



**GRUNDY COUNTY
MEMORIAL HOSPITAL**

A PARTNER OF ALLEN HOSPITAL



Ask The Provider
Pat Heth, RN
Certified Diabetes Educator

Question: What exactly do the Diabetic Educators teach patients at GCMH?

Answer: The educators provide a total of four sessions covering topics such as coping and managing your diabetes, good food choices to help control your disease, monitoring your blood sugars, and ways to prevent complications from diabetes, among others. Talk with your healthcare provider about these classes held twice monthly at GCMH.

**For more information
call 319-824-5421 or visit www.grundycountyhospital.org**