

**TAKE ME
HOME.
LEARN MORE
TODAY**



Resource Directory 2020-2022
Your Statewide Resource for Diabetes Information & Services



EXECUTIVE OFFICE
18 Stewart Street
Reno, Nv 89501
775-856-3839

SOUTHERN NEVADA OFFICE
6585 High Street Ste 219
Las Vegas, Nv 89113

Nationwide
800-856-3839



34.2 million people have diabetes (10.5% of the US population)

7.3 million people (21.4% of people with diabetes are undiagnosed)

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DCAF CONNECTIONS

Monthly education for the entire family



DCAF Connections is a unique and supportive environment where parents and children gather to learn about diabetes management. The free monthly programs include guest speakers, youth activities, special events, and parties.

DCAF Connections has helped ease the pain and frustration of newly diagnosed families by offering a forum where they can share their thoughts and ideas to improve and better cope with their lives.

Phone : 1-800-379-3839
Las Vegas, Nv
diabetesnv.org

- Different topics each month with professionals
- Activities for kids while parents learn
- Meets the first Tuesday of every month

VISIT OUR WEBSITE TO LEARN MORE TODAY

IMPORTANT PHONE NUMBERS

MY DOCTORS-

NAME: _____

PHONE: _____

MY DIETITIAN-

NAME: _____

PHONE: _____

MY INSURANCE COMPANY-

NAME: _____

PHONE: _____

OTHER IMPORTANT NUMBERS-

NAME: _____

PHONE: _____

NAME: _____

PHONE: _____

Camp Programs and Services



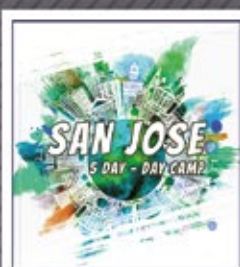
Camp Vegas

Las Vegas Area
Ages 7-17



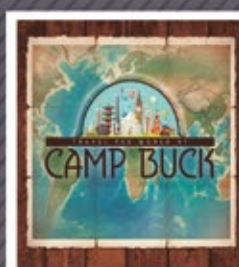
Family Camp

South Lake Tahoe
All Ages



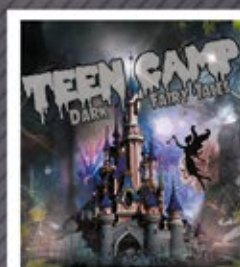
5 Day Day Camp

San Jose, CA
Ages 5-12



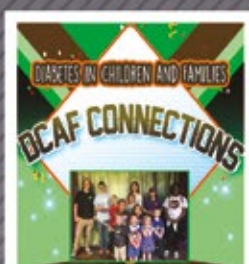
Camp Buck

South Lake Tahoe
Ages 7-17



Teen Camp

South Lake Tahoe
Ages 12-17



DCAF

Las Vegas Area
Family Support
Group



Reno Support

Reno Area
Family Support
Group



Diabetics Kinda Adulting

Reno/Vegas Area
Young Adults (18+)



Injection Connection

Reno/Vegas Area
Teen Education & Activities

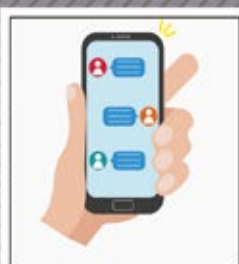


Emergency Medical

Free supplies and/or
medication for
emergency situations



'Betes Box
Info and Swag for
newly diagnoses
kids and teens



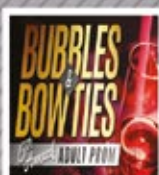
**Support Diabetes
Teen Texting Line**
Confidential
Support Hotline



**Professional
Education Series**



CampViews EMR
Year-Round
Services



Adult Prom
South Lake Tahoe



**Winter
Wonderland**
Reno



**Vegas Wine
Carnival**
Las Vegas



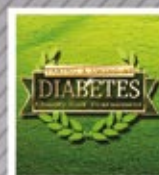
Jail and Bail
Reno/Vegas



**Driving 4
Diabetes**
Reno Area



**Battle of the
Rattle**
Reno



**Taking a Swing
at Diabetes**
Las Vegas



**Lights of
Kindness**
Reno

Programs and Services

The Nevada Diabetes Association

host over 100 days of programming a year across the entire state of Nevada. From overnight camp sessions, fundraisers to monthly support groups. The Nevada Diabetes Association is committed to you.

The Nevada Diabetes Association facilitates over 100 programming days a year. Helping over 14,000 people annually

Our History The Nevada Diabetes Association is a 501(c)(3) non-profit organization incorporated in April 1997. The organization was formed from the merger of the Diabetes Educational Center founded in 1980 and the Nevada Children's Diabetes Association to meet a broad spectrum of needs for diabetes services in Nevada and neighboring California communities.

In 1998, the NDA supported one camp program for children with diabetes, ages 8 to 12, at Lake Tahoe. We now have 2 week long resident camps, a week-end family camp, a week-end teen camp, a family support program and free family education programs. The programs help children deal with living with diabetes, educates them to become self sufficient in managing their condition and instills confidence. These programs also help families learn important skills which in turn successfully helps their child. It also relieves many concerns parents have about raising a child with a chronic and potentially life threatening condition

Programs

The Nevada Diabetes Association provides multiple resident camps and various day

camps and programs annual. With most programs happening statewide across Nevada. Their are some co-hosted through the Californai Diabetes Association. April 1997. The organization was formed from the merger of the Diabetes Educational Center founded in 1980 and the Nevada Children's Diabetes Association to meet a broad spectrum of needs for diabetes services in Nevada and neighboring California communities.

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Special Events

The Nevada Diabetes Association yearly host special events where all funds raised stay right here in state, impacting the local

community where the funds were raised. Happening in both Northern and Southern Nevada, there is a special event for everyone to attend.

Services

Across the state of Nevada, there are local services provided to ensure safe learning, practices and better daily diabetes management. Held monthly and yearly there is a service for every member of the family. Learn more by visiting our website today and see how the NDA can help you.



A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

34.2
MILLION

34.2 million people have diabetes



That's about 1 in every 10 people



1 IN 5 don't know they have diabetes

PREDIABETES

88
MILLION



88 million adults — more than 1 in 3 — have prediabetes

MORE THAN

8 IN 10

adults don't know they have prediabetes



If you have prediabetes, losing weight by:



EATING HEALTHY

&



BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in

HALF



COST



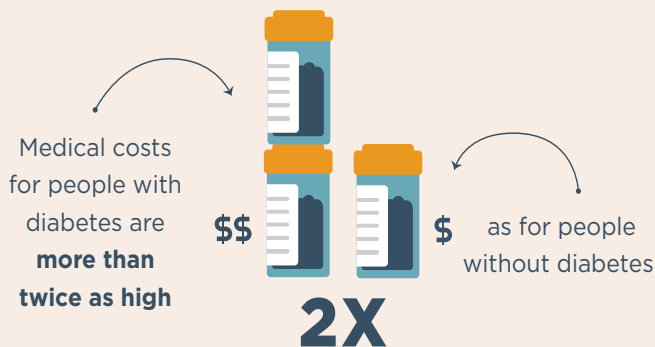
\$327
BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of early death for adults with diabetes is

60%
HIGHER

than for adults without diabetes



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately

5-10%

of all diagnosed cases of diabetes



Just over 18,000 youth diagnosed each year in 2014 and 2015

TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented

In adults, type 2 diabetes accounts for approximately

90-95%

of all diagnosed cases of diabetes



Nearly 6,000 youth diagnosed each year in 2014 and 2015

RISK FACTORS FOR TYPE 2 DIABETES:

1.5 MILLION

People 18 years or older diagnosed with diabetes in 2018



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



BEING PHYSICALLY INACTIVE



BEING 45 OR OLDER

WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT
IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

LEARN MORE AT www.cdc.gov/diabetes/prevention OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

LEARN MORE AT www.cdc.gov/diabetes/managing OR SPEAK TO YOUR DOCTOR

REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

American Diabetes Association. Standards of Medical Care in Diabetes—2019. Diabetes Care. 2019 Jan 1; 42 (Supplement 1).

American Diabetes Association. Economic Costs of Diabetes in the U.S. in 2017. Diabetes Care. 2018; 41(5):917-928.

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Ready, Set, Start Counting!

