

Diabetes Programs and Services



Mt. Washington Pediatric Hospital

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www.mwph.org



Mt. Washington Pediatric Hospital's Diabetes Programs and 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 physicians/endocrinologists, 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 www.mwph.org.

*Mt. Washington Pediatric Hospital: Advancing the care of children.
A jointly owned corporate affiliate of the University of Maryland
Medical System and the Johns Hopkins Health System.*