

# Nutrition and Diabetes Care

*Education is the key  
to managing your health*



At Boone County Hospital, we offer a variety of services that can help improve and maintain your health. Our Diabetes Educator, Registered Dietitian is available to help individuals with diabetes, weight control issues, high cholesterol/lipids, high blood pressure, eating disorders, and more.

Education is key to empowering people with diabetes to better manage the disease and complications in order to minimize the risks while achieving optimal health.



Diabetes Center

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# The BCH Diabetes Center

The Boone County Hospital (BCH) Diabetes Center offers high quality, comprehensive diabetes education. The Diabetes Educator, Registered Dietitian will work with you to develop an individualized treatment plan to manage your diabetes.

Nutrition care is provided individually to develop a healthy eating plan for better health. The Registered Dietitian will complete a thorough nutrition assessment and will work with you to develop a personalized plan that best fits your lifestyle. Healthy eating can improve performance and health, decrease the risk of disease and illness, increase daily energy, and promote well-being.

## Physician Referral

Ask your physician for a referral. Your physician will receive follow-up reports from the BCH Diabetes Center.



Diabetes Center

