

# Diabetes Programs and Services

**Mt. Washington Pediatric Hospital**

1708 West Rogers Avenue

Baltimore, MD 21209 • (410) 367-2222

[mwph.org](http://mwph.org)



# Mt. Washington Pediatric Hospital's Diabetes Programs & Services

At Mt. Washington Pediatric Hospital, we offer a multidisciplinary approach to treating patients with type 1 and type 2 diabetes. Our team of highly trained specialists includes leading endocrinologists from both Johns Hopkins Medicine and University of Maryland Medical System as well as nurse practitioners, nurses, social workers, psychologists, and nutritionists.

We offer a variety of outpatient services that are specifically focused on the treatment of diabetes, including:

- **Nutrition Consultation:** Diet evaluation, carbohydrate counting assessments, individualized meal planning and goal-setting for improved diabetes management
- **Psychology:** Consultation during endocrinology visits and individual psychology sessions are offered for patients regarding issues such as adjustment difficulties, coping strategies, non-adherence, behavior modification, anxiety and depression, and more
- **Support Groups:** Offered on a monthly basis, to help children, teens, and parents living with diabetes
- **Diabetes Education Classes:** Offered in both group and individual settings, provides a greater understanding of the condition
- **Referral to Mt. Washington Pediatric Hospital's Center for Pediatric Weight Management & Healthy Living Program** is offered for patients diagnosed with type 1 and type 2 diabetes.

To schedule an appointment please call 410-367-2222.

[For more information visit us at mwph.org.](http://mwph.org)

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*Mt. Washington Pediatric Hospital: An affiliate of the University of Maryland Medical System and Johns Hopkins Medicine.*