram, and alcohol has 7 calories per gram.

**Carbohydrate:** (KAR-boh-HYdrayt): one of the three main nutrients in food. Foods that provide carbohydrate are starches, vegetables, fruits, dairy products, and sugars.

**Carbohydrate Counting:** (KAR-bohHY-drayt) (KOUN-ting): a method of meal planning for people with diabetes based on counting the number of grams of carbohydrate in food.

**Certified Diabetes Educator:** (CDE) (SER-tih-fyd) (DY-uh-BEEteez) (EH-juh-KAY-tur): a health care professional with expertise in diabetes education who has met eligibility requirements and successfully completed a certification exam.

**Chronic Kidney Disease:** (CKD) (KRON-ik) (KID-nee) (dih-ZEEZ): any condition that causes reduced kidney function over a period of time. CKD is present when a patient's kidney filtration rate remains below 60 milliliters per minute for more than 3 months. CKD may develop over many years and lead to end-stage renal disease.

**Circulation:** (SUR-kyoo-LAYshuhn): flow of blood through the body's blood vessels and heart.

**Complications:** (KOM-plih-KAYshuhnz): harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure, and LDL cholesterol levels close to normal can help prevent or delay these problems.

**Diabetes:** (DY-uh-BEE-teez): condition characterized by hyperglycemia (high blood glucose) resulting from the body's inability to use blood glucose for energy. In type 1 diabetes, the pancreas no longer makes insulin; therefore, blood glucose cannot enter the cells to be used for energy. In type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly. Also called Diabetes Mellitus.

**Diabetic Ketoacidosis:** (DKA) (DY-uh-BET-ik) (KEE-toh-ASSih-DOH-siss): emergency condition in which extremely high blood glucose levels, along with a severe lack of insulin, result in the breakdown of body fat for energy and an accumulation of ketones in the blood and urine. Signs of DKA are nausea and vomiting, stomach pain, fruity breath odor, and rapid breathing. Untreated DKA can lead to coma and death.

**Diabetic Retinopathy:** (DY-uh-BET-ik) (RET-ih-NOP-uh-thee): damage to the small blood vessels in the retina. Loss of vision may result. Also called Diabetic Eye Disease.

**Dietitian:** (DY-uh-TISH-uhn): health care professional who advises people about meal planning, weight control, and diabetes management. A registered dietitian (RD) has met certain educational and internship requirements.

**Endocrinologist:** (EN-doh-krih-NOL-uh-jist): doctor who treats people who have endocrine gland problems such as diabetes.

**Fructose:** (FROOK-tohss): sugar that occurs naturally in fruits and honey. Fructose has 4 calories per gram.

**Gastroparesis:** (GASS-troh-puh-REE-siss): form of neuropathy that affects the stomach. Digestion of food may be incomplete or delayed, resulting in nausea, vomiting, or bloating, making blood glucose control difficult.

**Glaucoma:** (glaw-KOH-muh): increase in fluid pressure inside the eye that may lead to vision loss.

**Glucagon:** (GLOO-kuh-gon): a hormone produced by the alpha cells in the pancreas. Glucagon raises blood glucose. An injectable form of glucagon, available by prescription, may be used to treat severe hypoglycemia.

**Glycemic Index:** (gly-SEE-mik) (IN-deks): ranking of a carbohydrate-containing food, based on the food's effect on blood glucose compared with a standard reference food.

**Glycemic Load:** (gly-SEE-mik) (loh-d): ranking of a carbohydrate-containing food, based on the food's glycemic index and the amount of carbohydrate in a typical serving.

**Gram:** unit of weight in the metric system. An ounce equals 28 grams. In some meal plans for people with diabetes, the suggested amounts of food are given in grams.

**Hormone:** chemical produced in one part of the body and released into the blood to trigger or regulate particular functions of the body. For example, insulin is a hormone made in the pancreas that tells other cells when to use glucose for energy. Synthetic hormones, made for use as medicines, can be the same or different from those made in the body.

**Hyperglycemia:** (HY-pur-gly-SEE-mee-uh): higher than normal blood glucose. Fasting hyperglycemia is blood glucose above a desirable level after a person has fasted for at least 8 hours. Postprandial hyperglycemia is blood glucose above a desirable level 1 to 2 hours after a person has eaten.

**Hyperinsulinemia:** (HY-pur-IN-suhlin-EE-mee-uh): condition in which the level of insulin in the blood is higher than normal. It is caused by overproduction of insulin by the body, and is related to insulin resistance.



**Hypertension:** (HY-pur-TENshuhn): condition present when blood flows through the blood vessels with a force greater than normal. Also called High Blood Pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems, and death.

**Hypoglycemia:** (HY-poh-glySEE-mee-uh): also called low blood glucose, a condition that occurs when one's blood glucose is lower than normal, usually below 70 mg/dL. Signs include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. If left untreated, hypoglycemia may lead to unconsciousness. Hypoglycemia is treated by consuming a carbohydrate-rich food such as glucose tablets or juice. Hypoglycemia may also be treated with an injection of glucagon if the person is unconscious or unable to swallow. Also called an Insulin Reaction.

**Impaired Fasting Glucose (IFG)** (im-PAIRD) (FASS-ting) (GLOO-kohnss): condition in which a fasting blood glucose test shows a level of glucose higher than normal but not high enough for a diagnosis of diabetes. IFG, also called pre-diabetes, is a level of 100 to 125 mg/dL. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease and stroke.

**Impaired Glucose Tolerance:** (IGT) (im-PAIRD) (GLOO-kohss) (TOL-ur-uhnss): condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. IGT, also called pre-diabetes, is a level of 140 to 199 mg/dL 2 hours after the start of an oral glucose tolerance test. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for IGT that are no longer used are "borderline," "subclinical," "chemical," or "latent" diabetes.