Carbohydrate Counting — a Tool to Help Manage Your Blood Glucose

When you have diabetes, keeping your blood glucose in a healthy range will help you feel your best today and in the future. Carbohydrate counting — or “carb counting” — is a flexible meal-planning tool (not a diet) that helps you understand how your food choices affect your blood glucose level.

Carbohydrate and blood glucose

Any carbohydrate food you eat (e.g., milk, fruit, bread and pasta) is digested into glucose, which causes your blood glucose level to increase. That said, it’s still important to eat carbohydrates throughout the day because they provide energy and essential nutrients for your body. To better manage your blood glucose, energy levels and weight, pay attention to how much carbohydrate you eat.

Maintaining the right balance between carbohydrate and insulin (whether you make it or take it) regulates your blood glucose level. Determining when and how much you eat — and whether or not you have snacks — should be based on your lifestyle, medications and meal-planning goals. A registered dietitian (RD) may consider the following factors in helping you determine the healthiest plan for you:

- **Consistency:** If you use diabetes medications or insulin, it is important to eat the same amount of food and carbohydrate at the same time each day. Doing this can keep your blood glucose from getting too high or too low.

- **Maximums:** Setting a meal-time maximum for carbohydrates along with focusing on a healthy lifestyle, and/or taking diabetes medications, is another way you can help keep your blood sugar from getting too high.
- **Matching:** If your insulin plan includes varying your dose based on what you are eating, it is important to know how much carbohydrate you are eating.

Foods that contain carbohydrate:

- Grains (e.g., breads, crackers, rice, hot and cold cereals, tortillas and noodles)
- Starchy vegetables (e.g., potatoes, peas, corn, winter squash, lentils and beans)
- Fruit and juices
- Milk and yogurt
- Sweets and desserts

Non-starchy vegetables (e.g., carrots, broccoli and tomatoes) contain only a small amount of carbohydrates and will not affect blood glucose when eaten in small portions.

Carbohydrate choices and portion sizes

- A **“carbohydrate choice”** is a portion of food, like a slice of bread, that has 15 grams of carbohydrate (1 carbohydrate choice = 15 grams of carbohydrate).

The total carbohydrate from any food has about the same effect on blood glucose.

- Small portions of sweets or sugar can occasionally be used in place of other carbohydrate-containing food.
- Measure or weigh foods to learn what common portion sizes look like. If you do not have access to a scale or measuring cups, refer to these hand-estimated illustrations.



Learn how to read food labels

Here are tips to keep in mind when reading food labels. Remember: Always compare the serving size listed to your actual portion.

1 Find the serving size.

Nutrition Facts

Serving Size 15 crackers (30g)
Servings Per Container about 14

Calories 130

Total Fat 3g 5%

Saturated Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 22g 7%

Dietary Fiber 2g 8%

Sugars 3g

Protein 3g –

Vitamin A 0%

Vitamin C 0%

3 Compare the serving size listed to your actual portion.

2 Locate the total carbohydrate in one serving. (Sugars are included in this number, so you do not need to count them separately.)

4 Count the grams of carbohydrate or the number of carbohydrate choices. In this example, 10 crackers would have about 15 grams of carb and equal 1 carb choice.

The number of carbohydrate choices you need depends on your body size, activity level and weight-management goals.



Determine carbohydrate choices online

When a nutrition label is not available, often you can find the information online.

1. Locate the name of the company that produced or packaged the food, then visit its website.
2. Refer to a reliable website that provides nutrition information, such as:
 - a. Calorie King (www.calorieking.com)
 - b. The USDA National Nutrient Database (<http://www.nal.usda.gov/fnic/foodcomp/search>)
 - c. MyFoodAdvisor (<http://tracker.diabetes.org/explore>)
3. Visit the home page of your preferred search engine (like Google or Bing) and enter the key words “nutrition information for _____ (the name of the food you are looking for)” in the search window.
4. Download a nutrition app onto your cell phone such as:
 - a. My Food-a-Pedia (<http://apps.usa.gov/myfood-a-pedia>)
 - b. MyFitnessPal (<http://www.myfitnesspal.com/mobile>)
5. Check out your favorite chain restaurant’s nutrition information on their website so you can stick to your plan when you are eating away from home.

Food Lists

The lists below provide a basic idea of the carb count in common foods. Each portion is one carbohydrate choice (15 grams of carbohydrate). Foods with fewer than 20 calories and fewer than 5 grams of carbohydrate are considered "free." These include sugar-free beverages, sugar substitutes, spices and seasonings.

Breads, Grains and Cereals	Milk and Yogurt	Fruits	Vegetables and Beans	Sweets and Snack Foods
1 ounce bread product (1 slice bread, ¼ large bagel, 6" tortilla) 1/3 cup cooked rice or pasta 1 cup soup ¾ ounce unsweetened cold cereal (<i>serving sizes vary, check label</i>) ½ cup cooked cereal 3 cups air-popped popcorn	1 cup milk 1 cup low-fat or skim milk, or low-fat or fat-free plain yogurt 6 ounces flavored yogurt made with low-cal sweetener (<i>these vary, check label</i>)	1 small piece fresh fruit ½ medium fruit (apple, banana) ½ cup canned fruit in own juice 1 cup melon ½ cup fruit juice 2 TBSP dried fruit 1 cup raspberries 1 ¼ cup strawberries ¾ cup blackberries, blueberries	½ cup potato, sweet potato, peas, corn ½ cup cooked beans, legumes (garbanzo, kidney, black beans) 1 cup winter squash 1 ½ cups cooked vegetables (small portions of non-starchy vegetables are free)	¾ ounce snack food (pretzels, 4-6 crackers) 15 potato chips 1 ounce sweet snack (2 small sandwich cookies, 5 vanilla wafers) 1 TBSP sugar or honey ½ cup regular ice cream

Carb choices for common serving sizes

- 1 regular sandwich = 2 carb choices, or about 30 grams of carbohydrates
- 1 6" sub sandwich = 3 carb choices, or about 45 grams of carbohydrates
- 1 cup cooked rice or pasta = 3 carb choices, or about 45 grams of carbohydrates
- 1 medium (average) apple or banana = 2 carb choices or about 30 grams of carbohydrates



Better carb choices

All carbs are not alike. Choose better carb choices, such as whole grains and less-processed foods.

- Select whole grain bread, whole grain pasta and brown rice over white (refined) varieties.
- Experiment with many types of whole grains, including barley, oatmeal, quinoa and bulgur.
- Go for whole fruits instead of fruit juice or sugary foods.
- Opt for beans and other legumes.
- Select a variety of vegetables such as cauliflower, tomato, carrots and spinach (most vegetables are great choices).

How much to eat?



Women

Many women need about
3-4 carbohydrate choices
(45-60 gram) at each meal

Breakfast

2 slices whole grain toast	2 carb choices
----------------------------	----------------

1 teaspoon light margarine	
----------------------------	--

1 egg omelet with spinach and mushrooms	
---	--

1 small orange	1 carb choice
----------------	---------------

Lunch

1 sandwich	2 carb choices
------------	----------------

1 small fruit	1 carb choice
---------------	---------------

1-2 cups veggies	0-1 carb choice
------------------	-----------------

Dinner

1 piece of chicken	
--------------------	--

1 cup winter squash	1 carb choices
---------------------	----------------

1 small fruit	1 carb choice
---------------	---------------

1-2 cups broccoli	0-1 carb choice
1 large green salad	

1 cup skim milk	1 carb choice
-----------------	---------------

Men

Many men need about
4-5 carbohydrate choices
(60-75 gram) at each meal



Breakfast

1 small orange	1 carb choice
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1 cup cooked oatmeal made with water	2 carb choices
--------------------------------------	----------------

1 cup fat-free milk	1 carb choice
---------------------	---------------

2 tablespoons nuts	
--------------------	--

2 tablespoons raisins	1 carb choice
-----------------------	---------------

Lunch

1 cup brown rice	3 carb choices
------------------	----------------

1-2 cups chicken and veggie stir fry	0-1 carb choice
--------------------------------------	-----------------

1 small fruit	1 carb choice
---------------	---------------

Dinner

1 cup pasta	3 carb choices
-------------	----------------

½ cup red sauce with meat	1 carb choice
---------------------------	---------------

1 piece bread	1 carb choice
---------------	---------------

1 large green salad	
---------------------	--

My Individual Carbohydrate Goals

	Time	Carbohydrate choices or grams
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
TOTAL		

Healthy eating is about more than just counting carbohydrates. It is important to eat balanced meals with an emphasis on vegetables and fruits.

