



The Medical Center

Physician Newsletter

A publication for Physicians and Office Managers

<https://Physicians.TheMedicalCenter.org>


David I. Shadowen, M.D., a physician at Graves-Gilbert Clinic specializing in Endocrinology, has been a member of the Community Diabetes Program Advisory Committee for several years and has referred many patients to it. “My experience has been very favorable, and I would encourage any physician to use their services,” said Dr. Shadowen. “My patients have been well served and very satisfied.”

Education Key To Diabetes Management

Despite all the advances in diabetes treatment, education remains the cornerstone of diabetes management. People with diabetes can’t just take a pill or insulin and forget about their health. Differences in diet, exercise, stress and other factors may all have an effect on blood sugar levels and complications that can develop. The more people with diabetes learn how these factors affect them, the better control they will be able to achieve.

The Community Diabetes Program, located at The Medical Center Health & Wellness Center on the front of Greenwood Mall, works with newly-diagnosed diabetics and patients not in good control and their physician to provide education that is tailored to meet each patient’s specific needs. Marissa Hesson, RN, BSN, Certified Diabetes Educator, and Andrea Norris, Registered Dietitian, work with the patient’s physician to provide a multidisciplinary approach for diabetes management with positive outcomes.

Services of the Community Diabetes Program include education on:

- Meal Planning
- Blood Sugar Monitor Instruction
- Exercise Instruction
- Foot & Skin Care
- Self-Care Education Including –
 - Prevention of Complications
 - Coping/Stress Management
 - Personalized Goal Setting

The program has seen steady growth since its opening in 2002. In 2009, continued growth is expected due to increased demand and as a result of opening a satellite office on March 6 at The Medical Center at Scottsville Rural Health Clinic. Office hours will be every other Friday with expansion to every Friday as referrals increase.

Medicare and Medicaid as well as most private insurance programs cover the Community Diabetes Program educational visits. If you would like additional information concerning this outpatient service of The Medical Center at Bowling Green or to refer a patient, please call (270) 745-0942.

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