

Diabetes Resource Guide

2nd Edition

Where to Find Care and Support Services
in Frederick County, Maryland



Developed by
The Frederick County Diabetes Coalition

INTRODUCTION

This guide was created to help Frederick County residents at risk for diabetes or with diabetes make the most of their lives. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact the quality of life. The American Diabetes Association reports that 21 million people in the United States have diabetes. In Maryland, 7 out of every 100 adults, or about 334,000 people have diabetes and another 143,000 people have it but do not know. With this in mind, the Frederick County Diabetes Coalition was founded; its mission is to work to prevent or delay the onset of diabetes and its complications through education and awareness.

The creation of this guide is one tool that we hope citizens will find beneficial as they take steps toward protecting and improving their health.

The information contained in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or have diabetes, consult with your doctor or health care professional.

This resource guide does not reflect any endorsement for the facilities and professionals listed. The Frederick County Diabetes Coalition assumes no liability for any act or omissions of such facilities or professionals.

This publication is copyright-free. Please duplicate and distribute as many unaltered copies of this guide as desired.

TABLE OF CONTENTS

Diabetes Overview.....	3-4
Certified Diabetes Educators.....	5
Community Agencies & Groups.....	6-7
Diabetes Education & Information.....	7-13
Eye Health & Low Vision Resources.....	14-15
Financial.....	15-16
Internal Medicine/Endocrinology.....	17
<i>(Internists are medical specialists who have had special training on the prevention and treatment of adult diseases. Internists solve puzzling diagnostic problems and can handle severe chronic illnesses where several different illnesses may strike at the same time. A subspecialty of internal medicine is endocrinology, which deals with disorders of the endocrine system and hormonal functioning).</i>	
Medical Supplies/Pharmacy.....	17-19
Ophthalmologists.....	19
<i>(physicians who deal with the structure, functions & diseases of the eye)</i>	
Perinatologist.....	20
<i>(a medical doctor who specializes in high-risk pregnancies)</i>	
Physical Activity Programs.....	20-21
Physicians (Adult Care & Pediatrics).....	21-24

Podiatrists/Foot Care	25-27
<i>(medical practitioners who provide care and treatment of the foot)</i>	
Registered Dietitians	28
<i>(a specialist who provides medical nutritional treatment)</i>	
Support Groups & Services	29
Transportation	29
Vascular Care	30
Wound Care	31

DIABETES OVERVIEW

What is diabetes? Diabetes is a disease in which the body does not make or properly use insulin. Insulin is a hormone that is needed to change sugar, starches and other food into energy needed for daily life.

Major types of diabetes:

Type 1 Diabetes- the body no longer makes insulin which means sugar is unable to enter the cells and make energy (5-10% of cases).

Type 2 Diabetes- the cells do not use insulin properly. This is sometimes called “insulin resistance” (90-95% of cases).

Gestational Diabetes- a form of diabetes diagnosed during pregnancy (related to hormones of pregnancy, lack of insulin).

Pre-Diabetes- a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes. Lifestyle change may prevent progression to a diabetes diagnosis.

Risk factors:

- Body mass index over 25
- Family history of diabetes
- Over age 60
- Hispanic, African American, Asian American or Native American origin
- Having a baby over 9 lbs
- Sedentary (or inactive) lifestyle
- High blood pressure
- Poor cholesterol levels

Symptoms of high blood glucose (hyperglycemia)

- Increased thirst
- Increased urination

- Dry mouth or skin
- Tiredness or fatigue
- Blurred vision
- More frequent infections
- Slow healing cuts and sores
- Unexplained weight loss

SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT

One out of every three people with diabetes don't know they have it.

How do I get tested? Talk with your health care provider. A fasting blood glucose test or oral glucose tolerance test (glucose is measured after a fast and then 2 hours after drinking a glucose rich beverage) may be used to test for pre-diabetes or diabetes.

Test results: What do they mean?

Pre-diabetes: A fasting blood glucose level between 100 and 125 mg/dl or a two-hour blood glucose level between 140 and 199 mg/dl.

Diabetes: A fasting blood glucose level of 126 mg/dl or higher or a two-hour blood glucose level at 200 mg/dl or higher.