Eat a variety of foods, including:

- at least 5 servings of fruits and vegetables
- at least 3 servings of whole grains
- 2-3 servings of low-fat or fat-free dairy

Foods in the protein (including meat, poultry and fish) and fat groups do not directly affect blood glucose. However, to keep your heart healthy, some healthy fats (like those found in nuts, seeds and fish) can be helpful.

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This handout has been authored by Susan Wang, MS, RD, CDE and Belinda O'Connell, MS, RD, CDE. It is meant to help you get started in carb counting. For a referral to a registered dietitian and for additional food and nutrition information, visit the Diabetes Care and Education Practice Group at www.dceg.org or the American Dietetic Association at www.eatright.org, or 1-800-877-1600.

RENO FAMILY SUPPORT

Monthly Education for the Entire Family



Reno Family Support is a unique and supportive environment where parents and children gather to learn about diabetes management. The free monthly program includes guest speakers, youth activities, special events and parties. Reno Family Support has helped ease the pain and frustration of newly diagnosed families by offering a forum where they can share their thoughts and ideas to improve and better cope with their lives

- Different topics each month with professionals
- Activities for kids while parents learn
- meets second Wednesday of every month

Phone : 1-800-379-3839
 Reno, Nv
diabetesnv.org

VISIT OUR WEBSITE TO LEARN MORE TODAY

DIABETES MANAGEMENT SCHEDULE

(Take this information to your doctor to review your diabetes care)



Yearly Discussions

- Weight and Blood Pressure
 - Foot Exam
- Discuss self-monitoring glucose records
 - Discuss ALL medications
- Discuss self-management skills
 - Discuss dietary needs
 - Discuss physical activity
- Discuss alcohol and smoking

Twice Yearly:

- Check HbA1C: _____ Date:

Annually Checks:

- Dilated Eye Exam: _____
Date
- Dental Exam: _____
Date
- Flu Vaccine: _____
Date
- Visit a Diabetes Education Program: _____
Date
- Peripheral Nerve Check: _____
Date
- EKG or Treadmill Test: _____
Date
- Protein & Fat in Your Blood: _____
Date

DIABETES RISK ANALYSIS

Find out if you are at high risk of getting diabetes by answering and scoring the following statements.

1. I had a baby weighing more than nine pounds at birth or had diabetes during pregnancy. If you answered **Yes** give yourself a score of 6.

If you answered **No** give yourself a score of 0.

2. I have a parent(s), sister, or brother with diabetes.

If you answered **Yes** add 3 to your score. If you answered **No** add 0.

3. I consider myself Hispanic, African American, American Indian, Asian American, or Pacific Islander.

If you answered **Yes** add 3 to your score. If you answered **No** add 0.

4. I am overweight.

If you answered **Yes** add 3 to your score. If you answered **No** add 0.

5. I have been told I have a high blood sugar level.

If you answered **Yes** add 6 to your score. If you answered **No** add 0.

6. I am between 45 and 64 years of age.

If you answered **Yes** add 1 to your score. If you answered **No** add 0.

7. I am under 65 years of age AND I get little or no exercise during a usual day.

If you answered **Yes** add 3 to your score. If you answered **No** add 0.

8. I am 65 years old or older.

If you answered **Yes** add 3 to your score. If you answered **No** add 0. **Now, add up your total score from items 1 through 8.**

If you scored 1 to 5 points, you are probably at low risk for having diabetes now. But don't forget about it, especially if you are Hispanic, African American, Native American, Asian American or a Pacific Islander. If you scored 6 or more points, you are at high risk for having or getting diabetes. Only a doctor can determine if you have diabetes. If you have diabetes, we encourage you to share this information with your family members.

DIABETES¹⁸ FACTS

Diabetes is a serious, costly, and increasingly common chronic disease that can cause devastating complications that often result in disability and death. Early detection, improved delivery of care, and better self- management are key strategies for preventing much of the burden of diabetes. Type 2 diabetes, formerly considered “adult onset” diabetes, is now being diagnosed more frequently among children and adolescents. This type of diabetes is linked to two modifiable risk factors: obesity and physical inactivity.

COMPLICATIONS FROM DIABETES CAN INCLUDE:

Eye disease and blindness, Skin and dental problems, Feet and amputations, Stroke, Gastrointestinal problems, Heart disease, Sexual concerns, Kidney disease, Neuropathy, Psychosocial complications.

TYPE 1 (INSULIN DEPENDENT DIABETES MELLITUS):

Type 1 is one of the most frequent chronic childhood auto immune diseases. The incidence of Type 1 is higher than all other chronic diseases of youth. Over 18,000 youth are diagnosed a year in 2014 and 2015

TYPE 2(NON-INSULIN DEPENDENT DIABETES MELLITUS):

Of the 34.2 million people (7 % of the population) approximately 90% to 95% have Type 2. Type 2 diabetes is associated with older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity.

GESTATIONAL DIABETES:

Gestational diabetes is a form of glucose intolerance that is diagnosed in some women during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant.

DIABETES SYMPTOMS

- Increased thirst and urination
 - Weight loss DESPITE an increased appetite
 - Fatigue, nausea, vomiting, blurred vision, breath odor, poor skin turgor
- Frequent infections including bladder, vaginal, and skin
- Impotence in men
- Cessation of menses

YOU ARE AT RISK OF DEVELOPING TYPE 2 DIABETES IF YOU:

- Are overweight
- Are NOT physically active
- Were told you have high blood sugar or high blood pressure or high cholesterol levels.
- Have a parent(s), sister or brother with diabetes
- Are a woman who has had a baby weighing more than 9 pounds at birth
- Are 45 years old or older



„Diabetes does not have to be a hindrance. It can create the best memories and allow you to meet the best people „ - Camp Buck 2019 staff member

UNTIL THERE'S A CURE, WE'RE HERE TO HELP



CAMP BUCK 2020

CAMP BUCK 2020



UNTIL THERE'S A CURE, WE'RE HERE TO HELP

CLARK COUNTY DIABETES RESOURCES



ORGANIZATIONS

NEVADA DIABETES ASSOCIATION

6585 HIGH STREET
LAS VEGAS, NV 89113
702-966-4219
WWW.DIABETESNV.ORG

*OFFERS: DIABETES CAMPS YEAR ROUND
SUPPORT GROUPS, ENGLISH & SPANISH RESOURCE MATERIALS
DIABETES EDUCATION PROGRAMS & EMERGENCY MEDICAL*

AMERICAN DIABETES ASSOCIATION

2451 CRYSTAL DRIVE, SUITE 900
ARLINGTON, VA 22202
1-800-DIABETES (800-342-2383)
WWW.DIABETES.ORG

*OFFERS: RESOURCE MATERIAL, FUNDS REASERCH &
PROFESSIONAL EDUCATORS/SPEAKERS. PROMOTES ADVOCACY*

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

5542 SOUTH FORT APACHE ROAD
SUITE 100
LAS VEGAS, NEVADA 89148
702-732-4795
WWW.JDRF.ORG

*OFFERS: DIABETES PUBLICATIONS, RESEARCH,
YOUTH AMBASSADOR PROGRAM, GALAS*

NEVADA P.E.P (PARENTS ENCOURAGING PARENTS)

7211 W. CHARLESTON BLVD.
LAS VEGAS, NEVADA 89117
702-388-8899
WWW.NVPEP.ORG

*OFFERS: PROVIDES SUPPORT AND ADVOCACY TO FAMILIES
WITH CHILDREN WITH SPECIAL NEEDS. ASSIST IN IEP & 504 PLANS*

SOUTHERN NEVADA HEALTH DISTRICT :

OFFICE OF CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

280 S. DECATUR BLVD.
LAS VEGAS, NV 89107

(702) 759-1270

SOUTHERNNEVADAHEALTHDISTRICT.ORG

*OFFERS: PROFESSIONALLY TRAINED HEALTH EDUCATORS
COMMITTED TO IMPROVING THE HEALTH OF THE COMMUNITY*

IMMUNIZE NEVADA

1050 E FLAMINGO RD SUITE 102,
LAS VEGAS, NV 89119
775-624-7117

IMMUNIZENEVADA.ORG

*OFFERS: ENSURES PEOPLE ACROSS NEVADA CAN ACCESS VACCINES,
HEALTHCARE, AND OTHER RESOURCES THEY NEED TO STAY HEALTHY.*

UNIVERSITY OF NEVADA : SCHOOL OF MEDICINE DIABETES & ENDOCRINOLOGY

1707 W. CHARLESTON BLVD SUITE 290,
LAS VEGAS, NV 89102

702-671-6469

UNLVMEDICINE.ORG

*OFFERS: PROVIDES A PATIENT-FOCUSED ENVIRONMENT
WHILE PROVIDING HIGH-QUALITY CARE WHILE ALSO
DIAGNOSING AND MANAGING DISORDERS OF THE ENDOCRINE SYSTEM*

