

## About Diabetes

Over 29 million Americans currently have diabetes, making up 9.3% of the population. This number is increasing each year.



Type 1 Diabetes is an autoimmune disorder that occurs due to insulin deficiency caused by destruction of the insulin producing  $\beta$ -cells in the pancreas. An estimated 1.25 million Americans are living with Type 1 Diabetes.

Prediabetes and Type 2 Diabetes occur due to insulin resistance with a progressive decrease in insulin secretion. Prediabetes is when your blood glucose level is higher than normal, but not high enough to be diagnosed with Type 2 Diabetes. More than 1 out of 3 Americans have prediabetes, but the majority is unaware. Type 2 diabetes is the most common form of diabetes, accounting for nearly 90-95% of all diagnosed cases of diabetes.

Gestational Diabetes develops during pregnancy due to insulin resistance worsened by the hormones of pregnancy. Approximately 9.2% of women will develop gestational diabetes during their pregnancies.

## Our Staff



**Amy W. Howell, MD, FAAP, CDE**  
*Diabetologist & Certified Diabetes Educator*

- Undergraduate degree from UNC Chapel Hill
- Medical degree from the Brody School of Medicine at East Carolina University
- Pediatric Residency and Diabetes & Metabolism Fellowship at the Brody School of Medicine at East Carolina University/Vidant Medical Center
- Medical staff of Camp Needles in the Pines



**Sharon Lewis-Hackler, MS, RDN, LDN, CDE**  
*Registered Dietitian/Nutritionist & Certified Diabetes Educator*

- Bachelors of Science and Masters of Science in Nutrition from East Carolina University
- Certificate of Training in Adult Weight Management
- Medical staff of Camp Needles in the Pines



**Maleah Wilson, RN, CDE**  
*Clinical Nurse Manager & Certified Diabetes Educator*

- Associate Degree in Nursing from Beaufort County Community College followed by becoming a Registered Nurse
- Certified Pump Trainer for the top four insulin pumps on the market & certified to train for Dexcom continuous glucose monitors
- Medical staff of Camp Needles in the Pines



**Kristen Springer Dreyfus, PhD**  
*Medical Family Therapist*

- Undergraduate degree from Morningside University
- Masters of Arts degree in Educational & Developmental Psychology from Boston College
- Doctorate degree in Medical Family Therapy at East Carolina University with dissertation research focused on patients with diabetes



Referral forms available online.  
Self referrals are welcome.



## Diabetes Practice for Children, Young Adults and Diabetes in Pregnancy



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## Down East Diabetology...

is a diabetes office specializing in *all types of diabetes* in *children, young adults* (18-40) and *pregnant women*.

## Our Approach

We use a comprehensive approach to diabetes care and firmly believe patient education is the foundation of successful management. In addition to providing medical care, we provide personalized diabetes self-management education, nutrition education and medical family therapy. We support a wide range of downloadable glucose meters, continuous glucose monitors and insulin pumps to meet your individual needs.

## Our Services

At Down East Diabetology, we offer patients customized treatment plans to manage their diabetes.

Our services include:

- Screening and Diagnosis
- Medication Management
- Patient Education and Training
- Medical Nutrition Therapy
- Innovative Technology Using Continuous Glucose Monitors and Insulin Pumps
- Medical Family Therapy

## Nutrition Education

Medical Nutrition Therapy is managing medical conditions through a healthy approach to lifestyle and eating habits. Our individual nutrition counseling sessions begin with a one-hour consultation with our Registered Dietitian/Nutritionist to assess your dietary needs. We'll create a realistic nutrition plan that considers both personal health and physical health goals to best suit your lifestyle.

For patients with diabetes, Medical Nutrition Therapy involves using a specific tailored meal plan, carbohydrate counting and learning correct portion sizes to minimize elevated blood sugars leading to better glycemic control.



Medical Nutrition Therapy during pregnancy is a great way to learn the skills you need to optimize the baby's well being, in addition to learning healthy lifestyle habits after delivering.

For family-centered care, children and teenagers under the age of 18 years old will be seen with their parents or guardians.

## Our Lab

We offer several Point-of-Care lab tests. This allows us to efficiently discuss lab results during office visits.

These tests include:

- Blood Glucose
- Hemoglobin A1c
- Lipids
- Blood Ketones
- Urine Microalbumin



A 2-hour Oral Glucose Tolerance Test is an important test used to diagnose Type 2 Diabetes. It is also for women during the postpartum period after having gestational diabetes. We are able to perform this test without the need for multiple venipunctures in a comfortable relaxing environment. Additionally, we pair the test with an office visit, so that results are efficiently discussed the same day.

We have a Certified Phlebotomist on staff when labs requiring venipuncture are necessary.

