



Thomas Health Diabetes Education Center

Education is a Powerful Tool

Left unmanaged, diabetes can seriously affect a person's overall health, and the ability to recover from other ailments. And, as people grow older and are more susceptible to the disease, education and inspiration are key to eating healthy and staying active. The licensed professionals in the Thomas Memorial Hospital Diabetes Education Center are dedicated to supporting the health of those in our community - those who have been diagnosed with diabetes, and those who wish to prevent it.

In addition, we offer physician referred medical nutrition therapy sessions with a Registered Dietician for other various non-diabetes health conditions, such as (but not limited to) obesity, high blood pressure, elevated cholesterol, celiac disease, gastroparesis, chronic kidney disease, unwanted weight loss, cancer, hypoglycemia, weight loss surgery nutrition education, insulin resistance/prediabetes, etc.

We provide hands-on education and outreach programs, showcasing food models to help people visualize correct food portions. We also work with patients on the various methods of insulin delivery, and provide the opportunity for patients to review and work with glucose meters, so they can feel comfortable in their self-management of their disease.

The Thomas Health Diabetes Center combines education, consultation, goal evaluation and support to help people with diabetes learn how to eat right, exercise and keep up with medications. Staff includes dietitians, certified diabetes educators, nurse practitioners and registered nurses. Registered dietitians work one-on-one with patients and family members to ensure customized meal plans and/or diet plans as ordered by referring physicians.

Patients are referred by a primary care physician. A physician's order is required for all services.

Thomas Health Diabetes Education Center
Saint Francis Hospital
333 Laidley Street
Charleston, WV 25301
304.766.5616