

Internal Medicine Diabetes Education Program

Schusterman Center Clinic
4444 E. 41st Street
Tulsa, OK 74135-2527
918-619-4400

Where goals are MET...

Mission:

The mission of the University of Oklahoma OU Physicians Internal Medicine Diabetes Education Program is to provide innovative and comprehensive diabetes self-management education to individuals referred to our diabetes service in such a way to enhance learning and facilitate appropriate diabetes self-care behaviors to reduce long-term complications and improve quality of life.

Education Program:

The Internal Medicine Diabetes Education Program is an American Diabetes Association nationally recognized diabetes education program provider. We provide *individual, tailored* sessions to empower patients to better manage diabetes. Taught by highly trained specialists in diabetes, these sessions are for newly diagnosed type 1 or type 2 diabetes, patients needing a refresher, or patients that never received diabetes education.

Education sessions cover

- Understanding diabetes
- Role of medications
- Nutrition planning and specialized medical nutrition therapy
- Exercise education
- Weight management
- Diabetes self-management education and support
- Preventing diabetes related complications
- Assistance with access to medications and supplies
- Young adult transition for type 1 or type 2
- Pregnancy program

Team of Certified Diabetes Educators:



Jeri Mills, RD/LD, CDE



Mary Steward, APRN-CNP, MS
MPH, CDE



Katherine O'Neal, Pharm.D., MBA,
BCACP, CDE, BC-ADM, AE-C

Additional Services Offered:

The Internal Medicine Diabetes service also provides these services to assist with diabetes care:

- Individual Medical Nutrition Therapy – Type 1 and 2 Diabetes (for adults), Gestational Diabetes, Chronic Kidney Disease, and Weight Management
 - Jeri Mills, MHR, RD/LD, CDE
- Advanced diabetes management
 - Katherine O'Neal Pharm.D., MBA, BCACP, CDE, BC-ADM, AE-C
 - Mary Steward, APRN-CNP, MS, MPH, CDE

Make an Appointment

Call 918-619-4400



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



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