CLARK COUNTY DIABETES RESOURCES

DIABETES EDUCATION

DESERT SPRINGS HOSPITAL MEDICAL CENTER

2075 E FLAMINGO RD
LAS VEGAS, NV 89119
702 -733-8800

DESERTSPRINGSHOSPITAL.COM

*OFFERS: WIDE RANGE OF SERVICES IN ENGLISH
AND SPANISH*

DIGNITY HEALTH DIABETES SERVICES

ST.ROSE DOMINICAN HOSPITAL

2651 PASEO VERDE PARKWAY, SUITE 180
HENDERSON, NV 89074
702-616-4975

DIGNITYHEALTH.ORG

*OFFERS: PROVIDE QUALITY OUTPATIENT EDUCATION
AND SUPPORT FOR DIABETES SELF-MANAGEMENT.*

DOLC RX

801 S RANCHO DR, STE A4
LAS VEGAS, NEVADA 89106
702-436-5279

DOLCRX.COM

OFFERS: PROVIDE CLASSES AND PHARMACY.

FIRSTMED HEALTH AND WELLNESS CENTER

3343 S. EASTERN AVENUE
LAS VEGAS, NV 89169
702-731-0909

FMHWC.ORG

OFFERS: SCREENS AND DIRECTIONAL SUPPORT

HEALTH PLAN OF NEVADA

2720 N TENAYA WAY
LAS VEGAS, NV 89128
702-877-5356

HEALTHPLANOFNEVADA.COM

OFFERS: ONE ON ONE PERSONAL SUPPORT

SOUTHWEST MEDICAL ASSOCIATES

4475 S. EASTERN AVE
LAS VEGAS, NV 89119
702-877-5199

SMALV.COM

*OFFERS: CERTIFIED DIABETES EDUCATORS
AND REGISTERED DIETITIANS.*

SOUTHWEST MEDICAL ASSOCIATES

4475 S. EASTERN AVE
LAS VEGAS, NV 89119
702-877-5199

SMALV.COM

*OFFERS: CERTIFIED DIABETES EDUCATORS
AND REGISTERED DIETITIANS.*

DAMAJ HORIZON VIEW MEDICAL CENTER

6850 N. DURANGO DR., STE. #301
LAS VEGAS, NV 89149
702-641-8500

HORIZONVIEWMED.COM

OFFERS: DIABETES SELF-MANAGEMENT EDUCATION.

UNITED HEALTHCARE NEVADA

2720 N TENAYA WAY
LAS VEGAS, NV 89128
800-701-5909

UHC.COM

OFFERS: DIABETES EDUCATION RESOURCES.



CLARK COUNTY DIABETES RESOURCES



DIABETES EDUCATION

SOUTHERN HILLS HOSPITAL

9300 W SUNSET RD

LAS VEGAS, NV 89148

702-233-5300

SOUTHERNHILLSHOSPITAL.COM

OFFERS: OVERVIEW OF MANAGEMENT, PROPER NUTRITION

AND MEDICATION USAGE

DIGNITY HEALTH WELLNESS

4855 BLUE DIAMOND ROAD

SUITE 220

LAS VEGAS, NV 89139

702-620-7025

DIGNITYHEALTH.ORG

OFFERS: CLASSES ACROSS ALL WELLNESS CENTERS

SUPPORT GROUPS

NEVADA DIABETES ASSOCIATION

DCAF CONNECTIONS FAMILY SUPPORT

6585 HIGH STREET

LAS VEGAS, NV 89113

702-966-4219

DIABETESNV.ORG

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

***TYPE 1 TALK ***

5542 SOUTH FORT APACHE ROAD

SUITE 100

LAS VEGAS, NEVADA 89148

702-732-4795

JDRF.ORG

ALLIANCE AGAINST DIABETES

3920 E PATRICK LN

LAS VEGAS, NV 89120

702-207-0400

ALLIANCEAGAINSTDIAETES.ORG

ST. ROSE DOMINICAN HOSPITAL

ADULT SUPPORT GROUP

2651 PASEO VERDE PKWY STE 180

HENDERSON, NV 89074

702-616-4975

DIGNITYHEALTH.ORG

DIGNITY HEALTH

DCAF CONNECTIONS FAMILY SUPPORT

6585 HIGH STREET

LAS VEGAS, NV 89113

702-966-4219

DIABETESNV.ORG

CLARK COUNTY DIABETES RESOURCES

SUPPORT SERVICES

JENNIFER MOORE

FOUNDATIONS COUNSELING CENTER
7180 CASCADE VALLEY COURT
SUITE 200
LAS VEGAS, NEVADA 89128

OFFERS: CLINICAL SOCIAL WORK/THERAPIST

FOOT SOLUTIONS

2249 N RAMPART BLVD
LAS VEGAS, NV 89128
(702) 836-3668
FOOTSOLUTIONS.COM

OFFERS: DIABETES FOOTWEAR

DESERT SPRINGS HOSPITAL

*DIABETES TREATMENT CENTER

2075 E FLAMINGO RD
LAS VEGAS, NV 89119
702-369-7560.
DESERTSPRINGSHOSPITAL.COM

OFFERS: INPATIENT AND

OUTPATIENT DIABETES SERVICES

DIGNITY HEALTH

ST ROSE WOUND CARE CENTER

2865 SIENA HEIGHTS DRIVE, SUITE 231
HENDERSON, NEVADA
702-616-4870
DIGNITYHEALTH.ORG

*OFFERS: WOUND HEALING
AND HYPERBARIC MEDICINE*

KINDRED HOSPITAL LAS VEGAS (SAHARA)

5110 WEST SAHARA AVENUE
LAS VEGAS, NEVADA 89146
702-220-4325
KINDREDHEALTHCARE.COM

OFFERS: CWOUND CARE MANAGEMENT

NORTH VISTA HOSPITAL

1815 E. LAKE MEAD BLVD., SUITE 100
N. LAS VEGAS, NV 89030
702.649.7711
NORTHVISTAHOSPITAL.COM

OFFERS: WOUND CARE

SUMMERLIN HOSPITAL

657 N. TOWN CENTER DRIVE
LAS VEGAS, NV 89144
702-233-7000
SUMMERLINHOSPITAL.COM

OFFERS: WOUND CARE

VALLEY HOSPITAL

620 SHADOW LANE
LAS VEGAS, NV 89106
702-388-4000
VALLEYHOSPITAL.NET

OFFERS: WOUND CARE AND EDUCATION



CLARK COUNTY DIABETES RESOURCES



MEDICAL SPECIALIST

KENNETH IZUORA, MD, MBA
UNLV SCHOOL OF MEDICINE
 1707 W. CHARLESTON BLVD SUITE 290
 LAS VEGAS, NV 89102
 702-671-6469

DR. QUANG T. NGUYENDO
LAS VEGAS ENDOCRINOLOGY
 229 N PECOS RD #100
 HENDERSON, NV 89074
 702-605-5750

MARY ANN MARTIN MD
THE DOCS
 8352 W WARM SPRINGS RD SUITE 300 A
 LAS VEGAS, NV 89113
 702-851-7287

DR. LUBNA AHMAD, MD
THE ENDOCRINE CLINIC
 7010 SMOKE RANCH RD
 LAS VEGAS, NV 89128
 702-228-5000

MARIA KAREN NWOKIKE MD
ENDOCRINOLOGY & DIABETES SPECIALIST
 5105 CAMINO AL NORTE
 NORTH LAS VEGAS, NV 89031
 702-750-2438

