

| Podiatrists | Diabetes Foot Care | General Foot Care | Foot Surgery |
|--|--------------------|-------------------|--------------|
| Walter H. Majak DPM, PC 782-4800 | X | X | X |
| James P. Pelletier DPM, PC 785-3668 | X | X | X |
| Bryan G. Popovici DPM, PC 782-0026 | X | X | X |
| Pamela K. Strouse DPM 482-5404 | X | X | X |
| Debra J. Williams DPM 493-6949 | X | X | X |

| Optometrists | Total Eye Health Exam | Yearly Comprehensive Eye Exam | Eyeglasses | Contact Lenses |
|---|-----------------------|-------------------------------|------------|----------------|
| Apple Optical 788-1515 | X | X | X | X |
| Center For Sight 788-6070 | X | X | X | X |
| Creative Optical Watertown 755-2530 Alex Bay 877-778-0022 | X | X | X | X |
| Community Health Center of the North Country 786-0983 | X | X | X | X |
| Empire Vision 788-5020 | X | X | X | X |
| Meade Optical 786-3937 | X | X | X | X |
| Pearle Vision 782-2600 | X | X | X | X |
| Walmart Vision Center Watertown 788-1570 Evans Mills 629-4312 | X | X | X | X |

Endocrinologist:

The Diabetes Center, Dr. Claudia Fish. Specializing in: Diabetes; Metabolic Bone Diseases; Osteoporosis; Thyroid Diseases Phone: 786-0224

Dental Care:

Diabetes can cause gum disease and loss of teeth. It is important to see a dentist regularly; there are many Jefferson County dental offices listed in the phone book.

Insurance:

Those without insurance can call navigators to apply for NY State insurance programs 1-855-355-5777. Insured individuals should contact their health insurance organization to determine if disease management services are included in their benefits.

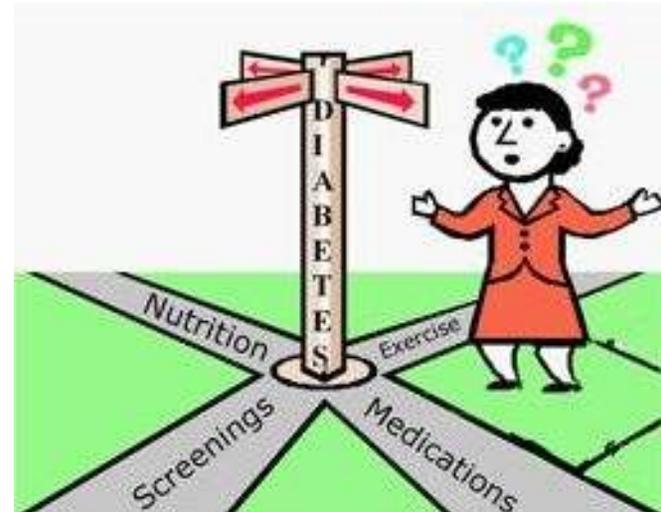
Mental Health:

Living a life with diabetes may at times make you feel sad, angry, hopeless or stressed out. A list of services is available at <http://jeffcountymentalhealtheducation.weebly.com/>

Transportation:

For help with transportation to appointments call Volunteer Transportation Center at 788-0422.

Need Help Managing Your Diabetes?



Jefferson County, NY Diabetes Resource List

Along with regular visits to your doctor, diabetes care involves good nutrition, physical activity, medications, health screenings and support.

There are many local resources that can help.

www.jcphs.org

*Brought to you by the Diabetes Coalition of Jefferson County
If you are interested in joining the coalition please call 315-786-3720*



Last updated 12/2013

| Nutrition Services | Diabetes Care | Pre-Diabetes Care | Diabetes Management Education | Diabetes Prevention Education | Diabetes Resources | Prescription Assistance | Blood Sugar Testing Supplies | Medical Nutritional Therapy | Diabetes Medications | Referrals | Certified Diabetes Educator |
|--|---------------|-------------------|-------------------------------|-------------------------------|--------------------|-------------------------|------------------------------|-----------------------------|----------------------|-----------|-----------------------------|
| Carthage Area Hospital 493-1000 | X | X | X | X | X | | X | X | X | X | |
| Feed the Soul Nutrition 783-6810 | X | X | X | X | X | X | X | X | X | X | X |
| Healthy Lifestyles of Samaritan Health Systems 785-4000 | X | X | X | X | X | X | X | X | | X | |
| River Hospital 482-2094 | X | X | X | X | X | X | X | X | X | X | X |

| Community Based Organizations | Diabetes Care | Diabetes Prevention Education | Diabetes Prevention Resources | Nutrition Education | Physical Activity Programs/Education | Referrals | Pediatric Primary Care | Dental Health Services | Mental Health Service | Insurance Navigators |
|--|---------------|-------------------------------|-------------------------------|---------------------|--------------------------------------|-----------|------------------------|------------------------|-----------------------|----------------------|
| Cornell Cooperative Extension 788-8450 | | X | X | X | X | X | | | | |
| North Country Prenatal Perinatal Council 788-8533 | | X | X | X | | X | | | | X |
| North Country Family Health Center 782-9450 | X | X | X | X | | X | X | X | X | X |
| YMCA Diabetes Prevention Program 782-3100 | | X | X | X | X | X | | | | |

| Pharmaceutical and Equipment | Discount Prescription Plan | Free Diabetes Medications | Free Diabetes Supplies | Equipment/Supplies for Purchase | Blood Sugar Testing Supplies | Home Delivery | Individual Counseling on Medications |
|--|----------------------------|---------------------------|------------------------|---------------------------------|------------------------------|---------------|--------------------------------------|
| Bolton's Pharmacy Watertown: Main St 782-5961, Washington St 782-1992 | | | | X | X | X | X |
| Kinney Drugs Adams 232-4562 Alexandria Bay 482-6270 Carthage 493-0150 Clayton 686-5121 Watertown: State St 788-3570, Coffeen St 788-9366 Seaway Plaza Rt 11 782-6530, Washington St 782-5700 | X | | | X | X | X | X |
| Price Chopper Pharmacy Carthage 493-6668 Watertown 786-2947 | X | X | X | X | X | | X |
| Rite Aid Carthage 493-3606 Watertown: Arsenal St 785-9079, State St 788-8768 | X | | | X | X | | X |
| Target Pharmacy 786-2541 | X | | | X | X | | X |
| Walgreens Pharmacy Watertown: Arsenal St 788-0309, State St 785-1088 | X | | | X | X | | X |
| Walmart Pharmacy Watertown 786-0145 Evans Mills 629-2124 | X | | | X | X | | X |

*There is also a special discount prescription plan available for Jefferson County residents, ask your pharmacist for more details.