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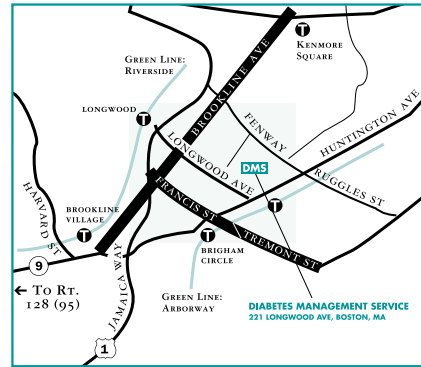
Abraham Thomas, MD

DIABETES MANAGEMENT SERVICE

(617) 732-5666

DIRECTIONS

From the North: Head south on Route 93. Take Storrow Drive West. Take the Fenway/Route 1 South exit (on left). At lights, bear right onto Boylston Street. At third set of lights, bear left onto Brookline Avenue. At fourth set of lights, turn left onto Longwood Avenue. 221 Longwood is on the left-hand side of the street.



From the West: Head east on Massachusetts Turnpike. Take Route 128 (I-95) south for approximately one mile. Take Route 9 east for six miles. Take a left onto Brookline Avenue (Brook House Condominiums will be on right). At fourth set of lights, turn right onto Longwood Avenue. ~or~ Stay on Massachusetts Turnpike East. Take Huntington Avenue/Copley Square/Prudential Center exit. Follow Huntington Avenue West for approximately three miles. Turn right onto Longwood Avenue. 221 Longwood is on the right-hand side of the street.

From the South: Head north on Route 3 (Southeast Expressway). Take the Massachusetts Avenue/Roxbury exit. At end of ramp, cross Massachusetts Avenue onto Melnea Cass Boulevard. At the 8th traffic light, take left onto Tremont Street. Take first right onto Ruggles Street. Turn left onto Huntington Avenue at intersection with Ruggles Street. Turn right onto Longwood Avenue. 221 Longwood is on the right-hand side of the street.

PUBLIC TRANSPORTATION

MBTA bus #66: Harvard Square to Dudley Station, via Allston and Brookline Village **Stop:** The corner of Huntington Avenue and Longwood Avenue.

MBTA bus #39: Forest Hills Station - Back Bay Station via Huntington Avenue **Stop:** The corner of Huntington Avenue and Longwood Avenue.

MBTA bus #60: Chestnut Hill - Kenmore Station via Brookline Village and Cypress Street **Stop:** The corner of Brookline Avenue and Longwood Avenue.

MBTA bus #65: Brighton Center - Kenmore Station via Washington Street, Brookline Village and Brookline Avenue **Stop:** The corner of Brookline Avenue and Longwood Avenue.

Green Line Trolley: E Train (Heath Street/Arborway) **Stop:** The corner of Huntington Avenue and Longwood Avenue.



BRIGHAM AND WOMEN'S HOSPITAL

Diabetes Management Service

221 Longwood Avenue
Boston, MA 02115
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Diabetes Management Service



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Diabetes Management Service

About Diabetes

There are several types of diabetes mellitus – the most common are type 1 (insulin-dependent or childhood) and type 2 (non-insulin dependent or adult) diabetes. Currently, 16 million people in the United States have diabetes. Risk factors for the disease include family history, physical inactivity, obesity and a history of gestational diabetes. Diabetes increases the risk of heart disease and kidney disease and is the leading cause of limb loss and blindness.

Careful attention to blood sugar levels – which can be controlled through a healthy diet, regular exercise and medications – can reduce the risk of complications.

When a patient with diabetes requires surgery, it is very important to carefully monitor blood sugar levels that can rise from the stress of surgery or drop when the patient is unable to eat what is necessary to keep their levels under control.

Normal blood sugar levels are essential for rapid recovery from surgery – for that reason Brigham and Women's Hospital has developed the Diabetes Management Service.

The Diabetes Management Service at Brigham and Women's Hospital

The Diabetes Management Service is for patients with diabetes who are in the hospital for selected surgical procedures. The aim of the service is to improve diabetes care for these patients during their surgical hospital stay.

We understand that people with diabetes may have additional concerns regarding their surgery. Changes in activity, medication, and diet all contribute to the fluctuation of blood sugar levels. With proper care it is possible for people with diabetes to have surgery with little or no more risk than those without diabetes.

The members of the Diabetes Management Service team may visit patients before and after surgery to address any concerns and monitor their progress. We will monitor patients' blood glucose levels and make changes to medications and diet to keep the levels close to a normal range. After discharge, if follow up care is required, patients can be seen by our service in an outpatient setting.

Patients of the service receive care from our world-class team of health care providers that includes doctors, nurse practitioners, and dietitians – who all specialize in the care of diabetes. All of our doctors are on the faculty of Harvard Medical School.

The goal of the Diabetes Management Service is to limit complications from surgery, such as infection and slow wound healing, and return patients back to their daily life as quickly and safely as possible.

For more information on the Diabetes Management Service at Brigham and Women's Hospital or to make an appointment, call (617) 732-5666.



For ten years in a row Brigham and Women's Hospital has been included on the *U.S. News & World Report*® Honor Roll of "America's Best Hospitals."