STEPHEN CASTORINO MD
ADVANCED HEALTH AND ENDOCRINE
 653 N TOWN CENTER DR #202
 LAS VEGAS, NV 89144
 702-368-2244

CHARMAINE YAP MD
VA SOUTHWEST MEDICAL CENTER
 3880 S JONES BLVD
 LAS VEGAS, NV 89103
 702-636-6390

BRIAN BERELOWITZ, MD
DIGNITY HEALTH
 653 N TOWN CENTER DR STE 315
 LAS VEGAS, NV 89144
 702-930-9695

SUSAN VANBEUGE
 653 N TOWN CENTER DR # 518
 LAS VEGAS, NV 89144
 702- 369-0200

NATHANIA PARK, NP
HEALTH CARE PARTNERS
 821 N. NELLIS BLVD. SUITE 100
 LAS VEGAS, NV 89110
 702.438.4003

CLARK COUNTY DIABETES RESOURCES

MEDICAL SPECIALIST

CHARD BUBB, MD

HEALTH CARE PARTNERS

2650 N. TENAYA WAY, SUITE 302

LAS VEGAS, NV 89128

702.862.8226

BARRY K GOULD, MD

SOUTHWEST MEDICAL ASSOCIATES

4750 W OAKLEY BLVD STE 2A

LAS VEGAS, NV 89102

702-877-5199

MICHAEL UZMANN, MD

THE DOCS

8352 W WARM SPRINGS RD SUITE 300 C

LAS VEGAS, NV 89113

702-727-8005

FIRHAAD ISMAIL, MD

2470 E FLAMINGO RD STE C

LAS VEGAS, NV 89121

702-792-4500

ALLISON DAVIS, APRN

SOUTHWEST MEDICAL ASSOCIATES

4750 W OAKLEY BLVD

LAS VEGAS, NV 89102

702-877-5199

SERENA KLUGH, MD

PALM MEDICAL GROUP

9280 W SUNSET RD, SUITE 306

LAS VEGAS, NV 89148

702-696-7256

SAMER NAKHLE, MD

PALM MEDICAL GROUP

9280 W SUNSET RD

LAS VEGAS, NV 89148

702-696-7256

KATHERINE WHITMIRE, APRN

SOUTHWEST MEDICAL ASSOCIATES

4750 W OAKLEY BLVD

LAS VEGAS, NV 89102

702.649.7711

702-877-5199

SABITA MOKTAN-SHEIKHAI, MD

SOUTHWEST MEDICAL ASSOCIATES

4475 S EASTERN AVE

LAS VEGAS, NV 89119

702-877-5199

DR. BIJAN AHRARI

PALM MEDICAL GROUP

9280 W SUNSET RD #306

LAS VEGAS, NV 89148

702-696-7256

DR. BETSY PALAL

PALM MEDICAL GROUP

9280 W SUNSET RD #306

LAS VEGAS, NV 89148

702-696-7256

DR. OMID RAD POUR

PALM MEDICAL GROUP

9280 W SUNSET RD #306

LAS VEGAS, NV 89148

702-696-7256



CLARK COUNTY DIABETES RESOURCES



MEDICAL SPECIALIST

DR. MARYAM RIVAZ

PALM MEDICAL GROUP

9280 W SUNSET RD #306

LAS VEGAS, NV 89148

702-696-7256

DR. NICHOLAS VERNETTI

PALM MEDICAL GROUP

9280 W SUNSET RD #306

LAS VEGAS, NV 89148

702-696-7256

ADRIANA RUIZ, PA-C

PALM MEDICAL GROUP

9280 W SUNSET RD #306

LAS VEGAS, NV 89148

702-696-7256

WILLIAM R. LITCHFIELD, MD

DESERT ENDOCRINOLOGY

2415 W HORIZON RIDGE PKWY

HENDERSON, NV 89052

702-434-8400

VIOLET AMIRJALALI, PA-C

DESERT ENDOCRINOLOGY

2415 W HORIZON RIDGE PKWY

HENDERSON, NV 89052

702-434-8400

MILTON WONG, MD

DESERT ENDOCRINOLOGY

8925 W. SAHARA AVENUE

LAS VEGAS, NV 89117

702-387-8868

FREDDIE TOFFEL MD

BUMBACA & TOFFEL MDS

2700 E SUNSET RD STE D34

LAS VEGAS, NV 89120

702-736-2021

PAUL V. TOMASIC, MD

9280 W SUNSET RD #426

LAS VEGAS, NV 89148

702-940-1555

CLAUDIA VOGEL, MD

10561 JEFFREYS ST STE 211

HENDERSON, NV 89052

702-707-9951

MOLOUK RAHNEMA, MD

VALLEY ENDOCRINOLOGY

653 N TOWN CENTER DR STE 504

LAS VEGAS, NV 89144

702-701-8400

NANA KITTAH, MD

HEALTH CARE PARTNERS

3131 LA CANADA, STE. 140

LAS VEGAS, NV 89109

702-862-8226

ELRAH GFELLER, PA-C

HEALTH CARE PARTNERS

3131 LA CANADA, STE. 140

LAS VEGAS, NV 89109

702-862-8226

BOB LY, DO

HEALTH CARE PARTNERS

2650 N. TENAYA WAY, SUITE 302

LAS VEGAS, NV 89128

702-862-8226

CLARK COUNTY DIABETES RESOURCES

PEDIATRIC SPECIALIST

ALEXANDRA AGUILAR, MD

DIGNITY HEALTH MEDICAL GROUP NEVADA

10001 S EASTERN AVE STE 209

HENDERSON , NV 89052

702-707-7399

CATHERINE FLYNN, APRN

DIGNITY HEALTH MEDICAL GROUP NEVADA

10001 S EASTERN AVE STE 209

HENDERSON , NV 89052

702-930-6348

ASHEESH DEWAN, MD

THE DOCS

8352 W WARM SPRINGS RD SUITE 300 C

LAS VEGAS, NV 89113

702-479-5218

ROLA SAAD, MD

HORIZON VIEW MEDICAL CENTER

6850 N DURANGO DR #301

LAS VEGAS, NV 89149

702-641-8500

LOW COST CLINICS

COMMUNITY OUTREACH MEDICAL CENTER

1090 E DESERT INN RD, SUITE 200

LAS VEGAS, NEVADA 89109

702-636-0787

SEARCHLIGHT HEALTHCARE CHARITIES

98 E. LAKE MEAD PARKWAY, SUITE 305

HENDERSON, NV 890158

702-478-8070

BOWER SCHOOL BASED HEALTH CENTERS

400 PALO VERDE DR.

HENDERSON, NV 89015

702-636.-400

ELDORADO MEDICAL CENTER

1905 CIVIC CENTER DR

NORTH LAS VEGAS, NV 89146

702-649-3736

FIRSTMED HEALTH AND WELLNESS CENTER

3343 S EASTERN AVE

LAS VEGAS, NV 89169

702-731-0909

FIRST PERSON CARE CLINIC

1200 S 4TH STREET, SUITE 111

LAS VEGAS, NEVADA 89104

702-380-8118

FIRST PERSON CARE CLINIC

1200 S 4TH STREET, SUITE 111

LAS VEGAS, NEVADA 89104

702-380-8118

HUNTRIDGE TEEN CLINIC

2100 MARYLAND PKWY #1

LAS VEGAS, NV 89104

702-732-8776

GUADALUPE MEDICAL CENTER

1219 E CHARLESTON BLVD

LAS VEGAS, NV 89104

702-384-1110



CLARK COUNTY DIABETES RESOURCES

LOW COST CLINICS

HOPE CHRISTIAN HEALTH CENTER
4357 CORPORATE CENTER DR #450,
NORTH LAS VEGAS, NV 890308
702-644-4673

MACHUCA ROGELIO
1501 S EASTERN AVE
LAS VEGAS, NV 89104
702-778-7770

ALLIANCE AGAINST DIABETES
3920 E PATRICK LN
LAS VEGAS, NV 89120
702-207-0400

NEVADA HEALTH CENTERS
403 W WILSON AVE
LAS VEGAS, NV 89106
702-380-1120

LAS VEGAS OUTREACH CLINIC
47 W OWENS AVE
NORTH LAS VEGAS, NV 89030
702-307-4635

POSITIVELY KIDS FAMILY HEALTHCARE CLINIC
701 N PECOS ROAD
LAS VEGAS, NV 89101
702-262-0037 EXT 2

VOLUNTEERS IN MEDICINE OF SOUTHERN NV
1240 N M.L.K. BLVD
LAS VEGAS, NV 89106
702-967-0530



ACCESS TO HEALTHCARE NETWORK
3085 E FLAMINGO RD SUITE A
LAS VEGAS, NV 89121
702-489-3400

EYE CARE

ACCESS TO HEALTHCARE NETWORK
3085 E FLAMINGO RD SUITE A
LAS VEGAS, NV 89121
702-489-3400

VIP VISION PLAN
230 N. NELLIS BLVD
LAS VEGAS, NV 891107
702-452-2020

DENTAL

ACCESS TO HEALTHCARE NETWORK
3085 E FLAMINGO RD SUITE A
LAS VEGAS, NV 89121
702-489-3400

CSN DENTAL HYGIENE CENTER
6375 W CHARLESTON BLVD BUILDING A, SUITE 500