CERTIFIED DIABETES EDUCATORS

American Association of Diabetes Educators

200 West Madison

Suite 800

Chicago, IL 60606

Phone: (800) 338-3633

Has a link to help you find a Certified Diabetes Educator (CDE) in your area.

www.diabeteseducator.org

Frederick Memorial Healthcare System Wellness Center Diabetes Program

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6045

Fax: (240) 379-6040

Diabetes services include diabetes classes and free support groups. A diabetes nurse practitioner is available for diabetes medication evaluation and management. A referral from your primary provider is needed for a nurse practitioner visit. Most insurances are accepted. A sliding scale fee based upon income is also available for those without insurance.

www.fmh.org

Kathleen Kissane CRNP, MSN, CDE

P.O. Box 122

Frederick, MD 21702

Phone: (301) 514-2505

Email: kudam@aol.com

Available as an independent consultant, fee for service.

COMMUNITY AGENCIES & GROUPS

Frederick Community Action Agency

100 S. Market Street

Frederick, MD 21701

Phone: (301) 600-1506

Fax: (301) 600-6239

Provides food, shelter, medical care, housing, and other forms of assistance to families and individuals that are low-income or homeless.

www.cityoffrederick.com/fcaa/

Frederick County Department of Aging

1440 Taney Avenue

Frederick, MD 21702

Phone: (301) 694-1605

www.co.frederick.md.us/DOA/

Frederick County Diabetes Coalition

Contact: Angela Blair

Phone: (301) 600-1861

Email: ablair@fredco-md.net

The Frederick County Diabetes Coalition will work to prevent or delay the onset of diabetes and its complications through education and awareness. Anyone from the community who is committed to this mission is welcome to join.

www.co.frederick.md.us/diabetescoalition

Mission of Mercy

22 South Market Street, Suite 6D

Frederick, MD 21701

Phone: (301) 682-5683

Free, mobile health care for the uninsured and underserved, traveling to various sites in Frederick, Washington, and Carroll Counties.

www.amissionofmercy.org

University of Maryland Cooperative Extension

Frederick County Office

330 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-1599

The Family & Consumer Science Department provides programs to educate citizens on the fundamental principles of nutrition for good health including classes on diabetes and weight management.

www.frederick.umd.edu

DIABETES EDUCATION & INFORMATION

American Association of Diabetes Educators

200 West Madison

Suite 800

Chicago, IL 60606

Phone: (800) 338-3633

Has a link to help you find a Certified Diabetes Educator (CDE) in your area.

www.diabeteseducator.org

American Diabetes Association

Maryland Chapter

800 Wyman Park Drive, Suite 110

Baltimore, MD 21211

The nation-wide hotline allows callers to get answers to questions about diabetes.

Phone: (410) 265-0075 Hotline: (888) 342-2383

www.diabetes.org

American Dietetic Association

120 South Riverside Plaza
Suite 2000

Chicago, IL 60606-6995

Has a link to find a nutrition professional in your area.

Phone: (800) 877-1600

www.eatright.org

Amputee Coalition of America

Phone: (888) 267-5669

Empowers those with limb loss through education, support, and advocacy.

Assists to locate support groups, rehab centers. Has a peer visitor network.

www.amputee-coalition.org

Children with Diabetes

Offers on line information and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences and diabetes-related news for the on-line community.

www.childrenwithdiabetes.com

Diabetes Exercise & Sports Association (DESA)

Phone: (800) 898-4322

Exists to enhance the quality of life for people with diabetes through exercise and physical fitness.

www.diabetes-exercise.org

Diabetes Research and Wellness Foundation

Executive Offices

5151 Wisconsin Avenue, NW, Suite 400

Washington, DC 20016

Phone: (202) 298-9211

Diabetes Helpline: (800) 941-4635

Funds diabetes research. Outreach through a nation-wide helpline, which allows callers to speak with a Certified Diabetes Educator (CDE). Provides information about how to manage diabetes successfully and prevent life-threatening complications. Offers free diabetes alert necklaces.

www.diabeteswellness.net

dLife (For Your Diabetes Life!)

dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for type 1 diabetes, type 2 diabetes, and caregivers.

www.dlife.com

Frederick County Public Libraries

Diabetes resources available: books, magazines, databases and the Internet.