**Insulin:** (IN-suh-lin): hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, insulin must be taken by injection or other means.

**Insulin Resistance:** (IN-suh-lin) (ree-ZISS-tuhnss): the body's inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood.

**Lancet:** (LAN-set): spring-loaded device used to prick the skin with a small needle to obtain a drop of blood for blood glucose monitoring.

**Lipid profile:** (LIP-id) (PROH-fyl): blood test that measures total cholesterol, triglycerides, and HDL cholesterol. LDL cholesterol is then calculated from the results. A lipid profile is one measure of a person's risk of cardiovascular disease.

**Metabolic Syndrome:** (MET-uhBOL-ik) (SIN-drohm): grouping of health conditions associated with an increased risk for heart disease and type 2 diabetes. Conditions include hypertension, a large waist, high triglyceride levels, low HDL cholesterol levels, and above-normal blood glucose levels. Metabolic syndrome was previously called Syndrome X.

**Nephropathy:** (neh-FROP-uhthee): disease of the kidneys. Hyperglycemia and hypertension can damage the kidneys' glomeruli. When damaged, protein leaks out of the kidneys into the urine. Damaged kidneys can no longer remove wastes and extra fluid from the bloodstream.

**Neuropathy:** (noo-ROP-uhthee): disease of the nervous system. Three major forms in people with diabetes are peripheral neuropathy, autonomic neuropathy, and mononeuropathy. The most common form is peripheral neuropathy, which affects the legs and feet.

**Obesity:** (oh-BEE-sih-tee): condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more.

**Oral Glucose Tolerance Test:** (OGTT) (OR-uhl) (GLOO-kohss) (TOL-ur-uhnss) (test): test to diagnose pre-diabetes and diabetes. The test is given by a health care professional after an overnight fast. A blood sample

is taken and then the patient drinks a high-glucose beverage. Blood samples are taken at hourly intervals for 2 to 3 hours. Test results are compared with a standard and show how the body uses glucose over time.

**Overweight:** above-normal body weight; having a body mass index of 25 to 29.

**Pancreas:** (PAN-kree-uhss): organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand.

**Pancreatitis:** (PAN-kree-uh-TYtiss): irritation of the pancreas that can cause it to stop working. Can be acute or chronic. Diabetes may develop when pancreatic tissue is destroyed from chronic pancreatitis and the insulin-producing cells of the pancreas, called beta cells, have been damaged. Pancreatitis can also occur as a side effect of the diabetes medication exenatide (Byetta).

**Peripheral Artery Disease:** (PAD) (puh-RIF-ur-uhl) (ar-TEEree-uhl) (dih-ZEEZ): also called peripheral vascular disease; a condition in which the large blood vessels of the legs are narrowed or blocked by fatty deposits, decreasing blood flow to the legs and feet. PAD increases the chances of amputation, heart attack, and stroke.

**Pre-diabetes:** (PREE-dy-uh-BEEteez): condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes, heart disease, and stroke. Other names for pre-diabetes are impaired glucose tolerance and impaired fasting glucose.

**Protein:** (PROH-teen): 1. One of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. 2. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.

**Saccharin:** (SAK-uh-rin): dietary sweetener with no calories and no nutritional value

**Saturated Fat:** type of dietary fat that can increase the risk of heart disease. It is found in meat, poultry skin, butter, lard, shortening, and all milk and dairy products except fat-free versions.

**Self-Management:** the ongoing process of managing diabetes including meal planning, planned physical activity, blood glucose monitoring, taking diabetes medicines, handling episodes of illness and of low blood glucose and high blood glucose, managing diabetes when traveling, and more. The person with diabetes designs his or her own self-management treatment plan in consultation with a variety of health care professionals such as doctors, nurses, dietitians, pharmacists, and others.

**Sorbitol:** (SOR-bih-tol): 1. sugar alcohol—a sweetener—with 4 calories/gram. 2. substance produced by the body in people with diabetes that can cause damage to the eyes and nerves.

**Stroke:** condition in which the blood supply to the brain is suddenly cut off, caused by a blockage or the bursting of a blood vessel in the brain or neck. Then brain tissue can be damaged. A stroke can cause a person to lose the ability to speak or move parts of the body.

**Sucralose:** (SOO-kruh-LOHSS): dietary sweetener made from sugar but with no calories and no nutritional value.

**Sugar Alcohols:** sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about 2 calories per gram. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. Also known as polyols.

**Trans Fat:** type of dietary fat that increases the risk of heart disease. Trans fat is produced when liquid oils are turned into solids through a process called hydrogenation. Foods with trans-fat include those listing hydrogenated or partially hydrogenated fat on the label, such as crackers, snack foods, commercially produced baked goods, and some stick margarines.

**Triglyceride:** (try-GLISS-ur-eyed): the storage form of fat in the body. High triglyceride levels may occur when diabetes is out of control.

**Type 1 Diabetes:** (typ) (whuhn) (DY-uh-BEE-teez): condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults.

**Type 2 Diabetes:** (typ) (too) (DY-uhBEE-teez): condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in children, teens, and young people.

**Urinalysis:** (YOOR-ih-NAL-ih-siss): test of a urine sample that can reveal many problems of the urinary tract and other body systems. The sample may be observed for color, cloudiness, concentration; signs of drug use; chemical composition, including glucose; the presence of protein, blood cells, or germs; or other signs of disease.

**Xylitol:** (ZY-lih-tol): a carbohydrate-based sweetener found in plants and used as a substitute for sugar; provides calories. Found in some mints and chewing gum.

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