

The only accredited diabetes education program in private practice in the SF South Bay Area



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WHO WE ARE

An experienced team of Certified Diabetes Educators, Dietitians and Nutritionists running a nationally-accredited program for Diabetes Self-Management Education. We have been the only private practice program in the SF South Bay since 2009.

Our patients come to us from throughout the South Bay area and from as far away as Gilroy and Hollister, because their doctors have to come to know us as the premier provider of Diabetes Education services. We deliver superior outcomes.

Medicare recipients rely on us for a valuable resource. Only an accredited program such as ours is permitted to provide them the full 13-hour diabetes education benefit. Other practice groups can only provide 3 hours.

We are in-network providers for most insurance plans, including TriCare, SCCIPA, PMG, Affinity, Stanford Health Care Alliance, CIGNA and AETNA.

DSME class series

A multi-disciplinary approach is the foundation of all accredited DSME programs. Our Nurse Certified Diabetes Educators and Dietitian CDEs are trained experts who deliver specific instruction in the 7 identified AADE Self-Care Behaviors;


- Diabetes nutrition
- Carbohydrate counting
- Blood glucose monitoring
- Medications and reducing risks
- Exercise
- Problem solving & Reducing risks
- Healthy coping

Practical Nutrition, Cooking & Carb Counting

Workshops to help our patients connect the dots between their doctor's advice, their diabetes education, and their everyday lives. Topics include:

- Meal planning
- Food substitution
- Recipe facelift
- Smart snacking

Our Office: 1150 S Bascom Ave, Suite 26
 San Jose, CA 95128

 (408) 998-2325

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OUR MISSION

To help persons with diabetes manage their condition through health awareness & education

To delay the onset of diabetes for at-risk individuals and improve their quality of life

OUR TEAM

Ruth Mitchell, RN, CDE

Cecilia Lam, BSc

Bina Shah, MS, RDN, CDE

Jessica Paredes, MS, RDN

Linda Hule, RDN

Tamara Nijmeh, RDN



One of our educators is a Type 2 diabetic herself who has experienced first-hand the lifestyle changes necessary for long-term management and a good quality of life.