Trained library personnel are available to assist with locating information.

Internet access and training are available (branch training options vary - inquire at your Branch Library). All services are free and open to the public.

www.fcpl.org

C. BURR ARTZ

110 East Patrick Street

Frederick, MD 21701

Phone: (301) 694-1630

Use Maryland Relay for hearing impaired.

Sun. 1 pm-5 pm • Mon.-Thurs. 10 am-9 pm

Fri. & Sat. 10 am-5 pm

BRUNSWICK

915 North Maple Avenue
Brunswick, MD 21716
Phone: (301) 834-9065
Mon.-Thurs. 10 am-9 pm
Fri. 1 pm-5 pm • Sat. 10 am-5 pm

EMMITSBURG

300 South Seton Avenue
Emmitsburg, MD 21727
Phone: (240) 629-6329
Mon.-Thurs. 10 am-9 pm
Fri. 1 pm-5 pm • Sat. 10 am-5 pm

MIDDLETOWN

101 Prospect Street
Middletown, MD 21769
Phone: (301) 371-7560
Mon.-Thurs. 10 am-9 pm
Fri. 1 pm-5 pm • Sat. 10 am-5 pm

THURMONT

11 Water Street
Thurmont, MD 21788
Phone: (301) 271-7721
Mon.-Thurs. 10 am-9 pm
Fri. 1 pm-5 pm • Sat. 10 am-5 pm

WALKERSVILLE

57 West Frederick Street
Walkersville, MD 21793
Phone: (301) 845-8880
Mon.-Thurs. 10 am-9 pm
Fri. 1 pm-5 pm • Sat. 10 am-5 pm

URBANA

9020 Amelung Street
Frederick, MD 21704
Phone: (301) 600-7000

Mon.-Thurs. 10 am-9 pm
Fri.-Sat. 10 am-5 pm • Sun. 1-5 pm

EDWARD F. FRY MEMORIAL LIBRARY AT POINT OF ROCKS

1635 Ballenger Creek Pike
Point of Rocks, MD 21777
Phone: (301) 874-4560

Mon. & Wed., 4 pm-9 pm
Tues. & Sat., 10 am-3 pm

healthfinder®

A federal website which offers reliable health information and resources.

www.healthfinder.gov

Indian Health Service Division of Diabetes Treatment and Prevention

Phone: (505) 248-4182

National program providing diabetes treatment and prevention for Native Americans.

www.ihs.gov/medicalprograms/diabetes

Joslin Diabetes Center

Phone: (617) 226-5815

An affiliate of Harvard Medical School, this center is a diabetes institution, which focuses on research, care and education.

www.joslin.org

Juvenile Diabetes Research Foundation International (JDRF)

Phone: (800) 533-CURE (2873)

www.jdrf.org

This is a special website of the JDRF, just for kids, to get information and support from others their age.

www.kids.jdrf.org

LEAP (Lower Extremity Amputation Prevention Program)

A federal government program that offers guidance on how to prevent lower extremity amputation in people with diabetes. Free test kits are available for patients and health professionals.

www.hrsa.gov/leap

Maryland Department of Health and Mental Hygiene, Office of Chronic Disease Prevention

Phone: (410) 767-5780

State government office that can provide diabetes statistical information and referrals for diabetes education programs in the state of Maryland.

<http://www.fha.state.md.us/cdp/diabetes.cfm>

Maryland Dietetic Association

Phone: (410) 381-3044 or (800) 794-1152

Provides nutrition resources and help in locating a dietitian.

www.eatwellmd.org

Maryland Podiatric Medical Association

Phone: (800) 560-1818

Provides information on foot care and help with locating a podiatrist.

www.marylandpodiatry.org

National Kidney Foundation

Phone: (800) 622-9010

Seeks to prevent kidney and urinary tract diseases, improve the health of those affected by these diseases, and increase the availability of all organs for transplantation.