LAS VEGAS, NV 89146
702-862-8226

NEVADA HEALTH CENTER INC
2212 S EASTERN AVE
LAS VEGAS, NV 89104
800-787-2568

PARADISE PARK CHILDREN'S DENTAL CLINIC
4770 HARRISON DRIVE
LAS VEGAS, NV - 89121
702-432-3334

CLARK COUNTY DIABETES RESOURCES

DENTAL

UNLV SCHOOL OF DENTAL MEDICINE
1001 SHADOW LN
LAS VEGAS, NV 89106
702-774-2400

DIAYSIS CENTERS

VISIT DAVITA.COM/NEVADA
FOR A FULL LIST OF DAVITA FACILITIES
THROUGHOUT THE STATE

PHARMACIES

DOLCRX
801 S RANCHO DR, LAS VEGAS, NV 89106
702-436-5279

*REMEMBER TO CHECK WITH ALL MEDICAL
COMPANIES FOR POSSIBLY DISCOUNT CARDS*

INSURANCE ASSIST

STATE HEALTH INSURANCE ASSISTANCE PROGRAM(SHIP)
1-800-307-4444
ADSD.NV.GOV



WASHOE COUNTY DIABETES RESOURCES



ORGANIZATIONS

NEVADA DIABETES ASSOCIATION

18 STEWART ST

RENO, NV 89501

775-856-3839

DIABETESNV.ORG

OFFERS: DIABETES CAMPS YEAR ROUND

SUPPORT GROUPS, ENGLISH & SPANISH RESOURCE MATERIALS

DIABETES EDUCATION PROGRAMS & EMERGENCY MEDICAL

AMERICAN DIABETES ASSOCIATION

2451 CRYSTAL DRIVE, SUITE 900

ARLINGTON, VA 22202

1-800-DIABETES (800-342-2383)

DIABETES.ORG

OFFERS: RESOURCE MATERIAL, FUNDS REASERCH &

PROFESSIONAL EDUCATORS/SPEAKERS. PROMOTES ADVOCACY

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

645 SIERRA ROSE DRIVE

SUITE 106

RENO, NV 89511

775-786-1881

JDRF.ORG

OFFERS: DIABETES PUBLICATIONS, RESEARCH,

YOUTH AMBASSADOR PROGRAM, GALAS

NEVADA P.E.P (PARENTS ENCOURAGING PARENTS)

4600 KIETZKE LANE SUITE I-202

RENO, NEVADA 89502

775-448-9950

NVPEP.ORG

OFFERS: PROVIDES SUPPORT AND ADVOCACY TO FAMILIES

WITH CHILDREN WITH SPECIAL NEEDS. ASSIST IN IEP & 504 PLANS

IMMUNIZE NEVADA

855 E 4TH ST, RENO, NV 89512

775-624-7117

IMMUNIZENEVADA.ORG

OFFERS: ENSURES PEOPLE ACROSS NEVADA CAN ACCESS VACCINES,

HEALTHCARE, AND OTHER RESOURCES THEY NEED TO STAY HEALTHY.

CARE CHEST OF SIERRA NEVADA

7910 N VIRGINIA ST, RENO, NV 89506

775-829-2273

CARECHEST.ORG

OFFERS: SERVING INDIVIDUALS IN NEED BY

PROVIDING MEDICAL RESOURCES

WASHOE COUNTY DIABETES RESOURCES

DIABETES EDUCATION

RENOWN HEALTH IMPROVEMENT PROGRAMS

10085 DOUBLE R BLVD #325

RENO, NV 89521

RENOWN.ORG

OFFERS: EDUCATIONAL AND SUPPORT PROGRAMS TO HELP PEOPLE

OVERCOME THE CHALLENGES PRESENTED THROUGH VARIOUS HEALTH CONDITIONS

ACCESS TO HEALTHCARE

4001 S. VIRGINIA STREET SUITE F

RENO, NV 89502

775-284-1898

ACCESSTOHEALTHCARE.ORG

OFFERS: DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

CARSON TAHOE HEALTH

1600 MEDICAL PKWY.

CARSON CITY, NV 89703

775-445-8000

CARSONTAHOE.COM

OFFERS: DIABETES EDUCATION AND

SELF-MANAGEMENT TRAINING.

VA SIERRA NEVADA HEALTH CARE SYSTEM

975 KIRMAN AVENUE

RENO, NV 89502

775-786-7200

RENO.VA.GOV

OFFERS: NUTRITION CLASSES

SUPPORT GROUPS

NEVADA DIABETES ASSOCIATION

18 STEWART ST

RENO, NV 89501

775-856-3839

DIABETESNV.ORG

OFFERS: MONTHLY SUPPORT GROUP MEETINGS



WASHOE COUNTY DIABETES RESOURCES



SUPPORT SERVICES

**SANFORD CENTER FOR AGING AND
THE DIVISION OF ENDOCRINOLOGY,
CLINICAL NUTRITION AND METABOLISM
UNIVERSITY OF NEVADA, RENO SCHOOL OF MEDICINE
1664 NORTH VIRGINIA STREET
RENO, NV 89557
775-784-6063
MED.UNR.EDU**

**RENOWN ADVANCED WOUND CARE
1500 E. 2ND ST, STE 100
RENO, NV 89502
775-982-5003
RENOWN.ORG**

MEDICAL SPECIALIST

**DANIEL CARUSO , MD
255 W MOANA LN
RENO, NV 89509
775-287-2625**

**LISA G. ABBOTT, MD
NORTHERN NEVADA ENDOCRINOLOGY
665 SIERRA ROSE DR
RENO, NV 89511
775-786-6770**

**JOCELYN LYBARGER, PA
NORTHERN NEVADA ENDOCRINOLOGY
665 SIERRA ROSE DR
RENO, NV 89511
775-786-6770**

**BEN PROHASKA, PA-C
NORTHERN NEVADA ENDOCRINOLOGY
665 SIERRA ROSE DR
RENO, NV 89511
775-786-6770.**

**NITESH DEVJI KUHADIYA, MD
RENOWN MEDICAL GROUP
10085 DOUBLE R BLVD, STE 310
RENO, NV 89521
775-982-7260.**

**JAMES B. ATCHESON, MD
RENOWN MEDICAL GROUP
10085 DOUBLE R BLVD, STE 310
RENO, NV 89521
775-982-7260**

**ROBERT S FREDERICKS, MD
1495 RIDGEVIEW DR
RENO, NV 89519
775-682-8500**

**JOHN R. SUTTON, DO, FACOI, FACE, CCD
CARSON TAHOE ENDOCRINOLOGY
1177 N. DIVISION ST. SUITE 3
CARSON CITY, NV 89703
775-445-8000**

**JOSEPH BARNES, APRN
CARSON TAHOE MEDICAL GROUP ENDOCRINOLOGY
2874 N. CARSON ST.
CARSON CITY, NV 89706
775-445-8000**

WASHOE COUNTY DIABETES RESOURCES

MEDICAL SPECIALIST

SHARLEEN SIDHU, MD, MPH

CARSON TAHOE MEDICAL GROUP ENDOCRINOLOGY

2874 N. CARSON ST.

CARSON CITY, NV 89706

775-445-7170

ENG KEONG TAN, MD

CARSON TAHOE MEDICAL GROUP ENDOCRINOLOGY

2874 N. CARSON ST.

CARSON CITY, NV 89706

775-445-7170

PEDIATRIC SPECIALIST

LORRI NIELSEN, APRN

RENOWN MEDICAL GROUP

75 PRINGLE WAY, STE 909

RENO, NV 89502

KATHRYN LYNN ECKERT, MD

RENOWN MEDICAL GROUP

75 PRINGLE WAY STE 909

RENO, NV 89502

EYE CARE

EYE CARE ASSOCIATES OF NEVADA

2285 GREEN VISTA DR

SPARKS, NV 89431

775-674-1100

NEVADA RETINA ASSOCIATES

610 SIERRA ROSE DR

RENO, NV 89511

775-356-7272

VISIONARY EYE CENTER

8175 S VIRGINIA ST

RENO, NV 89511

775-827-1100

DENTAL

HAWC COMMUNITY HEALTH CENTER RENO

1055 S. WELLS AVE

RENO, NV 89502

775 329-6300

TMCC'S DENTAL HYGIENE PROGRAM

7000 DANDINI BOULEVARD, RDMT 415-A

RENO, NEVADA 89512

775-673-8247



WASHOE COUNTY DIABETES RESOURCES



LOW COST CLINIC

WELLS AVENUE MEDICAL

1055 SOUTH WELLS AVENUE
RENO NV 89502
775-329-6300

NORTHERN NEVADA HOPES

580 W 5TH ST
RENO, NV 89503
775-786-4673

NEVADA PRIMARY CARE ASSOCIATION

755 N.ROOP ST. SUITE 211
CARSON CITY, NV 89701
775-887-0417

DIALYSIS CENTER

VISIT DAVITA.COM/NEVADA FOR A FULL
LIST OF DAVITA FACILITIES THROUGHOUT
THE STATE

INSURANCE ASSIST

STATE HEALTH INSURANCE ASSISTANCE PROGRAM(SHIP)

