

Greetings from the Diabetes Department!

Diabetes Team Members

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Our offices are located in the Trenton Wellness Center beside the Trenton Community Clinic. As well as being on a one to one basis with our patients at the clinic with diabetes care we are able to provide nutritional counseling to patients. Our Registered Nutritionist will be providing education to patients with diabetes in individual or group basis at the Trenton Wellness Center Education Room. In addition, we now have a Certified Diabetes Educator at Mercy Medical Center who is going to be helping our patients with all the diabetes education that is needed on an individual basis.

I would also like to invite you to the Trenton Wellness Center to have an enjoyable workout. Studies show that 20 minutes of exercise can help combat Diabetes. The Wellness Center key holders have access to the facility 24 hours per day.

We have all seen how diabetes affects our lives and our communities. Our focus for the future needs to be on prevention, and we now have proof that we have the power to prevent diabetes. Despite our higher risks for the disease, as Indian Communities we can all work toward preventing diabetes by making modest lifestyle changes. Participants in the Diabetes Program have proven that diabetes can be prevented! The message of hope is clear. We can prevent diabetes in ourselves, in our families and in our communities.

If you have any questions please feel free to call me anytime or drop by the Trenton Wellness Center to see me anytime.

~the groundwork to happiness is good health! ~