www.kidney.org

NIDDK

(The National Institute of Diabetes and Digestive and Kidney Disease)

Phone: (800) 860-8747

www.diabetes.niddk.nih.gov

National Diabetes Education Program

www.ndep.nih.gov/index.htm

National Diabetes Information Clearinghouse

www.diabetes.niddk.nih.gov/index.htm

Medline Plus Health Information

www.nlm.nih.gov/medlineplus/diabetes.html

University of Maryland Cooperative Extension

Frederick County Office

Family and Consumer Sciences

330 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-1599

Fax: (301) 600-1588

www.frederick.umd.edu

U.S. Centers for Disease Control & Prevention (CDC)

Phone: (800) 232-4636

www.cdc.gov/diabetes/faq/basics.htm

EYE HEALTH & LOW VISION RESOURCES

American Foundation for the Blind

11 Penn Plaza, Suite 300
New York City, NY 10001
Phone: (800) 232-5463

Has information about local organizations that provide services for people who are blind or have low vision. These services could help you cook, clean, take medicine, identify clothes, shop or use special tools, lighting, magnifiers, computers and mobility training to help you stay independent and safe.

www.afb.org

Diabetes Tools for People who are Blind or have Low Vision

“Tools and Techniques for Visual Impairment” is an article by Connie Kleinbeck R.N., C.D.E that provides an excellent list of tools that can help people with diabetes to manage their diabetes and remain independent and safe.

www.diabetesselfmanagement.com/articles/Eyes_Vision/Tools_and_Techniques_for_Visual_Impairment

Foundation of the American Academy of Ophthalmology

Helpline: (800) 272-3937

Provides free eye health information and access to medical eye care.

www.eyecareamerica.org

Maryland Optometric Association

Phone: (410) 727-7800

Provides information on eye health, disease conditions, treatment and help with locating an eye doctor.

www.marylandeyes.com

National Eye Health Education Program

Phone: (301) 496-5248

Provides education and free materials regarding eye health, disease and treatment.

www.nei.nih.gov/nehep

National Library Service for the Blind and Physically Handicapped

1291 Taylor St., NW

Washington DC 20011

Phone: (888) 657-7323 (toll free to connect to a local library)

Provides a free library program for people who can not use standard print material. Braille and audio books (“Talking books”) are circulated to eligible borrowers in the U.S. using postage free mail. The book collection is similar to what you would find in your local library. Many magazines are available as well. You have to fill out an application before you can borrow books.

www.loc.gov/nls/

The Wilmer Eye Institute at Johns Hopkins

550 N. Broadway, 6th Floor

Baltimore MD 21205

Phone: (800) 215-6467

Provides evaluation, treatment, rehabilitation and information concerning eye health.

www.hopkinsmedicine.org/wilmer/services/lowvision.html

FINANCIAL

Department of Social Services

100 East All Saints Street

Frederick, MD 21701

Phone: (301) 600-4555

Provides medical insurance for children through age 18 and pregnant women of all ages who meet income and citizenship requirements.

Maryland Children’s Health Program

Frederick County Health Department

350 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-3124

Medical Assistance

Department of Social Services

100 East All Saints Street

Frederick, MD 21701

Phone: (301) 694-4555

Provides medical insurance for those who meet an income requirement.

Medicare

Phone: (800) MEDICARE

“Medicare Coverage of Diabetes Supplies & Services” is a free publication (No. CMS-11022)- available through the above number or at the Frederick County Department of Aging. Visit the website below for more information about diabetes preventive services and Medicare.

www.medicare.gov/Health/Diabetes.asp

Primary Adult Care

Phone: (800) 226-2142

Provides assistance with cost of medication and doctor’s visits for adults 19 years and older who meet income and citizenship requirements.

www.dhmf.state.md.us/mma/pac

The Religious Coalition for Emergency Human Needs

Phone: (301) 631-2670

Provides emergency financial assistance.