1-800-307-4444
ADSD.NV.GOV

RURAL NEVADA DIABETES RESOURCES

EDUCATION

HUMBOLDT GENERAL HOSPITAL

118 E HASKELL ST
WINNEMUCCA, NV 89445
775-623-5222

OFFERS: DIABETES AND GESTATIONAL DIABETES NUTRITIONAL COUNSELING

NORTHEASTERN NEVADA REGIONAL HOSPITAL

2001 ERRECART BLVD
ELKO, NV 89801
775-738-5151

OFFERS: NUTRITION AND DIABETES SUPPORT GROUP

SOUTHWEST MEDICAL ASSOCIATES

2210 CALVADA BLVD
PAHRUMP, NV 89048
702-877-5199

OFFERS: ENDOCRINOLOGY

BANNER CHURCHILL COMMUNITY HOSPITAL

801 E WILLIAMS
FALLON, NV 89406
775-423-3151

OFFERS: SERVICES TO MANAGE DIABETES

CLINICS

AMARGOSA VALLEY MEDICAL CLINIC

845 E AMARGOSA FARM RD
AMARGOSA VALLEY, NV 89020
775-372-5432

SOUTH LYON MEDICAL CENTER

213 SOUTH WHITACRE STREET
YERINGTON NEVADA 89447
775-463-6403

AUSTIN MEDICAL CENTER

121 MAIN ST,
AUSTIN, NV 89310
775-964-2222

BEATTY MEDICAL CLINIC LLC

250 S IRVING ST
BEATTY, NV 89003
775-553-9111

LINCOLN COUNTY MEDICAL ASSOCIATES

700 N SPRING ST
CALIENTE, NV 89008
775-26-3121

CARLIN COMMUNITY HEALTH CENTER

749 3RD ST
CARLIN, NV 89822
775-754-2666

CRESCENT VALLEY CLINIC

5043 TENABO AVE
BEOVAWE, NEVADA 89821
775-468-0250

EUREKA COUNTY MEDICAL CLINIC

250 SOUTH MAIN STREE
EUREKA, NV 89316
775-237-5642

JACKPOT COMMUNITY HEALTH CENTER

950 LADY LUCK DR
ACKPOT, NV 89825
775-755-2500



RURAL NEVADA DIABETES RESOURCES



CLINICS

WENDOVER COMMUNITY HEALTH CENTER

925 WELLS AVE

WEST WENDOVER, NV 89883

775-664-2220

LINCOLN COUNTY MEDICAL ASSOCIATES

33 JOSHUA TREE STREET

ALAMO, NV 89001

775-725-3364

ADDITIONAL DIABETES RESOURCES

AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS

245 RIVERSIDE AVENUE, SUITE 200

JACKSONVILLE, FL 32202

904-353-7878

AACE.COM

NEVADA STATE BOARD OF MEDICAL EXAMINERS

9600 GATEWAY DRIVE

RENO, NV 89521

775-688-2559

MEDBOARD.NV.GOV

MEDICAL MALPRACTICE CENTER

MALPRACTICECENTER.COM

WASHOE TRIBAL HEALTH CENTER

1559 WATASHEAMU ROAD

GARDNERVILLE, NV 89460

775-265-4215

OWYHEE COMMUNITY HEALTH CENTER

1623 HOSPITAL LOOP

OWYHEE, NV 89832

775-757-2415

WALKER RIVER PAIUTE TRIBE HEALTH CLINIC

1025 HOSPITAL RD

SCHURZ, NV 89427

775-773-2005

THE FALLON, PYRAMID LAKES, RENO/SPARKS AND WASHOE CLINICS ARE MANAGED THROUGH TRIBAL CONTRACTS. THE FORT MCDERMOTT CLINIC AND WALKER TRIBAL HEALTH CLINIC ARE H.I.S OPERATED.

TRIBAL COMMUNITIES OF MOAPA AND LAS VEGAS ARE LOCAED APPROXIMATELY 360 MILES FROM SHURZ,NV.

OTHER TRIBAL COMMUNITIES SUCH AS YOMBA, WINNEMUCCA, YERINGTON, AND LOVELOCK, AND RECIEVE HEALTH CARE THROUGH DIRECT H.I.S SERVICES AND CONTRACT CARE.

NATIVE AMERICAN RESOURCES

BUREAU OF INDIAN AFFAIRS

311 E WASHINGTON ST

CARSON CITY, NV 89701

775-887-3500

NEVADA URBAN INDIANS

6512 S MCCARRAN BLVD A

RENO, NV 89509

775-788-7600

RENO-SPARKS INDIAN COLONY

34 RESERVATION RD

RENO, NV 89502

775-329-2936



ADDITIONAL DIABETES RESOURCES



WEBSITES

NEVADA HEALTH INSURANCE EXCHANGE

NEVADAHEALTHLINK.COM

HEALTH CARE

HEALTHCARE.GOV

NEVADA CHECK UP

INSUREKIDSNOW.GOV

STATE HEALTH INSURANCE ASSISTANCE PROGRAM(SHIP)

NVAGING.NET

MEDICARE

MEDICARE.GOV

1-800-MEDICARE

MEDICARE A - HOSPITAL INSURANCE

MEDICARE B - OUTPATIENT HOSPITAL CARE

& PHYSICIANS SERVICES

MEDICARE C - COMBINES A & B (USUALLY SEE PHYSICIANS IN THE PLAN)

ASSISTANCE RESOURCES

NEEDY MEDS DRUG CARD

NEEDYMEDS.ORG

NEVADA DRUG CARD

NEVADADRUGCARD.COM

JANSSEN PRESCRIPTION ASSISTANCE

JANSSENPRESCRIPTIONASSISTANCE.COM

NEVADA DIABETES ASSOCIATION

DIABETESNV.ORG

HOPELINK OF SOUTHERN NEVADA

LINK2HOPE.ORG

NEVADA SENIOR RX PROGRAM

ADSD.NV.GOV

DISABILITY RX PROGRAM

ADSD.NV.GOV

CARECHEST OF SIERRA NEVADA

CARECHEST.ORG

RX ASSIST

RXASSIST.ORG

ADDITIONAL DIABETES RESOURCES

MEDICAL SUPPLY ASST.

