



Diabetes in America

Are you or is someone you love among the millions of Americans living with diabetes?

According to the American Diabetes Association there are 18.8 million people who have been diagnosed as having diabetes and another 7 million that are unaware of the diagnosis.

Diabetes is the seventh leading cause of death in the United States. It is also a major cause of heart disease, stroke, kidney failure,

non-traumatic lower limb amputations and new cases of blindness.

Dealing with this disease can be overwhelming for the individual and their family. However, with proper education and disease management, those with diabetes can live long and fulfilling lives.

And now, just like many of the necessary medical services you enjoy having in one location, a Diabetes Self-Management Training (DSMT) Program is now available to you at Medical Clinic of Houston, L.L.P.

Diabetes Education at MCH

Individualized education, training, and support

Coordination with your MCH physician at each step of the process

Easy access to classes right here on the MCH campus

Learn strategies to eat better, feel better, and live longer

Involve your family, friends or other members of your support network

Set your health goals and reach them

Improve your diabetes for life!

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:

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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.



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



Diabetes Education Program