



## **SOUTHBORO MEDICAL GROUP**

### **LAUNCHES SPECIAL TEAM FOR DIABETES CARE**

**Southboro, Mass. (June 24, 2009)** – Southboro Medical Group, an affiliate of Atrius Health, is pleased to announce the launch of a new diabetes team to care for patients with diabetes in the Metro-West area. Diabetologist Daniel Crowe, M.D., CDE leads a team comprised of a certified diabetes educator, dietician and nurses, to support these patients. Dr. Crowe, who is Chair, Adult Medicine, and Associate Medical Director at Southboro, has designed this team-based program based on the successful model he built in Portsmouth, NH.

The nation faces the dual epidemics of diabetes and obesity, which go hand in hand, and which will only worsen as baby boomers age. According to the *American Diabetes Association* about 90 percent of cases reported are Type 2 Diabetes. Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. There are approximately 23.6 million children and adults in America who have Type 1 and Type 2 diabetes, including about 5 million who are unaware that they have it, and 57 million with pre-diabetes. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin.

To Dr. Crowe, these are more than just numbers. The numbers are people's lives – lives that can be changed for the better. He brings a first-hand understanding of the disease and a commitment to create a new paradigm of care. Dr. Crowe has Type 1 Diabetes.

According to Dr. Crowe: "The goal of the team approach to diabetes care is to empower the patient by giving him or her the necessary tools to change behavior and diet, and begin to take responsibility for their health."

For many patients, "working with the team begins to open their eyes to the easy changes they can make in diet and exercise that can have a real impact on their health," Dr. Crowe said. They learn, for example, what's best for their diet. Dr. Crowe said the Mediterranean diet – generous amounts of fruits and vegetables, fish, poultry, nuts, beans, whole grains, and healthy fats, like olive oil-- is the best diet for overall health and when eaten in appropriate quantities is a great diet for patients with diabetes. When it comes to exercise, it can be as easy as walking with pedometers and aiming for 10,000 steps a day or walking for 30 minutes daily.

The Diabetes Program embraces the use of the new technologies that are helping patients with diabetes meet the challenge of controlling their disease. "We teach people how to monitor their blood glucose. We help them understand why that's important. When they come in for a visit, we download the meter and use software to analyze the data, show them their trends and regulate medication accordingly," he said. Dr. Crowe and his team

also use continuous glucose monitors and insulin pumps in appropriate patients. Many patients may also be eligible for newer medications that are weight-sparing or weight-neutral in treating their diabetes.

Dr. Crowe and the diabetes team are currently accepting new patients age 16 and over for the Diabetes Program. The Diabetes Program is located in the Southboro location at 24 Newton St., Southboro, MA 01772. Call 508-460-3268 for more information. Most health insurance plans are accepted.

### **About Southboro Medical Group**

<http://www.southboromedical.com/>

Southboro Medical Group (SMG) offers a comprehensive, integrated healthcare system for the MetroWest community distinguished by responsiveness to patient needs, quality of care, patient education, and health promotion. SMG has more than 75 providers and over 400 employees and serves 60,000 patients in the region.

Southboro Medical Group offers care in five locations: 24 Newton Street in Southboro (508-481-5500); 761 Worcester Road (Rt. 9) in Framingham (508-872-1107); 327 West Street (Rt 140) in Milford (508-473-0231); at the MetroWest Medical Center on 67 Union Street in Natick (508-651-9500); and 24 Lyman Street in Westboro (508-366-2320).

### **Atrius Health**

<http://www.atriushealth.org>

Atrius Health is an alliance of five community-based medical groups including Dedham Medical Associates, Granite Medical, Harvard Vanguard Medical Associates, South Shore Medical Center, and Southboro Medical Group that is committed to making it easy for patients to be healthier. The Massachusetts nonprofit organization was created to enable collaboration on new and better ways of delivering care while maintaining an emphasis on care for the local community. Atrius Health represents more than 800 physicians and over 1,000 other health professionals serving nearly 650,000 patients throughout eastern Massachusetts.