ABBOTT PATIENT ASSISTANCE FOUNDATION

800-222-6885

GSK ACCESS

GSKFORYOU.COM

BD MEDICAL

SYRINGE ASSISTANCE

888-367-8517

LILLY CARES FOUNDATION PATIENT ASSISTANCE

LILLYCARES.COM

NOVO NORDISK PATIENT ASSISTANCE PROGRAM

NOVOCARE.COM

SANOFI PATIENT CONNECTION

SANOFIPATIENTCONNECTION.COM

888-847-4877

PFIZER ASSISTANCE

PFIZER.COM

844-989-PATH

TAKEDA

TAKEDAPAP.COM

DURABLE MEDICAL EQUIPMENT

TANDEM DIABETES CARE

TANDEMDIABETES.COM

858-366-6900

DEXCOM

DEXCOM.COM

844-607-8398

OMNIPOD

MYOMNIPOD.COM

800-591-3455

MEDTRONIC

MEDTRONICDIABETES.COM

800-646-4633

FREESTYLE LIBRE

FREESTYLELIBRE.US

855-632-8658



ADDITIONAL DIABETES RESOURCES

FITNESS & WELLNESS

ACADEMY OF NUTRITION AND DIETETICS

EATRIGHT.ORG

NEVADA ACADEMY OF NUTRITION AND DIETETICS

EATRIGHTNEVADA.ORG

DR. ALLEN WELLNESS & MEDICAL CENTER

1701 N GREEN VALLEY PKWY #5B

HENDERSON, NV 89074

702-754-4900

FITNESS GOALS

FITNESSGOALS.COM

ASSOCIATION OF DIABETES CARE & EDUCATION SPECIALISTS

125 S. WACKER DR SUITE 600

CHICAGO, IL 60606

800.338.3633

DIABETES EDUCATOR.ORG

ASK THE DIETITICIAN

DIETICIAN.COM

DIABETIC GOURMET MAGAZINE

DIABETICGOURMET.COM

SASSE SURGICAL ASSOCIATES

75 PRINGLE WAY SUITE 804

RENO, NV 89502

775-829-7999

A PROPER FIT FOOTWEAR

4001 S. VIRGINIA ST SUITE 5

RENO, NV 89502

775-323-3757



WESTERN BARIATRIC INSTITUTE (WBI)

75 PRINGLE WAY, SUITE 1002

RENO, NV 89502

775-326-9152

DESERT SPRINGS HOSPITAL MEDICAL CENTER

2075 E FLAMINGO RD, LAS VEGAS, NV 89119

702-733-8800

DESERTSPRINGSHOSPITAL.COM

GAREY STEPHEN COMPSTON, RD

RENOWN MEDICAL GROUP

75 PRINGLE WAY

RENO, NV 89502

775-982-5437

ADDITIONAL DIABETES RESOURCES

**YOUR LOCAL LIBRARY HAS MANY RESOURCE BOOKS
ON DIABETES. CALL THE NEVADA DIABETES ASSOCIATION
FOR RECOMMENDATIONS 775-856-3839**

FOR INFORMATION ON RETINOPATHY :
AMERICAN ACADEMY OF OPHTHALMOLOGY
655 BEACH ST.
SAN FRANCISCO, CA 94109
AAO.ORG

FOR INFORMATION ON DIABETIC FOOT PROBLEMS
AMERICAN COLLEGE OF FOOT & ANKLE SURGEONS
8725 WEST HIGGINS ROAD, SUITE 555
CHICAGO, ILLINOIS 60631
ACFAS.ORG

NATIONAL DIABETES STATISTICS
CENTER FOR DISEASE CONTROL
CDC.GOV/DIABETES

INFORMATION ON KIDNEY DISEASE
KIDNEY.NIDDK.NIH.GOV

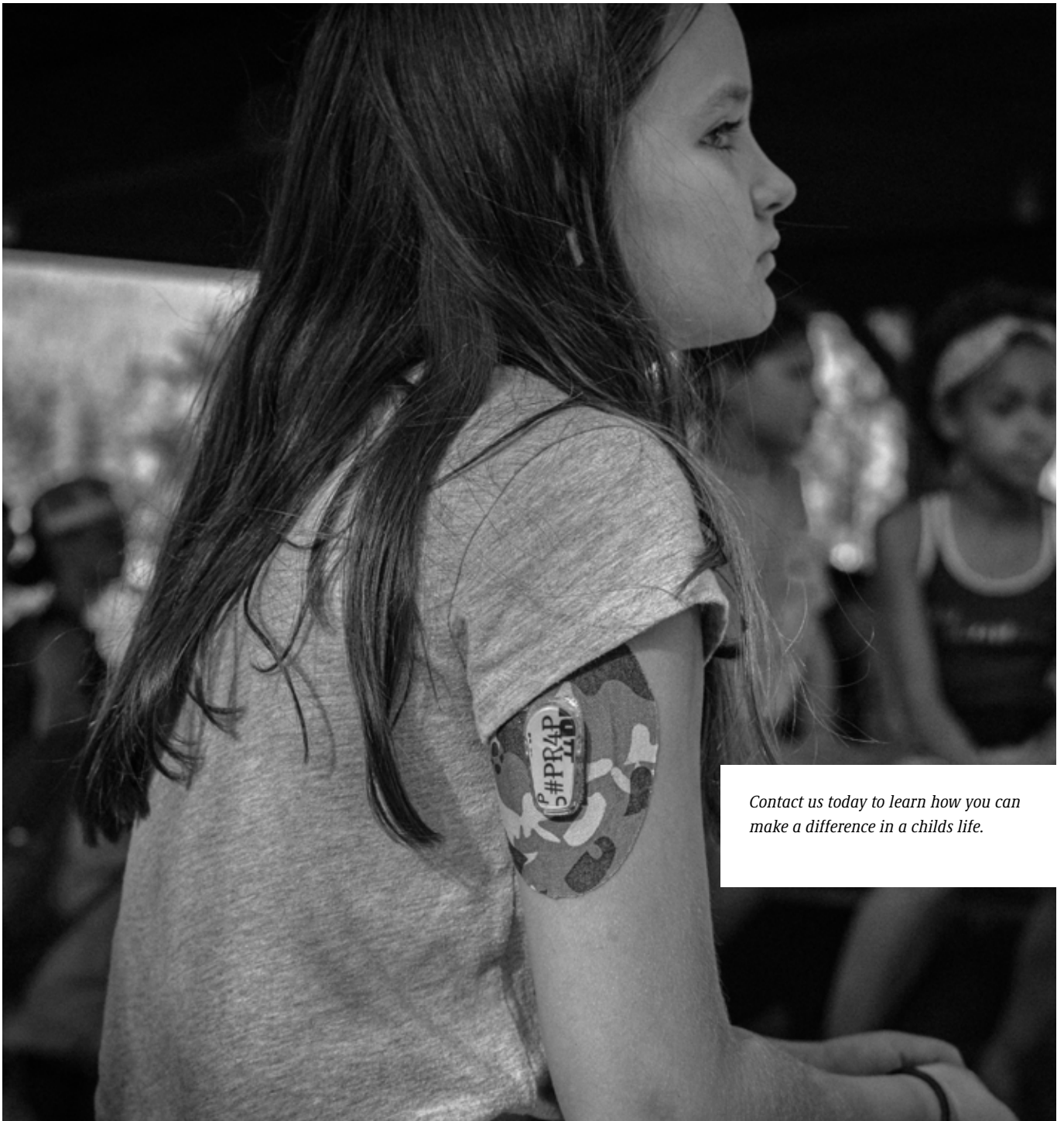
ADULT AND TEEN ONLINE SUPPORT
BEYONDTYPE1.ORG
DIABETESNV.ORG

INFORMATION ON CANINE/FELINE DIABETES
FELINEDIABETES.COM
CAH.COM

MEDIC ALERTS

DIABETES RESEARCH AND WELLNESS FOUNDATION
DIABETESWELLNESS.ET
NEVADA DIABETES ASSOCIATION
DIABETESNV.ORG





Contact us today to learn how you can make a difference in a child's life.

If You

enjoyed any of the information provided throughout this Resource Directory, please reach out and ask how you can show support and help out the Nevada Diabetes Association today. We rely on all the help and donations that we can get while we provide a program and service to anyone affected

by diabetes. All information provided can be found on our website www.diabetesnv.org. If you know someone affected by diabetes (type one or type two) we are here for you today.

If you have any questions or concerns about the information provided please reach out to our office at 1-800-379-3839 someone will be

more than happy to assist you. If you would like to get involved in a program or service we currently offer call our office or find the correct link on our website and join our family today. For the most current information follow all our social media platforms and website news information.

Thank you.



NEVADA DIABETES ASSOCIATION



WWW.DIABETESNV.ORG



★ Services We Offer ★

Camp Programs

We offer unique camping programs for children and teens with diabetes as well as camps for families with children too young to attend other camps

Support Groups

Our support groups are offered in Las Vegas and Northern Nevada and include our Injection Connection Teen Program, Family Support Groups and Adult Support Groups.

Education

We offer programs/literature to help diabetics & their families. Our Nevada Diabetes Resource Directory is distributed in Nevada, free of charge. One on one counseling is also available.

Emergency Medical

This program provides testing supplies and insulin to those in crisis, as well as provide other resources to at risk patients.

Advocacy

One of our main roles as an organization is to serve as advocates for issues pertaining to diabetes and people living with diabetes.

Fundraising

The NDA has various events throughout the year to raise funds to support our community outreach. Events like our annual golf tournaments are a fun way to fund our programs.



Resource Directory 2020-2022

Diabetesnv.org