INTERNAL MEDICINE/ENDOCRINOLOGY

Frederick Internal Medicine & Endocrinology Services

N. Eric Carnell, MD, FACE

Majd Hakim, MD, FACE

Kathleen Kissane, CRNP, MSN, CDE

65-C Thomas Johnson Drive

Frederick, MD. 21702

Phone: (301) 663-3836

Fax: (301) 663-0122

Internal Medicine Associates

Robert L. Kaufmann, MD

300 W. 9th Street

Frederick, MD. 21701

Phone: (301) 662-8119

A referral from your primary doctor is required.

MEDICAL SUPPLIES/PHARMACY

BP Gamma Home Medical Supply

4451 Georgia Pacific Boulevard, Suite S

Frederick, MD 21704

Phone: (800) 624-4134

Doctor Diabetic Supply

Phone: (800) 852-1652

A direct-to-consumer distributor of diabetic testing supplies and related products.

www.doctordiabetic.com/index.html

Fifty 50

1420 Valwood Parkway

Suite 205

Carrollton, TX 75006

Phone Orders: (800) 746-7505 (M-F 7:30 am to 4:30 pm CST)

Fax Orders: (800)769-6906

On line store which sells diabetic supplies and foods. Half of the profits from the sale of their products are contributed to diabetes research.

www.fifty50.com

FMH Home Medical Equipment & Supplies

605 East Church Street, Suite 2

Frederick, MD 21701

Phone: (240) 566-3099

Kids Care

Konnar Miller

Phone: (301) 416-0406

Email: millerijk@aol.com

Konnar is a local 12 year old with diabetes who makes stylish medical alert ID tags for newly diagnosed youth (ages 5-17). Minimal cost.

Medical Alert Foundation, U.S.

P.O. Box 1009

Turlock, CA 95381-9009

Phone: (800) 432-5378

Medi Charms

P.O. Box 558

Bryant, Arkansas 72089

Phone: (888) 417-7591

Sells fashionable medical identification jewelry for children through adults.

www.medicharms.com

N-Style ID, LLC

P.O. Box 5965

Incline Village, NV 89450-5965

Phone: (775) 833-1271

Sells fashionable medical identification jewelry for children through adults.

www.n-styleid.com

Whitesell's Pharmacy

236 N. Market Street

Frederick, MD 21701

Phone: (301) 662-4848

Fax: (301) 620-0668

Specializes in diabetes care and treatment.

Most pharmacists are available for diabetes consultation.

OPHTHALMOLOGISTS

Dara Tash, MD

77 Thomas Johnson Drive, Suite G

Frederick, MD 21702

Phone: (301) 694-5240

James A. Busack, MD

Ambers Professional Center

178 Thomas Johnson Drive, Suite 104

Frederick, MD 21702

Phone: (301) 668-2020

PERINATOLOGIST

Wayne Kramer, MD

75 Thomas Johnson Drive, Suite G

Frederick, MD 21702

Phone: (240) 529-1663

Fax: (240) 529-1668

A referral from your obstetrician is usually required.

PHYSICAL ACTIVITY PROGRAMS

Frederick Memorial Hospital Medical Fitness Program

Located at the Frederick SportsPlex

1845 Brookfield Court

Frederick MD 21701

Phone: (301) 620-1250

A medically supervised exercise program.

www.fmh.org

Frederick Memorial Healthcare System Wellness Center

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6045

Offers medically supervised weight management programs.

www.fmh.org

Get Fit Maryland

Get Fit Maryland is an exciting 12-week walking program designed to help fight obesity, cardiovascular disease and diabetes.

www.getfitmaryland.org

Lions Camp Merrick/Glyndon

3050 Crain Hwy, #202

PO Box 375

Waldorf, MD 20604-0375

Phone: (301) 645-5616

Fax: (301) 374-2282

Provides week-long residential camping experiences for deaf, blind, and children with diabetes, ages 6–16.

www.lionscampmerrick.org

PHYSICIANS

Adult Care:

Barquist Army Health Clinic

1434 Porter Street

Frederick, MD 21702

Phone: (301) 619-7175

Available to those enrolled in Tricare Prime at the clinic.

