



Changemakers: Diabetes

The Ohio State University's nationally recognized Division of Endocrinology, Diabetes and Metabolism uses laboratory and clinical research to make discoveries that improve the care of patients with endocrine and endocrine-related disorders like diabetes, thyroid disease and metabolic and adrenal gland disorders. Together, a team of nationally recognized experts work to deliver high-quality patient care, contribute to innovations in medicine and educate medical students and postgraduate trainees.

What is Diabetes?

Diabetes is a condition that occurs when someone's blood glucose, or blood sugar, is too high. Diabetes affects people of all ages and develops when the pancreas doesn't make enough insulin, or the body doesn't properly respond to the effects of insulin.

Most forms of diabetes are chronic, but all forms can be managed with the appropriate medications, monitoring practices and lifestyle changes.

Visit [Ohio State's Diabetes and Endocrinology webpage](#) to learn more about different types of diabetes and other related terms.

Managing Diabetes

Without proper management, diabetes can lead to serious complications, including heart disease, nerve damage and kidney problems. By seeking medical support, patients can equip themselves with the tools and knowledge needed to help manage their diabetes.

The Scarlet and Gray Way to Diabetes Self-Management Education Program offers comprehensive services to patients with type 1, type 2 and pre-diabetes. The goal is to provide instruction and technologies to help each patient manage their diabetes to the best of their ability.

Resources offered include education classes on medication, blood sugar monitoring, exercise and nutrition. Information sessions and training on insulin pumps and continuous glucose monitors are also available.

Learn more about the resources available at [Ohio State's Diabetes Education webpage](#).



CHANGE/MAKERS



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



Building a Healthier Community

Located on the east side of Columbus, The Ohio State University Healthy Community Center offers a variety of free, family-friendly programs and services to improve the health and wellness of area residents.

Programming covers a wide range of topics, including:

- Health, wellness and nutrition
- Exercise and fitness
- Gardening and sustainability
- Smoking cessation
- Prenatal care
- Senior programming

Visit the [Healthy Community Center webpage](#) to learn more about their work.

Diabetes During Pregnancy

Established in 1987, Ohio State's Diabetes in Pregnancy Program supports those with type 1, type 2 or gestational diabetes as they safely carry and deliver a healthy baby.

Through a personalized care program coordinated across a team of specialists, Ohio State offers patient education, glucose monitoring, insulin management, nutrition services and ongoing health checks to keep blood sugar levels as close to normal as possible and reduce the risk of pregnancy complications.

Visit the [Diabetes in Pregnancy Program webpage](#) to learn more about the services offered to individuals who are pregnant or are hoping to be pregnant soon.

Diabetes Research

The vision of the Ohio State University Wexner Medical Center's Diabetes and Metabolism Research Center (DMRC) is "to create a world without diabetes." To accomplish this, dedicated teams of physicians and researchers at the DMRC conduct basic, translational and clinical research with the goals of preventing, managing and/or curing diabetes.

Patients can participate in state-of-the-art clinical trials for new drugs and technologies related to diabetes research. Learn more about the research being conducted and the clinical research trials that are currently accepting participants at the [Diabetes and Metabolism Research Center's webpage](#).

Visit [Ohio State's Health and Discovery webpage](#) to read about other research projects being conducted to fight diabetes.

