

Our Team

The Thirlby Clinic Diabetes Care Program provides patient-centered care by utilizing a team approach. Diabetes health care professionals include:

- Physicians
- Nurse Practitioner/
Diabetic Educator
- Pharmacist
- Care Manager

Our team is headed by Internal Medicine physician, Steven Lamie, MD who has extensive experience working with diabetics.

Jan Baillod has supported patients with diabetes self-management for 30 years in Northern Michigan. She is a nurse who is certified as a family nurse practitioner, diabetes educator and in advanced diabetes management.

Insurance

We will bill applicable insurances for these services. There should be no cost to the patient when seeing the Care Manager (RN). However, copays and deductibles may apply when seeing the Nurse Practitioner/
Diabetic Educator and in some cases when seeing the pharmacist.

Practice Hours:

Monday – Friday 8:00 A.M.– 5:00 P.M.

Phone Hours:

Monday – Friday 8:00 A.M.– 4:45 P.M.
Phones are off daily 12:30-1:30 P.M.

After hour availability:

Call Munson Medical Center:
(231)-935-5000

Ask the operator to page the provider on call for Thirlby Clinic. The provider will return your call to guide you to an appropriate level of care.

Emergency: Call 911

Web site: www.thirlbyclinic.com

**Thirlby Clinic is your patient centered
medical home.**

**Providing quality, personalized health
care for the community by setting the
standard for excellence in care.**

The logo consists of the letters 'TC' in a large, blue, serif font. The letters are bold and have a slight shadow effect. The 'T' and 'C' are connected at the top.

Thirlby Clinic Diabetes Care Program

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“Living with Diabetes”



What is Diabetes?

Diabetes affects the way your body uses food. Most of the foods that you eat are broken down into glucose, a form of sugar. Insulin is needed to move your glucose in to the cells to be used for energy. If your pancreas, an organ located near your stomach, doesn't make enough insulin your glucose builds up in the blood stream and you may feel very tired, thirsty and go to the bathroom often.

Do you have Diabetes?

You are not alone. 1 out of 11 people in the U.S have diabetes. 1 out of 4 people over the age of 65 have diabetes. Many people with diabetes do not know it. It is predicted that 1 out of every 3 people will have diabetes in 30 years. There is no cure for diabetes. Self-management of diabetes is key.

DIABETES

29.1
MILLION

29.1 million
people have
diabetes



Living with Diabetes?

Living well with diabetes is a lifelong journey that touches every aspect of your life. It is hard work. Our Thirlby Clinic Diabetes Care Program is designed to support you in that work. You make many decisions in managing your diabetes daily. Our Diabetes Care Program is a team effort and you are the center of that team. We respect your individual needs, values and preferences. Working together we can help you improve your blood sugar control with education and treatment options. Our team is headed by an internal medicine physician and includes a nurse practitioner/diabetes educator, RN care manager, and pharmacist.



Thirlby Clinic Diabetes Care Program is right for you if:

- You have type 1 or type 2 diabetes
- Your A1C is greater than 7.0%
- You want a team approach to care
- You feel frustrated that you are doing all the right things and are still not achieving your blood sugar goals
- You would like to take control of your diabetes and not let it control you!
- You could benefit from diabetes self- management education

Thirlby Clinic Diabetes Care Program can help you in your decisions for:

- Eating choices
- Increasing activity
- Monitoring your blood sugar and health status
- Choices in medications, including insulin
- Problem solving your high and low blood sugars
- Coping with diabetes
- Reducing risks for other health problems.