Gaffar Syed, MD

801 Tollhouse Avenue, Suite H4

Phone: (301) 698-9444

Fax: (301) 695-4444

Internal medicine

www.internalmedicinefrederick.com

Glade Valley Family Practice

15 East Frederick Street

Frederick, MD 21793

Phone: (301) 898-5200

Family Practice

Jonathan Grife, MD

801 Toll House Avenue

Building F

Frederick, MD 21702

Phone: (301) 668-3322

General Surgeon

Surgical Intervention Due to Diabetes Complications

Mid-Maryland Musculoskeletal Institute

Orthopedic Associates of Frederick

86 Thomas Johnson Court

Frederick, MD 21702

Phone: (301) 694-8311

Parkview Medical Group

Rosehill Plaza

1564 Opossumtown Pike

Frederick, MD 21702

Phone: (301) 663-3137

Fax: (301) 695-6939

Mt. Airy Location

1502 Main Street, Suite 202

Mt. Airy, MD 21771

Phone: (301) 829-9570

Fax: (301) 829-1734

Myersville Location

3000 D Ventrie Court

Myersville, MD 21773

Phone: (301) 293-2549

Fax: (301) 293-3014

Parkview Main Appointment Line:

Phone: (301) 694-7004

Serve both adults and pediatrics.

Pediatrics:

Antietam Pediatric & Adolescent Care

1198 Kenly Avenue

Hagerstown, MD 21740

Phone: (301) 393-2600

Frederick Pediatric Associates

87 Thomas Johnson Drive, Suite 101

Frederick, MD 21702

Phone: (301) 694-0606

Fax: (301) 662-6928

Mt. Airy Location

1502 South Main Street, Suite 206

Mt. Airy, MD 21771

Phone: (301) 829-6146

Fax: (301) 829-6148

The Pediatric Center

1475 Taney Avenue

Frederick, MD 21702

Phone: (301) 662-0133**

Fax: (301) 695-8604**

www.thepedcenter.com

****Phone and fax numbers are the same for all locations below.**

Thomas Johnson Drive Location

187 Thomas Johnson Drive

Frederick, MD 21702

Ballenger Creek Location

610 Solarex Court

Frederick, MD 21703

Mt Airy Location

1502 South Main Street

Mt. Airy, MD 21771

Myersville Location

3020 B Ventrie Court

Myersville, MD 21773

Spring Ridge Location

9093 Ridge Field Drive

Frederick, MD 21701

PODIATRISTS/FOOT CARE

David J. Levine, DPM

63 Thomas Johnson Drive, Suite C

Frederick, MD 21702

Phone: (301) 696-0818

Fax: (301) 696-8872

Family Foot Care

David A. Lieb, ACCPPS

10 Hillcrest Drive, Suite 25

Frederick, MD. 21703

Phone: (301) 695-1010

Fax: (301) 695-1010

Foot & Ankle Care of Frederick

David M. Grace, DPM

Warren E. Bevard, DPM

604 Solarex Court

Frederick, MD. 21703

Phone: (301) 698-9260

Fax: (301) 698-8962

Mt. Airy Location

1 North Main Street

Mt. Airy, MD. 21771

Phone: (301) 829-2244

1441 Washington Street

Harpers Ferry, WV. 25425

Phone: (304) 535-3040

Frederick Foot & Ankle Specialists, P.C.

Brenna L. Steinberg, DPM, FACFAS

Julie Fraser, DPM, FACFAS

Amir Assili, DPM, FACFAS

75 Thomas Johnson Drive, Suite I

Frederick, MD 21702

Phone: (301) 668-9707

Fax: (301) 668-4927

www.mynewfeet.com

John W. Stroh, DPM

915 Toll House Avenue, Suite 207

Frederick, MD. 21701

Phone: (301) 663-6861

Fax: (301) 663-0959

Thurmont Location

100 S. Center Street

Thurmont, MD. 21788

Phone: (301) 271-7400

Walkersville Location

15 East Frederick Street

Walkersville, MD. 21793

Phone: (301) 845-2727

Laser Podiatry Associates

Jennifer E. Mullendore, DPM

198 Thomas Johnson Drive

Suite 4

Frederick, MD. 21702

Phone: (301) 695-9669

Fax: (301) 695-0346

Mt. Airy Location
1001 Twin Arch Road
Suite C-3
Mt. Airy, MD. 21771
Phone: (301) 829-5111
Fax: (301) 829-5340
www.laserfeet.com

