What will I learn in the DSMT Program?

In order to provide you with the highest level of care we have developed our program around the National Standards for Diabetes Self-Management Education.

These standards indicate that individuals with diabetes would optimally benefit from training and education in the following areas:

- Healthy Eating & Physical Activity
- Diabetes Disease Overview
- Taking Medications
- Monitoring & Problem Solving
- Reducing Risks
- Support & Coping with Diabetes

What does the DSMT Program look like?

In coordination with your MCH Physician, you will receive:

- A one-hour Individual Initial Assessment with the Diabetes Educator & Registered Dietitian
- Series of 4 classes that cover the nationally-recommended education topics
- Individualized education and behavioral goal setting
- A tailored ongoing support plan between you, the Diabetes Educator, and your MCH physician
- Individual follow up with Diabetes Educator (available for those who complete the class series)

For additional information regarding the DSMT Program, contact:

Courtney McNamara Jennaro, MS, RD, CDE, LD
Diabetes Education Program Coordinator
Telephone: 713-526-5511 x4774
E-mail: cjennaro@mchllp.com
Other Services Available at MCH

Using some of the most advanced imaging technology available, Medical Clinic of Houston offers a wide variety of digital imaging services including Mammography, MR, CT, Ultrasound, Bone Density, Nuclear Medicine, and general X-Ray.

Sleep Disorders Center

Medical Clinic of Houston Sleep Disorders Center is a comprehensive program that brings technical excellence and medical expertise to the diagnosing and treatment of sleep disorders.

The Center offers a wide range of services such as diagnostic studies, continuous positive pressure and bi-level positive pressure titration studies, split-night studies, multiple latency sleepiness test, and maintenance wakefulness testing. All studies are performed and interpreted according to the American Academy of Sleep Medicine’s standards to ensure the highest quality of care. Patients are monitored with state-of-the-art equipment in a private, quiet, home-like setting. All rooms are wheelchair accessible. We appreciate the importance of a good night’s sleep and know how imperative sleep is to live a healthy life.

Pre-travel Evaluations

To meet the health needs of the global traveler, we provide pre-travel evaluations in order to identify health risks and evaluate a patient's fitness for travel – thus minimizing the risk of health problems abroad in an unfamiliar healthcare delivery system. We also offer vaccinations required for entry by most foreign nations.

Medical Clinic of Houston, L.L.P.
1701 Sunset Boulevard, Houston, Texas 77005
MCH Main Number: 713-526-5511
Sleep Disorders Center: 713-807-4800

Please visit us at our website, www.mchllp.com, for more information about Medical Clinic of Houston!