

# Virginia Center for Diabetes Prevention and Education

## DID YOU KNOW....

- If you have prediabetes, the Diabetes Prevention Program can help you prevent or delay developing diabetes by as much as 58%. People over 60, can reduce their risk by 71%!
- If you have diabetes, learning about your care through Diabetes Self-Management Education, can help you lower your A1C level by as much as 2.3%.

## Diabetes Programs in Your Area

### Diabetes Self-Management Education

Would you like to learn how to lower blood sugar levels, decrease diabetes complications, and reduce healthcare costs?

Diabetes education provides evidence-based tools to help people with diabetes to guide decisions and activities about their diabetes. Diabetes education has been proven to help people with diabetes stay healthy.

Valley Health -Warren Memorial -1077 N. Shenandoah Ave, Front Royal, VA 22630 (540) 636-0310  
Valley Health -DSME Program - 333 W. Cork St, Winchester, Virginia 22601 (540)536-5108

### Diabetes Tele-education Program

Would you like to learn more about diabetes on-line?

The Diabetes Tele-Education Program has 4 diabetes classes offered to people with diabetes and their families. Classes may be viewed at a healthcare facility, or they can be watched at home. To learn more, click on the link below.

<https://med.virginia.edu/vcdpe/diabetes-tele-education-programs/>

Register for one class or all of them!

### Diabetes Prevention Program

Do you have prediabetes? Take this simple [RISK TEST](#). Individuals who joined in a lifestyle change program have decreased their risk of developing diabetes. Don't wait!

<https://www.cdc.gov/diabetes/prevention/index.html>

[Virginia Cooperative Extension](#) (540) 665-5699, [vsantiago@vt.edu](mailto:vsantiago@vt.edu)  
Valley Health -Warren Memorial Hospital -1077 N. Shenandoah Ave, Front Royal, VA 22630 (540) 636-0310

### Diabetes Eye Screening

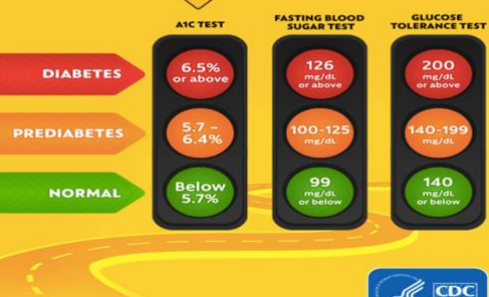
Diabetes eye disease is the leading cause of preventable blindness among people ages 20-79 years. Vision loss can be avoided or treated with early detection.

Screening can help to detect diabetes eye disease early, even before any noticeable changes in vision. It is recommended that patients with diabetes have a dilated eye exam performed by an ophthalmologist or optometrist, routinely.

MyEyeDr - 869 John Marshall Hwy, Front Royal, VA 22630 (540) 635-3223  
The Eye Care Center - 1211 N. Shenandoah Ave., Front Royal, VA 22630 (540) 635-3600

### Diabetes Resources

#### THE ROAD TO TYPE 2 DIABETES



Virginia Department of Health  
<https://www.vdh.virginia.gov/diabetes/>

Virginia Cooperative Extension  
<https://www.ext.vsu.edu/what-is-diabetes>

Center for Disease Control  
<https://www.cdc.gov/diabetes/basics/index.html>