

History

Joslin's founder, Elliott P. Joslin, MD, believed that the key to managing diabetes lay with patient involvement, education and empowerment. He began that approach when he opened his first practice in Boston in 1898.

More than a century later, Dr. Joslin's ideas are still the core of the organization's approach.

Our Research

Research into the causes of diabetes is a major strength and area of emphasis at Wake Forest Baptist. Our research model allows basic researchers and clinicians to forge a bond that fosters creative thinking and spurs discovery.

We recruit patients to learn more about the nature of diabetes and related metabolic disorders. Learn more about our studies by visiting WakeHealth.edu/Diabetes/Research-Studies.



Wake Forest Baptist Medical Center is ranked among the nation's best hospitals for diabetes and endocrinology by *U.S. News & World Report*.

For more information about the Joslin Diabetes Center Affiliate at Wake Forest Baptist Health, visit WakeHealth.edu/Diabetes.



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Joslin Diabetes Center

A Team Approach to Diabetes Care

Comprehensive,
Convenient, Personal



A Mission to Care. A Mission to Cure.

WakeHealth.edu/Diabetes

Dedicated to Diabetes Care

Joslin Diabetes Center, dedicated to conquering diabetes in all of its forms, is the global leader in diabetes research, care and education. Founded in 1898, Joslin is an independent nonprofit institution affiliated with Harvard Medical School.

The Joslin Diabetes Center Affiliate at Wake Forest Baptist Health is devoted to helping adult and pediatric patients better manage diabetes, and to preventing the complications that often occur as a result of the disease. Our facility features a multidisciplinary staff of diabetes experts, and offers the full range of diabetes services in a single location.

As a team, our specialists provide you with the best treatment plans and enable you to be seen by an endocrinologist, an eye care provider, a podiatrist and a diabetes educator—all at the same location.

Our facility, located at Medical Plaza–Country Club, is the only Joslin-affiliated center in North Carolina and one of only 38 in the United States.



Our Clinical Care

Adult Diabetes Management

Monday–Friday, 8 am–5 pm
Type 1 Diabetes and Type 2 Diabetes
Pre-conception Diabetes Management
Gestational Diabetes Care
Insulin pumps

Pediatric Diabetes Management

Monday–Thursday, 8 am–4 pm
Type 1 Diabetes and Type 2 Diabetes
Insulin pumps

Diabetes Education

Monday–Friday, 8 am–5 pm
Pediatric and Adult Education
Individual and Group Sessions

Podiatry

Wednesday, 1 pm–5 pm

Comprehensive Eye Care

Monday–Friday, 8:30 am–4 pm

Our Monthly Classes

Diabetes 101

Comprehensive, six-hour program for adults recently diagnosed with either Type 1 or Type 2 diabetes. The class covers the causes of diabetes, glucose monitoring, healthy eating, sick days, long-term complications, exercise, travel considerations and goal setting.

Option 1: Two half-day sessions

First and second Wednesday, 9 am–Noon or
Third and fourth Thursday, 2–5 pm

Option 2: One all-day session

Third Friday, every other month, 8:30 am–3:30 pm

Pathway to Pumping Class

Three-hour interactive class to introduce insulin pump therapy. An overview of pump therapy is provided along with insulin pump and infusion set demonstration. Interested family members are encouraged to attend.

Every third Wednesday, 2–5 pm

Real World Class

An interactive class for patients with blood sugars swinging high and low. Patients will learn how to find patterns and make adjustments to their food, exercise and medications.

Fourth Tuesday, 4–5 pm

Meal Planning Class

One-hour class for patients who have completed the comprehensive diabetes program and want more discussion of good nutrition, the effects of foods on blood sugar and practical carbohydrate counting. The class will plan one day of menus per patient preferences. Other interests will be covered as time allows (food labels, recipes, glycemic index, goal setting).

Second Tuesday, 11 am–Noon

Second Wednesday, 4–5 pm

Participation in classes requires a physician referral.