

What are the costs and what do they include?

€100 for a 60 minute consultation with Diabetes Nurse Specialist & Dietitian

Can I reclaim the fee from my Private Health Insurance/Tax?

YES -Dietetic fees can be submitted in your outpatient expenses/day to day expenses for partial refund through your health insurance provider (dependant on your level of cover and excesses). Any charges not reimbursed can be submitted with your medical expenses for tax relief, see www.revenue.ie for more information.

We hope that many of your questions have been answered within this leaflet, but should you have any further queries or like to make a booking please contact us on:

- Diabetes Nurse Specialist 021 4801642
- Dietetic Department 021 4941930
- Professor Brendan Buckley, Endocrinology Consultant Private rooms 021 4341955

Bon Secours Hospitals

Built on an ETHOS of quality, care and compassion, Bon Secours hospitals provide the very best in medical treatment, delivered in a uniquely caring environment.

GOOD HELP TO THOSE IN NEED

Bon Secours Hospital, College Road, Cork
T: 021 4542807
F: 021 4542350
www.bonsecoursireland.org

Part of the Bon Secours Hospital Group which include the Bon Secours Hospitals in Dublin, Galway, Tralee, Cork & Care Village Cork



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Cork | Diabetes Specialist Service



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College Road, Cork



WHAT IS DIABETES?

Diabetes mellitus is a long-term disorder characterised by high blood glucose levels or hyperglycaemia. This is due to insufficient production of insulin or insulin resistance. Insulin is a hormone produced by the pancreas which keeps blood glucose levels within a normal range of 4-7 mmol/L.

There are two types of diabetes - type 1 and type 2. A person with type 1 diabetes makes no insulin and therefore needs to inject insulin to regulate blood glucose levels. In type 2 diabetes, the body makes some insulin but it may not be working as efficiently as normal. Being overweight reduces the action of insulin. Therefore weight loss and exercise can help you to control your condition. You may also require tablets and / or insulin to regulate blood glucose levels.

The symptoms of diabetes vary but may include:

- ✦ Tiredness
- ✦ Increased thirst/dry mouth
- ✦ Frequent passing of urine
- ✦ Blurred vision
- ✦ Recurrent infection

It is essential to understand the nature of diabetes. Monitoring blood glucose levels and leading a healthy lifestyle through diet and exercise will help you stay well. Uncontrolled diabetes can lead to an increased risk of developing more serious complications, such as:

- ✦ Heart attack and Stroke
- ✦ Poor circulation and loss of sensation in legs and feet
- ✦ Diabetic kidney disease
- ✦ Diabetic eye disease

Diabetes Specialist Service

This specialist nurse led service entails a comprehensive assessment and individual care pathway. Together with a Diabetes Dietitian, and in close partnership with your GP/Consultant, our highly skilled Diabetes Nurse Specialists can help you manage your condition.

Referral to other specialist services such as Physiotherapy, Podiatry, Ophthalmology or others can also be arranged.

Individualised care pathways

The Diabetes Nurse Specialist and Diabetes Dietitian will work through an individualised care pathway with you incorporating:

- ✦ Blood glucose monitoring
- ✦ Medications
- ✦ Self-management of diet
- ✦ Healthy lifestyle choices such as smoking, alcohol intake and activity levels
- ✦ Prevention of complications, and other key aspects of diabetes management and treatment
- ✦ Diabetic eye screening.

The more you understand about your diabetes, the better you will be able to control it.

What do we need from you?

- ✦ A referral letter from your GP or Consultant
- ✦ A copy of your most recent blood results including your HbA1c
- ✦ Blood testing can be arranged either through your GP or in the Bon Secours Hospital Laboratory, testing needs to be carried out 1 week prior to the consultation. (Diabetes Clinic is held on Monday mornings)
- ✦ To arrange blood testing, contact the Bon Secours Hospital Laboratory 021 - 4801720 (fee for blood tests €35)
- ✦ Bring your glucose monitoring book or meter with you
- ✦ If possible a food and exercise diary kept for a few days prior to your appointment would be of great benefit.