Lorna C. Wolfe, DPM, PA
182 Thomas Johnson Drive, Suite 203
Frederick, MD. 21702
Phone: (301) 695-9527
Fax: (301) 695-0403

Reconstructive Foot & Ankle Institute, LLC
Daniel D. Michaels, DPM, MS, FACFAS
Johny Mortran DPM, AACFAS
2100 Old Farm Drive, Suite D
Frederick, MD 21702
Phone: (301) 418-6014 or (866) 338-3668
Fax: (301) 418-6015

Hagerstown Location
1150 Professional Court, Suite C
Hagerstown, MD 21740
Phone: (301) 797-8554 or (877) 797-3668
Fax: (301) 797-9228
www.rfainstitute.com

REGISTERED DIETITIANS

Frederick County Health Department

350 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-3113

Fax: (301) 600-3111

www.co.frederick.md.us/healthdept

Frederick Memorial Healthcare System Wellness Center

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6045

www.fmh.org

HomeCall

800 Oak Street

Frederick, MD 21703

Phone: (301) 644-3086

Fax: (301) 644-3090

www.homecallinc.com

Virginia Darrow-Menegaz MS, RD, LN

13677 Samhill Drive

Mt. Airy, MD 21771

Phone: (301) 829-6366

SUPPORT GROUPS & SERVICES

Frederick Memorial Healthcare System Wellness Center Diabetes Program

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6045

Groups available for both adults and children.

www.fmh.org

Maryland Association of Senior Nutrition Programs

Promotes better health with improved nutrition, encourages socialization, and provides access to supportive services, enabling older adults to live independently and with dignity in the community.

www.marylandseniornutrition.org

TRANSPORTATION

TransIT Services of Frederick County

1040 Rocky Springs Road

Frederick, MD 21702

Phone: (310) 600-2065

Provides access to jobs, education, shopping, and medical services. “TransIT-plus” provides transportation services to qualified seniors and persons with disabilities to medical and non-medical appointments within Frederick County at a reduced cost.

www.co.frederick.md.us/TransIt

VASCULAR CARE

Capitol Vein and Laser Center

Paul M. McNeill, MD, FACS

Garth D. Rosenberg, MD, FACS

77 Thomas Johnson Drive, Suite E

Frederick, Maryland 21702

Phone: (301) 695-8346

Vascular specialists dealing with the vascular complications of diabetes.

www.Mycvl.com

Frederick Memorial Hospital Vascular Lab

400 W. 7th Street

Frederick, Maryland 21701

Phone: (240) 566-3400 or 3540

www.fmh.org

1560 Oppossumtown Pike, Suite A9

Frederick, Maryland 21702

Phone: (240) 566-3400 or 3160

Horizon Surgical Group

915 Toll House Avenue, Suite 101

Frederick, Maryland 21701

Phone: (240) 529-1414

Fax: (240) 529-1697

Vascular specialists providing diagnosis and treatment of vascular conditions associated with diabetes.

www.horizonsurgical.com

WOUND CARE

Advanced Skin and Wound Care Center at Frederick Memorial Hospital

400 West Seventh Street

Frederick, MD 21701

Phone: (240) 566-3840

Fax: (240) 566-3890

Email: woundinfo@fmh.org

www.fmh.org

Reconstructive Foot & Ankle Institute, LLC

Daniel D. Michaels, DPM, MS, FACFAS

Johny Mortran DPM, AACFAS

2100 Old Farm Drive, Suite D

Frederick, MD 21702

Phone: (301) 418-6014 or (866) 338-3668

Fax: (301) 418-6015

Hagerstown Location

1150 Professional Court, Suite C

Hagerstown, MD 21740

Phone: (301) 797-8554 or (877) 797-3668

Fax: (301) 797-9228

www.rfainstitute.com

This booklet was made possible through the efforts of members of the Frederick County Diabetes Coalition.

For more information, contact
www.co.frederick.md.us/diabetescoalition
or call
(301) 600-1861

Revised: January 2009
Original publication: September 2006