

## Local Resources for Diabetes Management

### Leech Lake Diabetes Program

- Diabetes Self-Management Education
- Diabetes Medical Visit
- Insulin Education
- Diabetes Foot Care Clinics
- Support Groups
- Nutrition Education
- Diabetes Camp
- WOLF program at area schools
- Indigenous Food Coalition

Diabetes Fitness Center

Cass Lake IHS (Eye Care, Dental,  
Pharmacy, Labs, Foot Care)

Leech Lake Public Health Nursing

Tribal Outreach Clinics

Elderly Nutrition Program

WIC

Tribal Dietician/Nutrition Program

Food Distribution

## Diabetes Management Days

### Cass Lake Diabetes Clinic

Monday-Friday 8:00-4:30

Tuesday 8:00-6:30

### Ball Club

Second & Third Monday

### Bemidji

Third Wednesday

### Inger

Fourth Wednesday

### Onigum

Call for dates



To schedule an appointment call:

(218) 335-4511

1-800-282-3389 ext. 4511

Fax (218) 335-4541

Please bring your  
Blood Sugar Meter and all of your  
Medications to your appointment!

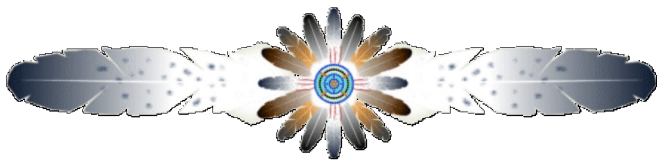


119 Aspen Avenue

(Hwy 371 and 2nd St.)

Cass Lake, MN 56633

The mission of the Leech Lake  
Diabetes Clinic is to empower our  
communities to ultimately  
eliminate diabetes and to  
improve the quality of life for  
those living with diabetes  
and their families.



## Type 2 diabetes is a fast growing problem amongst Native Americans

16% of Native Americans have Type 2 diabetes.

30% more have pre-diabetes.

Many people have diabetes for 5-10 years before they are diagnosed. Children are being diagnosed with diabetes as young as 10 years old.

85% of these children are overweight or obese.

### ARE YOU AT RISK?

- ? Does someone in your family have diabetes
- ? Are you overweight
- ? Are you inactive (no regular exercise program)
- ? Do you have high blood pressure
- ? Do you have high cholesterol or triglycerides
- ? Did you or your mom have diabetes during pregnancy
- ? Have you been told you have insulin resistance, IGT, or pre-diabetes

If you answer 'yes' to any of these you should be tested for diabetes.

We can help.



*You have the power* to prevent diabetes and its complications.

### We can help!

Education is an important tool for individuals, family members and communities to have in preventing and managing diabetes.

*Together we can make a difference*

A healthy lifestyle is the best way to fight against diabetes and its complications.

We can help you by providing you these tools:

- ✓ Knowledge
- ✓ Self monitoring
- ✓ Healthy eating
- ✓ Exercise
- ✓ Weight loss
- ✓ Proper medications
- ✓ Insulin
- ✓ Stop smoking
- ✓ Coping
- ✓ Depression

## Who is Your Diabetes Team?

### Marsha Kaehne NP-C

Marsha is a Certified Nurse Practitioner who conducts examinations and specializes in the treatment and medical management of people living with diabetes and its co-morbidities

### Kara Randall, RN CDE CPT Clinic and Program Manager

Kara is an RN, Certified Diabetes Educator and Insulin Pump Trainer, and sees patients one to one providing Diabetes Self-Management Training.

### Carole Forseman, PHN CDE CPT

Carole is a PHN, Certified Diabetes Educator and Insulin Pump Trainer. She sees patients one to one and in a group setting and provides Diabetes Self-Management Training.

### Jody Devault, Health Educator

Jody provides community awareness and education on the prevention of diabetes. She works with the W.O.L.F. Program, the PAK Program and the Indigenous Food Coalition

### Jessica Carter, RD

Jessica is a Registered Dietician who sees patients one to one and in a group setting and provides Medical Nutrition Therapy and DSMT.

### Scott Stenstrom, RN

### Diabetes Clinic Case Manager

Scott assists with clinic management and case management of diabetes patients.

### Laurie Carlson, LPN,

### Community Activity Nurse

Laurie provides community health awareness activities with youth and elders and assists with outreach clinic scheduling and screenings.

### Patrick Howard, Administrative Assistant

Patrick is our administrative assistant and assists in all aspects of the diabetes program and clinic functions.

### Stephanie Oothoudt, Data Coordinator, CNA

Stephanie is the data coordinator and assists with reports and data entry for the grant and clinic.

### Gabe Haaland, Clinic Receptionist, CNA

Gabe is the clinic receptionist and is working towards his Nursing degree and would like to work with people who have diabetes.