

INSULIN PUMPING 101

Nashoba Valley Medical Center

200 Groton Rd
Ayer MA, 01432

Whether you've been a pumper for many years, or are new to pumping, we encourage you to attend this series of sessions designed to help you get the most from your insulin pump – from the basics to advanced pumping skills.

Topics will include:

October 12th, 6:30 pm – 8 pm “Reducing Risks” –

Realize why health problems such as kidney damage and heart disease happen, and how they can be avoided.

Presented by Judy Pentedemos, FNP – BC, C.D.E., Diabetes and Endocrine Center, Nashoba Valley Medical Center.

November 9th, 6:30 pm – 8 pm “Pre-Operative and Pre - Procedure Instructions ”; and “Being Active ” – discover how activity helps control blood glucose; how to adjust insulin, and what you eat , to prevent highs and lows.

December 14th, “Traveling With The Pump”; and “Continuous Glucose Monitoring Systems”.

Sessions will be held in the Founders Room.

For further information call
Pam Massucco or Alice Vergados
Phone: 978-784-9534

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